

Skills for Success

Self-reflection 1

ABCDE ... Arguing with yourself

Tools for Disputation:

Evidence ?

Search for accurate facts that may not corroborate your current beliefs.
E.g. *are you really the **only** student not to understand discombobulation theory ?*

Alternatives ?

There may be a variety of possible causes for such an adversity. Which ones lead most towards 'learned optimism' i.e. are **the least permanent, pervasive and personal**.

E.g. *I need more time / reading to assimilate the ideas, I've mastered other theories I didn't understand at first, most students are struggling with this at first.*

Implications ?

Even if there were some truth to your negative belief, what does this **realistically** mean ?

E.g. *How likely **is it really** that I'll fail the whole module ? Will **no-one** else ever be able to help me learn this theory ?*

Useful ?

What good will this negative belief do me ?

E.g. *I need to write this assignment by next week-end, so I'll simply concentrate on clearly expressing what I do understand. (So I have to **STOP** worrying about this now – see below)*

Distraction:

Use visual signals or even physical prompts to change the direction of your thinking e.g. STOP sign, rubber band, pendant ...

Have a new thought pattern, ready prepared e.g. switch to a mantra, pick up a new object and observe for a few seconds, two or three abdominal breaths ...

Make a worry appointment contract – write down the problem trigger and schedule and disputation session.

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ABCDE practice sheet

Adversity:

Beliefs:

Consequences:

Disputation:

Energisation:

In what ways has the disputation process changed your feelings, motivation, decision-making, range of perceived choices ...