

Essential Mindset Exercises

Challenge unproductive beliefs

Albert Ellis' ABCDE technique

As humans, we can erroneously assume our thoughts are true. The ABCDE technique allows us to mindfully examine the thinking processes that generate unconstructive feelings to gain greater mastery of our experience.

A = Activating event (or trigger)

E.g. your boss gives you more work

B = Belief

E.g. they don't care about me / I'm always taken advantage of

C = Consequence

E.g. anger, resentment, fed up

D = Dispute

E.g. maybe your boss doesn't know how busy you are and just thinks you're the best fit for this piece of work

E = Effect

E.g. a better perspective of the situation, a sense of encouragement, and willingness to set boundaries or expectations from a more constructive state



Essential Mindset Exercises Continued

Shadow work

When we repress or ignore certain aspects of our personality, it can drive unhelpful behaviour and feelings of separateness and discontentment.

Carl Jung coined the term "shadow work" to describe the process of making the unconscious parts of our personality conscious. Doing so, removes their power and enables you to embrace the entirety of your being so you can live a full life.

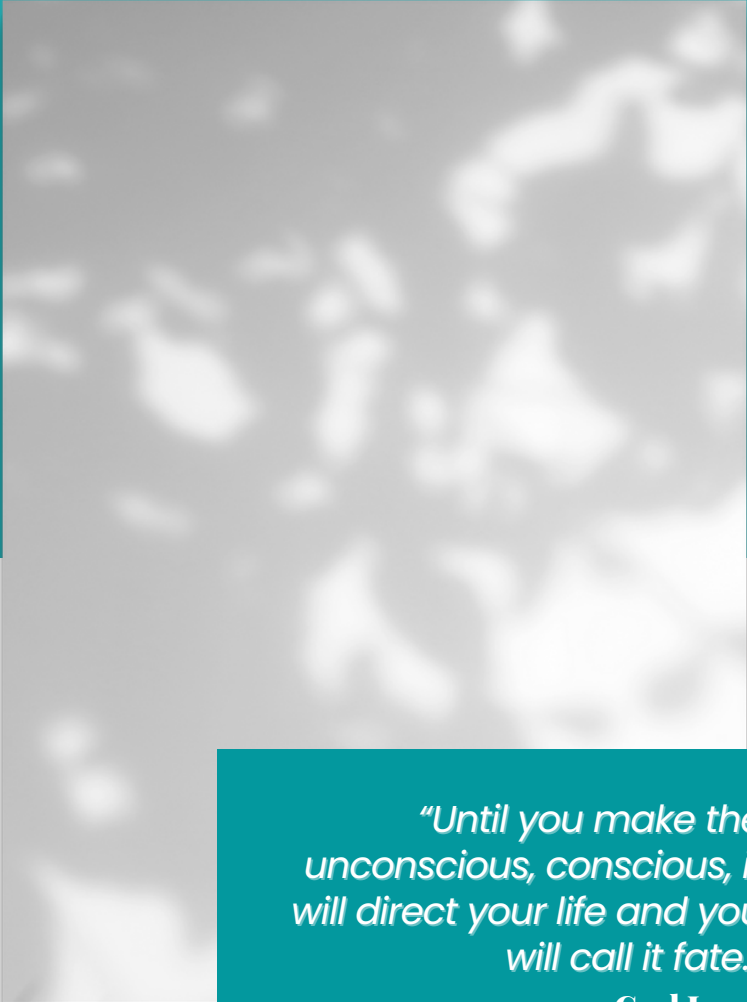
Some questions to ask yourself:

- What parts of yourself do you reject, judge or shame?
- What characteristics do you criticise in others? Where do you demonstrate those same characteristics?
- Where do you feel triggered? What feelings come up? What feelings are behind those feelings? Where do you feel those in your body?
- Can you bring compassion to those feelings rather than judgement?

Want to learn more?

Contact Liberate You

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"Until you make the unconscious, conscious, it will direct your life and you will call it fate."

Carl Jung