

THE STORIES WE TELL...



@drpaulwood



SELF DEFEATING BELIEFS

People might think less of me

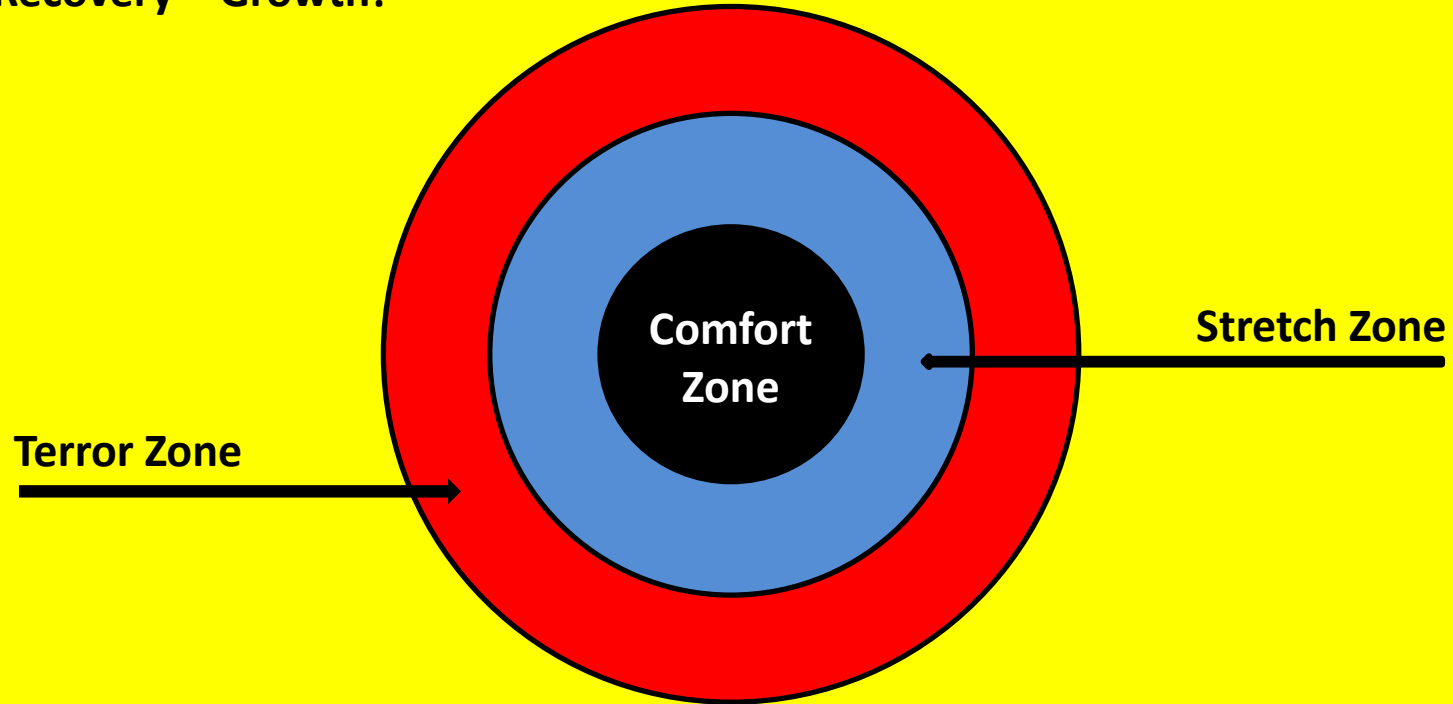
People ***shouldn't*** experience stress and distressing emotions

I must always succeed, never fail, or make a mistake

I'm not _____ enough

STRESS IS GOOD

Stress + Recovery = Growth!



SWITCHING THE SCRIPT

Resilience...Mindfulness...People strategy...

Mental fitness?

Tactical breathing?

People/commercialism?

The background image shows a wide-angle view of ancient ruins. In the foreground, a path made of large, irregular stone blocks leads towards the background. On the left, several tall, weathered stone columns stand in a row. The sky is blue with scattered white clouds. The overall scene is one of historical grandeur and decay.

THE STORY IS THE BARRIER

WE MUST ADAPT THE NARRATIVE

SUCCESS WILL REQUIRE EXPERIMENTATION

WHAT'S YOUR PRISON?



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