



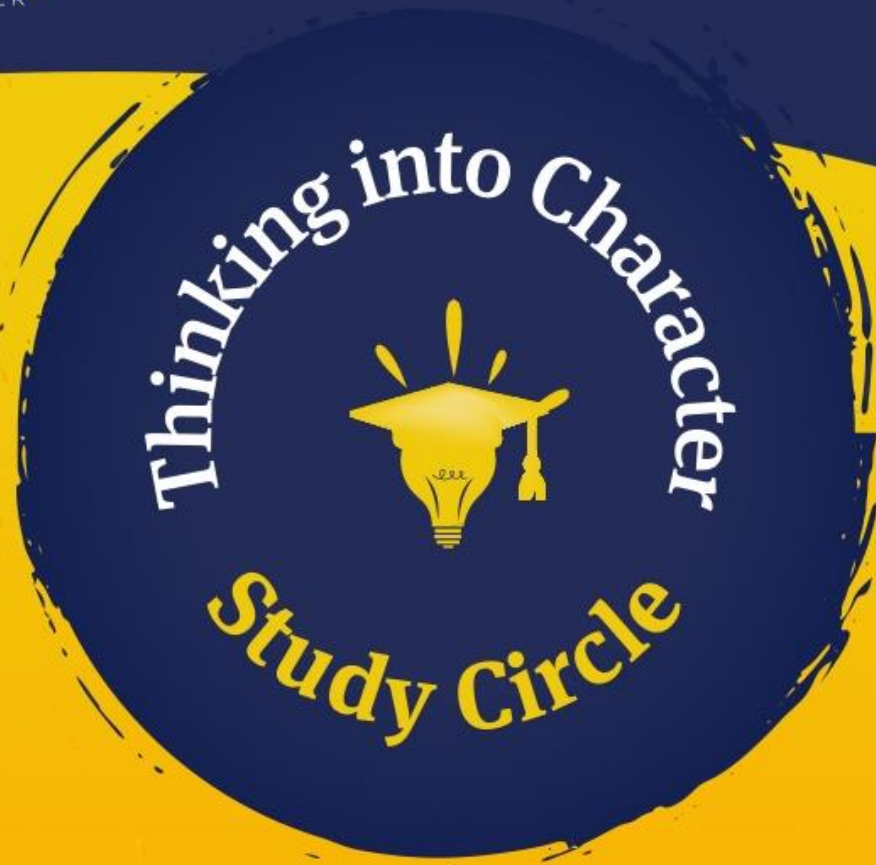
Thinking into Character Study Circle



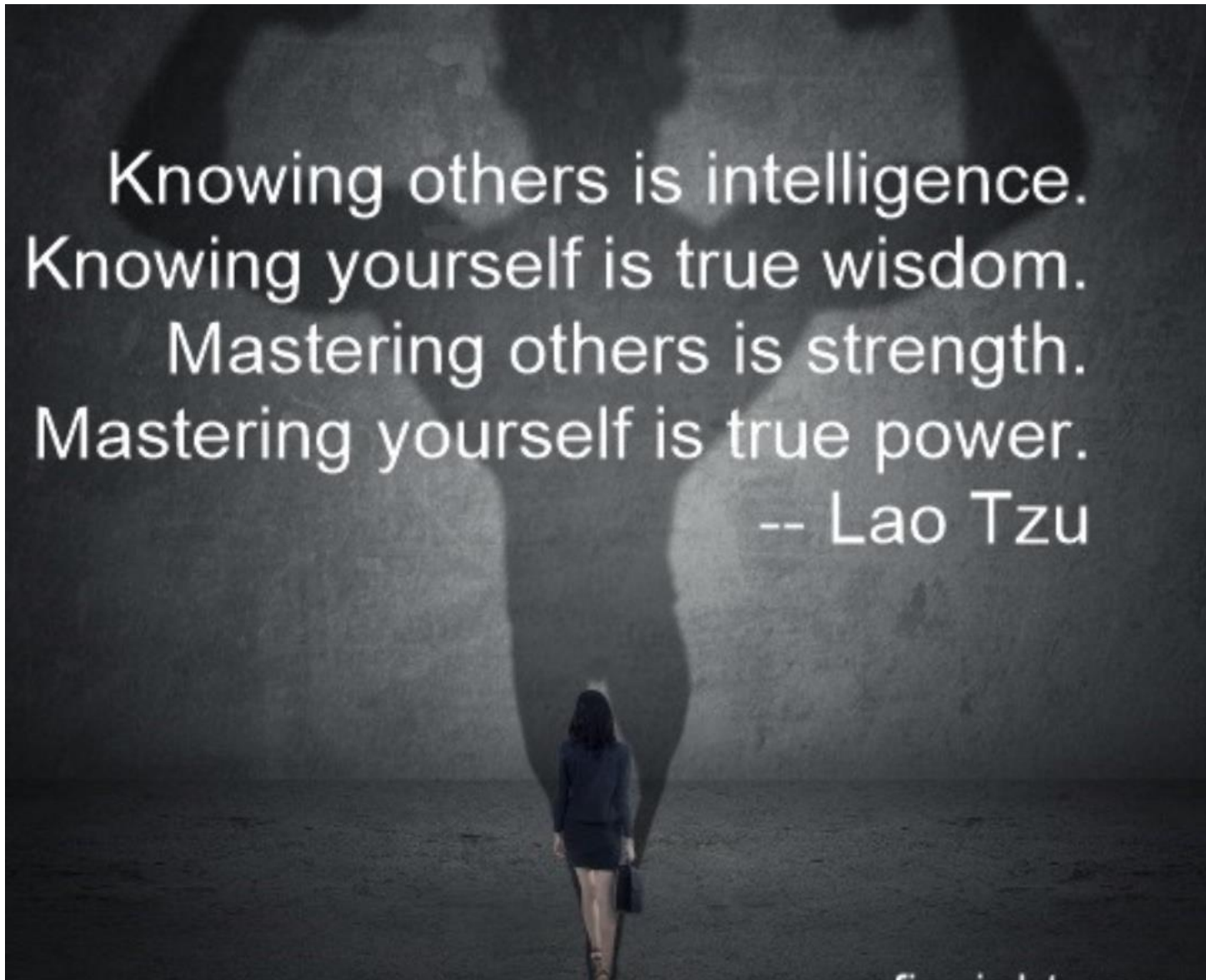
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INTO CHARACTER

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Knowing others is intelligence.
Knowing yourself is true wisdom.
Mastering others is strength.
Mastering yourself is true power.
-- Lao Tzu





Discussion point

Name your one of your strengths and what you want to improve in yourself



Lesson 3:

The Power of your Mind Unlocking the secret



- ✓ Stepping deeper into the paradigm; friend or enemy?
- ✓ Are we talking about our mind, or the mind of the universe?
If so where is the mind?
- ✓ Exercise- meditation (Tapping into the source of creation)
- ✓ The Value of Repetition

Practice to take home:

1. To complete the exercise from the TIC, lesson 3 in their own time and space. It would be beneficial to complete all worksheets.



- ✓ Starting from the blank page
- ✓ A little bit about the Physics and Ether (my studies in Russian University: Cosmology)
- ✓ Tantra and Yoga beyond the commerciality and marketing
- ✓ Exercise – meditation (Tantra)

Practice to take home:

1. To set alarm 3 times per day for the all following days, to do 5 minutes meditation (Tantra).
2. To Read “Acres of Diamonds”
3. Please make notes with what did you resonate most and what you can not accept as true. Where do you feel resistance?



I invite you to contemplate for a moment a situation where you were angry, hurt, sad, disappointed with someone. Be as judgmental or childish as you were in that situation. Please, don't try to be wiser or kinder than you were then. Root in that situation and as the images comes to your minds eye, please complete in very short sentences the statements below as follow:

1. In this situation, who angers, confuses, hurts, saddens, or disappoints you, and why?

I'am.....with.....because.....
.....

For example: I am **angry** with my daughter, because **she didn't wash the dishes**. Angry is the name of emotion, didn't wash the dishes is the cause of my emotion.



2 In this situation, how do you want him/her to change? What do you want him/her to do?

I wantto

For example: I want Anna **to learn to be responsible** and **I want her to see** that being messy will be a problem.

3 In this situation, what advice would you offer him/her? “He/she should/shouldn’t...”
should/shouldn’t

Name shouldn’t He/she should.
.....

For example: Anna shouldn’t **leave dirty plates** and just leave the kitchen. She should **think about her mother and help her** by washing the dishes.



4 In order for you to be happy in this situation, what do you need him/her to think, say, feel, or do?

I need to

.....

For example: I need **Anna** to **show her love** by washing the dishes. I need **her to be more sensitive**.

5 What do you think of him/her in this situation? Make a list. (It's okay to be petty and judgmental.)

Name..... is

For example: **Anna** is **unconscious, selfish**. She **doesn't care** about other people



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6 What is it about this person and situation that you don't ever want to experience again?

I _____ don't _____ ever
want.....

For example: I don't ever want **to leave dishes** in the kitchen.









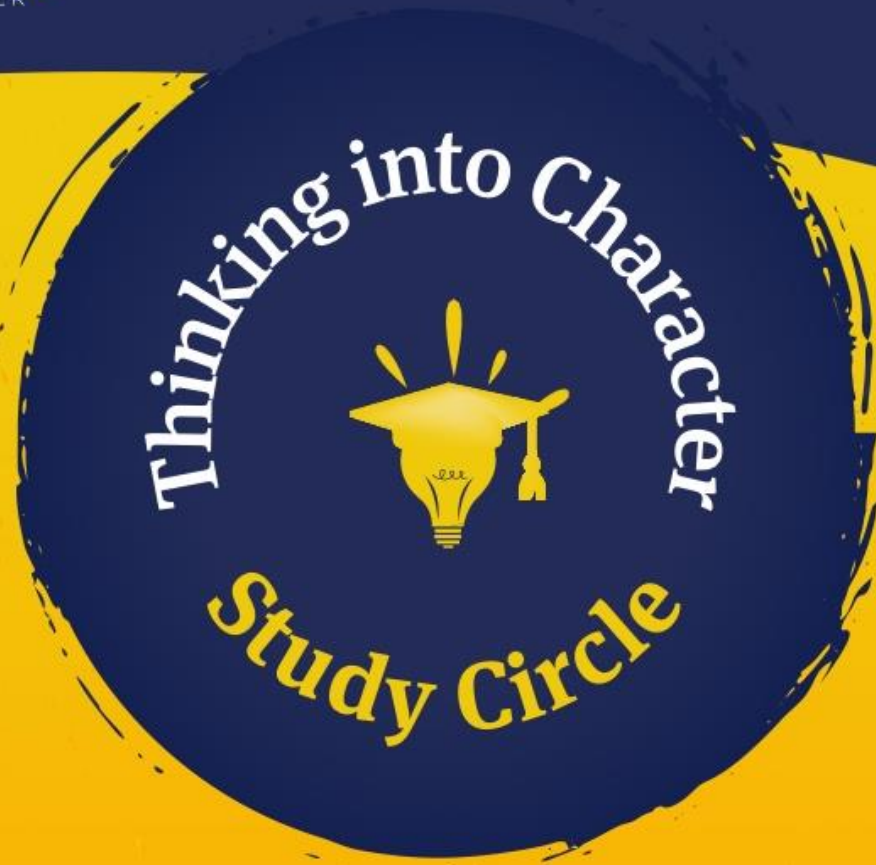




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Practice to take home for Wednesday the 12 of May

**1 Read article” How much you are worth” adapted by Earl Nightingale
p 33 (Lesson 2)**

3 Do Assignment 5, p 34 from Lesson Two

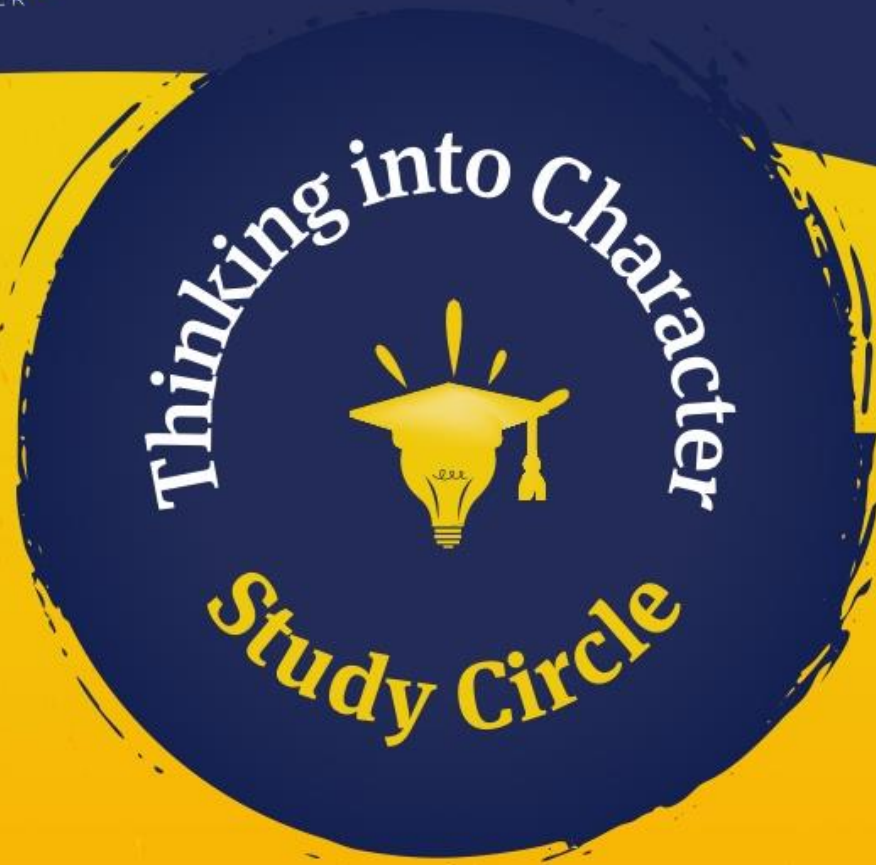
4 Keep Reflective journal

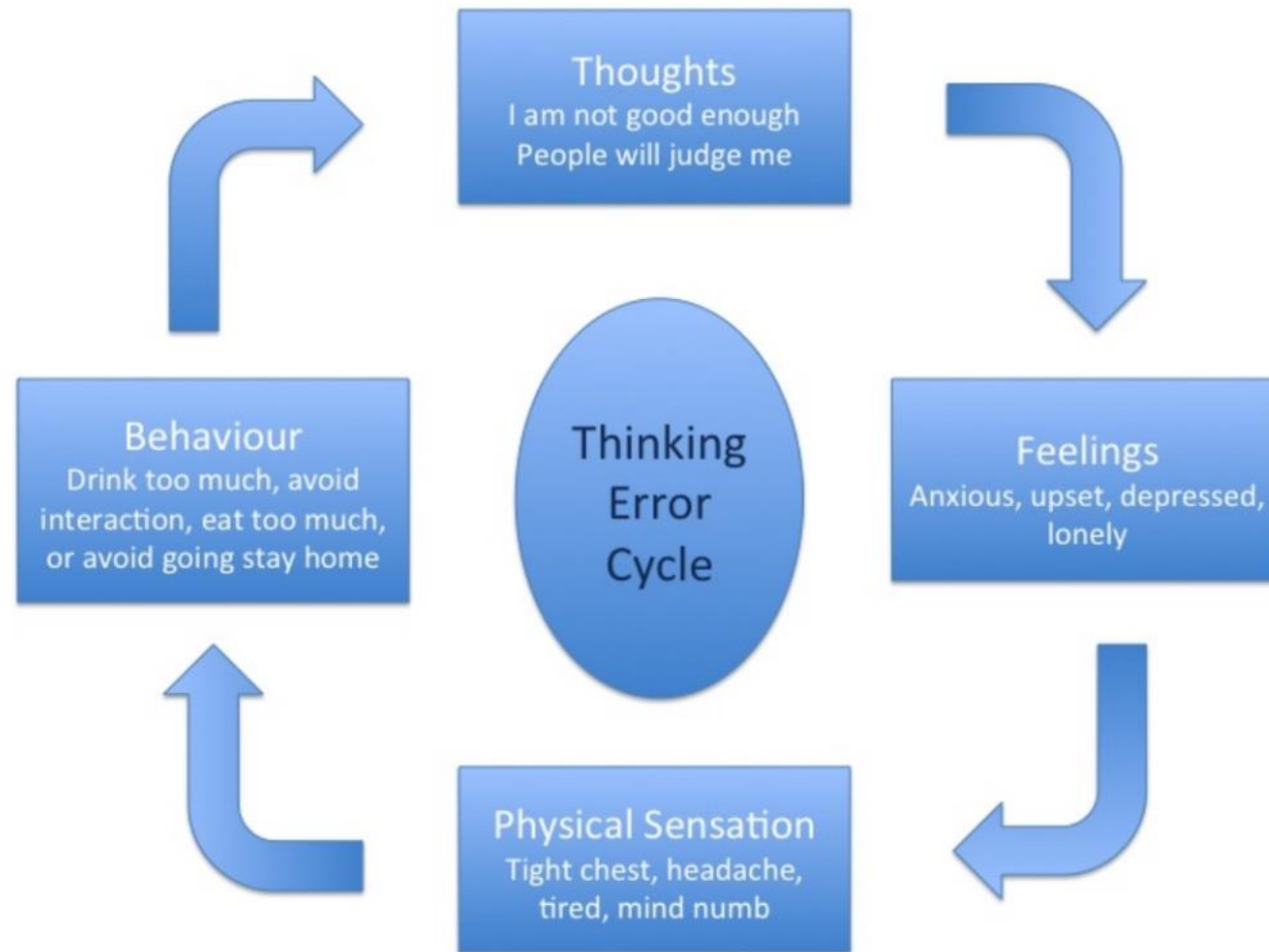


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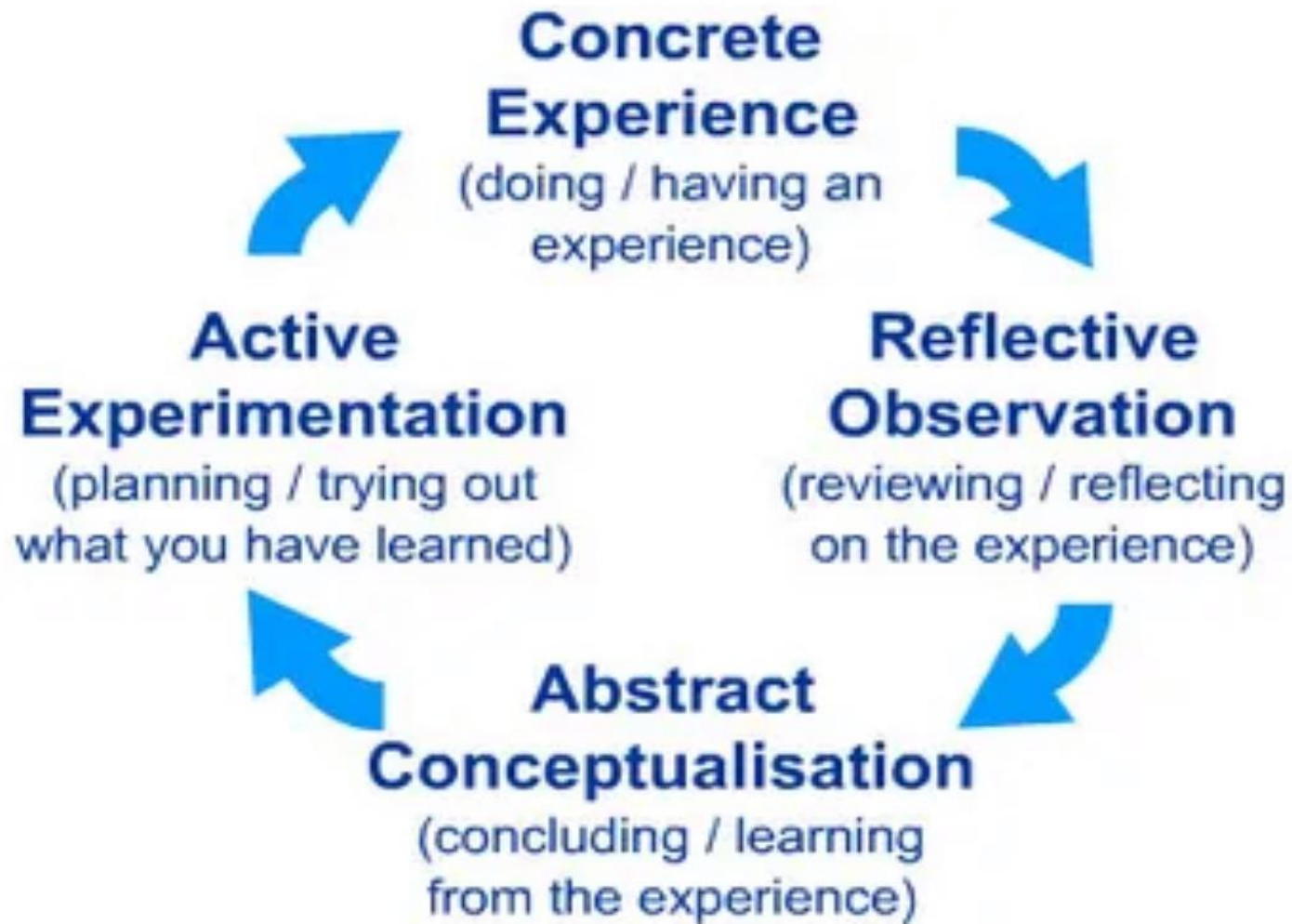
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Kolb's Experiential Learning Cycle



! Set the



supporting a positive outcome, but you dwell only on the negative parts, even if there aren't very many, and inflate their importance.

Example

Your presentation was well received by your superiors at work, but you noticed a typo in one of the slides. Instead of enjoying the compliments your boss gave you, you're only thinking about the typo and expecting to get terminated soon for paying poor attention to detail.

Solutions

Focus on the concrete facts. In the example above, your boss said you did a great job. That's a concrete fact. Don't waste time thinking about the unknowns; the possibility of you getting sacked is an unknown.

Try to rewrite the problem or situation as though you were telling it to a sensitive child. Only include the positive parts of the story. Then read it when you're feeling overly anxious.

Ask yourself:

- What are the positives in this situation? Try to focus on them more.



“All or Nothing” Thinking

You are constantly thinking of things in extreme terms, such as “always” and “never”. If you do something in a way that is less than perfect, you automatically conclude that you are a failure.

Examples

If you get 85 per cent correct on a test, you think you are a complete failure because you missed 15 per cent.

If you don’t look like a model, you decide you are really ugly.

You’re passed up for a promotion at work, so you think that means the company is planning to make you redundant.

Solutions

Try to find the “in between”. Remind yourself that there is usually a broad spectrum of outcomes between absolute perfection and complete disaster. Very few situations are truly all-or-nothing.

If you are thinking of something in terms of “never” or “always”, can you think of an exception? If so, that means it’s not truly “never” or “always.”

Ask yourself:

- Is it really that bad or am I being extreme?
- What other ways are there of looking at this situation?



Fortune telling

Fortune telling falls under the category of jumping to conclusions. It occurs when you are so convinced that something will turn out badly that you are sure it is a foregone conclusion and there is nothing you can say or do to change the outcome.

Examples

“If I apply for this job, they will laugh at me and toss my CV.”

“If I ask this girl out, she will definitely turn me down.”

Solutions

Ask yourself:

- How do you know it will turn out this way?
- What facts do you have that prove this negative outcome will inevitably occur?
- How do you benefit from reaching this conclusion?
- What will happen to you if you continue thinking this way?



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Mind Reading

When you think you know a person's intentions or thoughts, you are engaging in a thinking error known as mind reading. You assume people are focusing on your flaws and believe that someone is reacting negatively to you, even though their response might have nothing to do with you at all.

Examples

"My friend didn't answer the phone. She must be trying to avoid me because I annoy her."

"My son's teacher must think I'm stupid because I forgot to sign his permission slip."

Solutions

Ask yourself:

- How do you know that?
- Does assuming something make it true?

Even though the conclusions reached from mind reading are often incorrect, it is still helpful to try to let go of your need for approval and accept that you can't please everyone all the time.



Overgeneralising

This occurs when you take an isolated incident and project it to make broad generalisations. A one-time unpleasant occurrence is viewed as a sign of what will happen every time you're in a similar situation, rather than the isolated incident that it actually is.

Examples

Your spouse got mad because you spilled wine on the carpet. You start to think, "He's mad at me. He always gets mad at me. That probably means he hates me and wants to divorce me. I must be the worst wife in the world."

You failed your driving test on the first try. You tell yourself you'll never get your license and you'll be stuck riding the bus for the rest of your life.

Solutions

Try to think of times in your life when a particular negative situation did not end up being a sign of things to come or have a long-term outcome.

Ask yourself:

- Just because this happened once, does that really mean that it's going to happen every time, or are other outcomes also possible?



Personalisation

The personalisation thinking error involves seeing yourself as the cause of everything negative, even though you are not the one responsible. This often leads to feelings of shame and guilt.

Examples

“My daughter didn’t make the soccer team. I’m sure it’s because I didn’t practice enough with her.”

“My husband hit me because I’m a bad wife.”

Solutions

Ask yourself:

- How do you know that? (In the examples above, how do you know your daughter didn’t make the soccer team because of you? Did the coach say so? How do you know you are a bad wife?)
- Challenge yourself to find out just how much responsibility you could truly have for what occurred.
- Try to think of external factors that could have also contributed to the situation.



CHALLENGE

COGNITIVE DISTORTIONS

How to challenge 15 common cognitive distortions with examples of reframed thoughts



1. POLARIZED THINKING

CHALLENGE:

- Avoid thinking in extremes
- Don't choose either/or extremes
- Identify how to be less extreme and more flexible
- Think in shades of gray
- Find the middle ground

EXAMPLE THOUGHT:

I received an A- on an exam when I am typically used to receiving A+ grades only, I feel like a failure.

REFRAMED THOUGHT:

I didn't do as well on the exam as I had hoped. But an A- is still a really good grade and I am grateful for it.



2. MENTAL FILTERING

NEGATIVE MENTAL FILTERING

CHALLENGE:

- Don't dwell on a single negative
- Focus on all positives that occurred during the situation
- Reflect on the entire situation
- Identify both positive & negative aspects

EXAMPLE THOUGHT:

I received my employee performance review, but I can't stop thinking about one negative comment my manager made about me.

REFRAMED THOUGHT:

I was lacking in one area of my review, but I performed well in other aspects of my job, and my manager did praise me for a great work ethic.

DISQUALIFYING THE POSITIVE

CHALLENGE:

- Value positive aspects as much as negative ones
- Take pride in accomplishments
- Embrace compliments or positive feedback
- Cultivate an attitude of gratitude

EXAMPLE THOUGHT:

I received a good mark on my assignment, but it's probably a mistake. I'm pretty sure it was just luck or fluke, I don't normally get good grades.

REFRAMED THOUGHT:

I received a good mark on my assignment. I am grateful to receive this grade and am proud of what I accomplished.



3. OVERGENERALIZATION

CHALLENGE:

- Believe you can create different outcomes in the future
- Reflect when a single negative had a long-lasting impact
- Identify evidence that suggests it will impact future events

EXAMPLE THOUGHT:

I failed this exam, I feel like such a failure. I don't think I am smart enough to take this class, I will probably just fail it.

REFRAMED THOUGHT:

I didn't pass this one exam, but in the past, I have always found a way to come back from a failed exam. I will work harder and try again the next time.



CHALLENGE AUTOMATIC NEGATIVE THOUGHTS WORKSHEET

1 RECOGNIZE & ISOLATE THOUGHT

Building awareness allows you an opportunity to challenge and refute those negative thoughts

1. Stop and pause for a moment, recognize what you are thinking isn't quite right
2. Pay attention to your body and emotions
3. Isolate and focus on the irrational thought and try to separate it from who you are
4. Think about what you are thinking about by having an external view of your thought



2 WRITE DOWN YOUR THOUGHT

Focus and think about what the thought is really about and write it out. After writing, you will feel a sense of relief that your mind has been emptied.

3 DISTRESS LEVEL

Identify the distress level (0-10):
0 = Calm 10 = Extreme

4 DISTORTION TYPE

Identify the cognitive distortion:
(Refer to list of cognitive distortions)

5 CHALLENGE & REFRAME THOUGHT

Challenge the cognitive distortion by evaluating evidence, focusing on positives, and avoid thinking in extremes (Refer to list of challenges):

1. Challenge & refute negative thoughts
2. Modify language and internal dialogue
3. Replace negative distortions with positive healthy thoughts
4. Write down the more reasonable reframed thought



6 REEVALUATE DISTRESS LEVEL

Reevaluate the distress level (0-10) and compare it to step 3. If the distress level has not decreased, consider repeating the exercise again.





Lesson 3

The Power of Your Mind



Part 1 (12.05.21)

- ✓ Stepping deeper into the paradigm; friend or enemy?
- ✓ Are we talking about our mind, or the mind of the universe? If so where is the mind?
- ✓ Exercise- meditation (Tapping into the source of creation)
- ✓ The Value of Repetition

Practice to take home:

1. To complete the exercise from the TIC, lesson 3 in their own time and space. It would be beneficial to complete all worksheets.



Part 2 (14.05.21)

- ✓ Starting from the blank page
- ✓ A little bit about the Physics and Ether
- ✓ Tantric Yoga
- ✓ Exercise – meditation (Tantra)

Practice to take home:

1. To set alarm 3 times per day for the all following days, to do 5 minutes meditation (Tantra).
2. To Read “Acres of Diamonds”
3. Please make notes with what did you resonate most and what you can not accept as true. Where do you feel resistance?



Lesson 4

The Stick Person



Part 1 (19.05.21)

Practice to take home:

1. To complete the exercise from the TIC, lesson 5 in their own time and space. It would be beneficial to complete all worksheets.



Lesson 5

The Miracle of Your Mind

