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Your erroneous zones by wayne dyer summary analysis worksheet answer

Evaluate your behavior not on what you believe, but on what you experience in the present. If the one you need leaves, changes their mind, or dies, you are forced into immobilization, collapse, or even death. Once you believe that no act should be done in a way defined by another person, then failing becomes impossible. I'm old, middle-aged, tired, etc. However, if you fully believe in yourself, no activity is beyond your potential. Feelings aren't merely emotions that happen to you. These self-descriptors belong to your ethnic or religious group and work very well when you run out of other reasons to explain certain behaviors that you have, which do not work for you, but are simply too difficult to combat. By comparing yourself to another person and imagining yourself to be less loved, you make others more important than you. All self-destructive "I ms" are the result of the use of these four neurotic sentences: "That's the way I am." "I've always been that way." "I can't help it." "That's my nature." These are 4 seemingly mundane sentences that keep you from growing, changing and making your life exciting. Justice is simply a concept that has practically no application, especially when it comes to your own choices about achievement and happiness. I'm unable to cook, draw, do theater, etc. They can obviously make mistakes – no one is perfect - but they don't waste their time brooding or being upset because things should have happened differently. Being psychologically independent means not needing others, which is different from wanting to be with others. Chapter 2. To some degree, it can be a form of madness that causes you to lose control. Unplanned vacations, an interview for a new job, talks to someone you avoided because you were afraid of not knowing what might happen. Replace them with sentences such as "until today I've chosen to be like that" or "I used to label myself..." Set behavioral goals to act differently from what you have done in the past. You may be guided by a set of rules and principles that you don't even subscribe to, and yet you are unable to break away and decide for yourself what works and what doesn't work for you. The verbal announcement will put you in touch with what you have done and demonstrate that you are really working on yourself. You may not like the way you did this or that task. Chapter 7. They are in action and do not waste time complaining or wishing that things would happen otherwise. Accept the simple fact that some people will not understand you, and that this is completely normal. Be what you want to be, rather than what you think you should be because you are a middle-aged man, a single woman, or whatever. Note: This review was written by guest, Renaud from the Simplifier-la-vie.com blog. How do you describe yourself? Actively using your mind means assessing the people or situations that cause you the most difficulty, and then deciding on the mental efforts to put in place so that these obstacles become sources of self-empowerment. Don't equate performance with self-esteem. It's not having to do something you wouldn't want to if the relationship didn't exist. If so, then you are immobilized. Breaking the Barrier of Convention The world is full of "shoulds" that people apply to their behavior without evaluation. Failure is a subjective notion that does not call into question their inner nature or their self-confidence. Chapter 6. Some parts may give the impression that he is stating the obvious, but it is often these very ones that confront us with our nonsensical behaviors and negative habits. Fairness is an external concept, a way to avoid taking charge of your life. Obviously, if he is right then much of what he says follows from it-but I am of the view that this life is just the opening chapter of eternity, and that what we do now matters in eternal terms. Pay attention to the four neurotic sentences and correct yourself out loud as follows: I'm like that = I was like that I've always been like that = I'm going to change I can't help it = I can change that if I work on it That's my nature = That's what I used to believe Chapter 5. You have only to look at nature to realize that there is no justice in the world. These "shoulds" make up a large erroneous zone. Whatever others think cannot affect you unless you let them. I'm too small, too tall, etc. If you feel compelled to visit certain people, ask yourself if you would like other people to visit you just because they feel compelled to do so. Remove jealousy from your range of reactions by recognizing that it only puts you down. Chapter 3. Psychological independence means the total absence of any compulsory relationship and any behavior led by another. The author suggested that since anyone can learn anything if he works at it hard and long enough, everyone is really as intelligent as anyone else. What are your self-descriptors? Read more reviews on Amazon about "Your Erroneous Zones" Buy on Amazon "Your Erroneous Zones" Any distressing situation is fertile ground for developing new feelings. The first concerns your ability to make choices about your own emotions. With worry and anger, you focus on an upcoming event. If you find yourself acting this way, try going back to the original thought to understand the reason for such behavior. Continually asking questions to others reflects your lack of self-confidence and your inability to take charge. It's not something that just happens to you. What's done is done. Conversely, you will not understand people who are very close to you. Strong points of Your Erroneous Zones: Reference book in practical psychology Confronting, does not leave you indifferent Many practical examples The message is universal, it concerns everyone Despite the somewhat dated appearance of some examples - the original text dates from 1976 - the content remains relevant and current Weak points of Your Erroneous Zones: Repetitive at times Dyer's arguments are based on his practice, there is a great deal of subjectivity, one may not subscribe to everything The book cannot be read in 5 minutes, it is dense. You can take advantage of the full gamut of human experience once you have decided to venture into a territory where there are no guarantees. Some specific strategies for eliminating anger Get in touch with your thoughts at the time of your anger and remember that you don't have to think that way just because you've always done it in the past. In short, you should decide what you want to do and who you want to be, then do that, and not worry about what anyone else thinks. That seems to me to be the definition of sociopathic. He tries to avoid that by hedging here and there. Justice does not exist. In the psychological sense, anger breaks up romantic relationships, interferes with communication, leads to guilt and depression. The answer is usually so insignificant that it can prompt you to take action. Just getting started will help you get rid of the anxiety over the whole project. I'm shy, reserved, temperamental, nervous, etc. Without failure, we cannot learn, and yet we have learned to consider success as the only acceptable criterion. Face your fears with productive thinking and behavior. These are tools for putting it off. I'm Italian, German, Jewish, etc. The important thing is to not equate the act with self-esteem. Then, start to explore in depth the kind of thoughts that lead to these negative feelings. These two concepts recur regularly throughout the book and provide particular insights into each erroneous zone. Their family ties are strong, but they regard independence as superior to dependence in all relationships. We seek justice and use its absence to justify misfortune. Psychological dependence, on the other hand, means that you are in relationships that involve no choice, a relationship in which you are forced to be something. Expressing anger can be healthier than suppressing it. Convincing yourself that you can put it off because you might not do it right today is a sham. You will discover that your prejudices keep you stagnant. Awareness is paramount. Women do the dishes, men take out the trash, housework is for the wife, outdoor work is for the husband, etc. Any guilt you may feel will not change the past. Selecting roles in everyday life because culture requires it. Procrastination is the closest thing to a universal erroneous zone. Start taking risks that get you out of the routine. Procrastination is a tiring aspect of life. For people wishing to improve, it is a question of flushing them out and transforming them. Furthermore, the catastrophe you worry about often turns out to be less horrible than you imagined. Putting an End to Procrastination - Now Do you procrastinate? Chapter 1. Become your own judge of your behavior and learn to trust yourself to make informed decisions. If you are responsible for your own emotions, you do not have to choose negative reactions. It is the way of humanity, something inevitable, a kind of contribution to pay in order to evolve among our fellow men. So, I tell myself that I will do it later in order to avoid having to admit that I won't do it." The possibility of failure is more acceptable this way. Anything that does not guarantee success should be avoided. The idea of dying is not pleasant. You will not avoid it! For every opinion you have, there will always be an opposite view. Remove the words "hope", "wish" and "maybe" from your vocabulary. Like all emotions, anger is the result of thinking. Observe how much your past holds you back. Which will give rise to more fulfilling emotions. It is an essential part of eliminating your erroneous zones. Some strategies for eliminating worry Consider the present moment as a moment to live rather than an obsession for the future. Do you really believe in them or are you just used to behaving like that? It's likely that you repeat a thought like "I know I should do it, but I'll come back to it later" several times a day. Laws are necessary, and order is an important part of civilized society. When you need, you become vulnerable and a slave. To answer these questions, you will most likely have to refer to your own history. For example, if you consider yourself shy, introduce yourself to someone you might have avoided. People are unhappy in large part because we let other people dictate our view of our selves and our actions. Put skepticism aside and fully accept them. This type of self-description prevents you from evolving. Here and there I thought there was something of worth, but it was buried in material I would as soon not have read. When it does, watch your thoughts and try the postponing strategy. Also assess how many things you were worried about that never happened. Do you do what you would choose to do if you knew you had six months left to live? Being locked into someone else's rules adds what to eat with what. His concepts are familiar, even obvious, but he provides essential refresher courses. You can lose your job or fail in a given project. This is the kind of convenient, fallacious reasoning that cannot be used when you have to do something unpleasant or difficult. If you want to be happy, you must ignore everything everyone else thinks—peer pressure, parental guidance, schooling, everything you have ever learned, everything society tells you about how you ought to act. If this is the case, you are immobilized, and you miss out on potentially enriching experiences. It is impossible to go through life without encountering disagreement. The world is simply not designed that way. When you encounter disapproval, say to yourself, "This is their business, I expect this person to behave this way, it has nothing to do with me." This approach eliminates the pain you inflict on yourself when you associate someone else's feelings with your own thoughts. Give up having to have a reason for everything you do. You should not do things simply because everyone else disapproves—doing something for its shock value is just as much being controlled by others as doing things for approval. Replace it with, "I would have felt better if you had called me." Chapter 9. The slogan "It's not fair" is one of the most common - and most destructive - complaints made by one person towards another. It's all right to be different and the most fundamental understanding you can have is that you don't understand everything and everyone. Look closely at your life. Replace the sentence "It's not fair" with "It's unfortunate" or "I would prefer....". They cherish their own freedom. Chapter 12. This is not a sour vision of humanity and the world, but rather a realistic account of the nature of this world. I understand that intelligence, as measured by tests and puzzles and logic problems, is not the be-all and end-all of existence. It was a bestseller, and probably found its audience among middle and upper middle class businessmen and housewives and others—people whose problems in life are mostly that they are stressed about little things. Always keep in mind this question: "Is there anything that will ever change as a result of my worrying about it?" Make a list of everything that worried you yesterday, last week, and even last year. Ten typical categories of "I ms" and their neurotic dividends I'm bad at math, spelling, reading, languages, etc. It is a reaction to frustration. Perhaps you can impose new rules that seem more reasonable for everyone. I'm unorganized, messy, etc. A simple "the weather is nice" affirms your position without expecting anything in return. If you are like most people, the answer to this question is yes. Ask yourself if you are burdening yourself with so much. There is only what is here and now, and the truth of the present may not be the truth of the past. I needed a non-fiction book of some sort to balance my reading diet, and this one had somehow found its way into our bedroom and been staring at me from the dresser—well, I suspect several years—so I decided I would at least see what it said. Unless your anger, let it out in a non-destructive way - if you still decide to deal with it. 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