

TRY A DIFFERENT PERSPECTIVE

A central idea in cognitive behavioral therapy focuses on the power inherent in how we think about the things in our lives and how these thoughts lead to beliefs that govern our lives. Consider the following “re-frames” and add your own examples in the open spaces.

Negative Belief	Positive Re-frame
I’m just not college material. I’ve failed a class, I’m too old for this stuff and there is no way I’m going to make it to graduation. This stuff comes easy to everyone else.	While I may have had some setbacks and haven’t done everything right, I should have some patience with myself about learning new things and figuring out how things work.
I just want to find someone who I can spend my life with, but there is no one for me. I really am at the stage of just giving up on all of this.	Finding the right person takes time. Other people’s relationships may look easy from the outside, I don’t know all the details of their stories. Maybe they have had it just as hard as I have.

THE MESSAGES WE SEND OURSELVES

Another concept related to redefining failure is thinking about the idea of what messages we tell ourselves. Think about the commentary you share in your mind when you are struggling with a task. Do you tell yourself, “I can never do this” and “Why should I even bother, I’ll never make it.” Think about these comments as weights that hang around your neck, slowing you down and keeping you from making positive changes. What messages do you tell yourself when you are struggling?

LIFE = RISK

Search on YouTube or Google the phrase “life=risk.” The video offers the idea of a band-aid as an example of what it means to be a successful person. Share your thoughts about the video as it relates to some of your challenges or when you feel like you aren’t good enough.

