

Skills for Success

Self-reflection 1

A possible framework for useful self-reflection ?

Repeating positive affirmations doesn't change your experience much, it's your response to negative statements that has more effect (Seligman 1998).

A cognitive-behaviourial approach ...

1. Monitor and record your personal difficulties
2. Recognise your current responses
3. Challenge those responses
4. Reframe these into new, more effective ways of thinking and acting.

... the ABC approach (Ellis 1962)

Try your own example ...

A:

B:

C:

References:

Ellis, A. (1962). Reason and Emotion in Psychotherapy. New York: Stuart.

Seligman, M.E.P. (1998). Learned Optimism: How to Change Your Mind and Your Life. New York: Simon and Schuster.