

EXERCISE 6

Every day in the world there are many negative events, but there are also many neutral events and many positive ones.

This exercise is designed to verify the beliefs, values, limitations and personal resources you have in dealing with stress. After completing the exercise, think about what you can change and what you can use as your personal potential.

Concept of oneself

It is a set of beliefs we have about ourselves. It consists of labels that we "stick" to ourselves - "I'm stupid", "I'm worthless", "I can't do anything", etc. Our self-awareness becomes affected by distorted thoughts.

Write down the labels you put on yourself in your life, at work, and when you fail.



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Self-acceptance

It means accepting who we are, including all our strengths and capabilities, but also all our limitations.

List the strengths, talents and limitations you see in yourself.

Confidence

It's the ability to trust yourself. It includes a sense of security and confidence in one's own abilities. People who experience chronic stress feel very insecure, they don't feel strong enough to act or make important decisions. The decision to refrain from action increases uncertainty, which further increases the fear of adopting solutions.

Write down the situations in which you feel confident and in which you don't feel confident.



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Self-respect

This concept involves understanding and meeting your own needs out of respect for yourself. It is important for mental balance to act in accordance with the professed values. In many cases, however, people who experience chronic stress do not act in harmony with themselves.

List what values you follow in life. Consider whether they are consistent with your actions.

