

DEALING WITH
UNCERTAINTY
Day Two: Beliefs

Day 1	Affirmations	Don't Spread the Negativity Virus
Day 2	Beliefs	Roots, Mindsets
Day 3	Declarations	Sowing and Reaping
Day 4	Detox	Red Alerts, Rusty, Blind Spots, Derailment
Day 5	Empathy	Greatest Leader of All Times, EQ Heartbeat
Day 6	Engagement	Energy Givers, Takers and Shapers Fabric of Trust
Day 7	Facing Your Fears	Managerial Simulator

- In this regard we have also made a significant contribution on all our teachable online courses as a way of equipping yourself during these turbulent times!
- **1. Reflect-** Become aware of all the thoughts coming into your mind. Be still and reflect.
- **2. Replace** – Begin thinking of a replacement and don't dwell on the negative.
- **3. Rewrite** – Nurture the positive replacement with scripture of wisdom quotes and thoughts.
- **4. Revisit-** Make this new thought stick with your powerful affirmations.
- **5. Re-activate-** and feeding the new thoughts.

Beliefs about self: True False

- I have to live in **fear and anxiety**
- I am not a **joyful person**
- I can't show I need help because it makes me look weak.
- I must **prove I am right** to verify my worth.
- What I do for a **living is who I am**
- Things must **go my way** for me to be satisfied

Beliefs about **Other**: True False

- My **emotional health** is controlled by other people
- **My peace** is dependent upon the people around me
- The **amount of respect** I receive from others determines my worth.

Beliefs about God: True False

- God is **distant**.
- God is **condemning** me.
- God's love is **conditional**.
- God is distant. God is **demanding**
- **God's healing is not for me**, although it works for other people.
- God is **never satisfied** with what I do.
- God is taking all the **fun out of life**.
- God is **against me**. I do not **measure up to God's standards**

1. Write down up to five emotions that you frequently experience.
2. List the thoughts, beliefs, and circumstances causing these emotions to occur.

Happy	Calm	Glad	Pleased	Sad	Content
Angry	Discouraged	Peaceful	Disappointed	Afraid	Encouraged
Disgusted	Excited	Anxious	Satisfied	Surprised	Frightened
Jealous	Uneasy	Embarrassed	Comfortable	Frustrated	Rejected

Different **emotional stages** you will go through as we enter a lockdown

- **Optimism:** This is going to be great.
- **Determination:**, but you're determined to keep going and stick to your routine
- **Satisfaction and frustration:** moments of satisfaction and periods of frustration.
- **Depression:** When you start struggling and feeling, "this is hard". Boredom might settle in. You miss going out and seeing friends and loved ones. You might feel demotivated, hopeless, or feel a sense of despair.
- **Anger:** You might experience anger about the situation, the confinement, and get easily irritated by others in your household.
- **Acceptance:**
- **Making meaning:** Remembering that this move to self-isolate is necessary and prevent more sickness and death.

DEALING WITH DISAPPOINTMENTS

- How do you normally react when you are disappointed?
- The longer we hold onto an **offense**, the more inward our focus will become.
- The people who can hurt us are often those closest to us.
- Always examine your heart – This is vital.
- Are you holding on to **unforgiveness** toward someone who has disappointed you?
- Adjust your expectations.

DEALING WITH DISAPPOINTMENTS

- Don't hold on to disappointments and not dealing with it will results in further pain.
- What emotions have you had to work through as a result of the disappointment?
- **Blaming others** or let go of the offense.
- **Better or bitter.** Don't play the blame game.
- Hold tightly to **your dream**. What is your dream?
- Character is crucial. What we plant, we will harvest.

DEALING WITH DISAPPOINTMENTS

- Plant good seeds- making sincere deposits. Our actions and attitudes and words are all seeds that we are planting all the time.
- Sometimes we want **to get even**. Unfair treatment. How do you define unfair treatment?
- **Guard your mouth-** Don't hold on to disappointments.
- **Release any toxic emotions like anger, shame, grief, regret, guilt, hate**
- Take the high road to a better healthier life. The low road leads to pain and bitterness
- Seek reconciliation.

DEALING WITH DISAPPOINTMENTS

- Pursue peace, don't let any bitterness begins to grow in your heart. Like vows.
- **Don't retaliate** with insults when people insult you.
- Take action. Do the course on emotional intelligence. It is a way of life that requires intentionality.
- **Live with love in your heart**
- Take time to identify positive and encouraging things about people around you. Highlight their strengths and accomplishments. Applaud the character traits that you admire about them

Renewing my mind is a lifelong process

- The process of renewing your **mind never ends**
- Find one belief you have been struggling with.
- **Hurtful Circumstance**
 - *The hurtful circumstance(s) that encouraged you to believe this statement*
- **Thoughts**
 - *The thoughts that have come as a result of this belief and hurtful circumstances*

Connection between Beliefs, Practices and Virtues

- We understand the concept of believe
- In our Head that is the right answer
- Sometimes no impact
- Theoretical and Cognitive reconstruction
- Changing for the inside out

Closing comment

- **"No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit.**
- **People do not pick figs from thorn bushes, or grapes from briers.**
- **A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart.**
- **For the mouth speaks what the heart is full of." Luke 6:4**

Closing comment

- **The roots represent our belief system, and the various fruit represent our behaviours. Roots are responsible for the following:**
 - **1) the structure and strength of the tree,**
 - **2) the nourishment of the tree, and**
 - **3) the fruit of the tree.**

Use the ABCDE technique

A = Activating event (adversity)

B = Beliefs (self-defeating)

C = Consequence

D = Dispute, debate, or discard

E = Effective behaviour will energise you

Positive attitude

- **Step 10: Leave a lasting legacy**
- **Step 9: See change as an opportunity**
- **Step 8: Build supportive relationships**
- **Step 7: Discover how to motivate yourself**
- **Step 6: Be pro-active**
- **Step 5: Find your purpose and passion**
- **Step 4: reframe your bad attitude**
- **Step 3: Identify the attitudes that hold you back**
- **Step 2: Choose to take charge of your life**
- **Step 1: Understand the power of attitude**

Action plan

- **WHAT DID YOU HEAR?**
- **WHAT DO YOU THINK?** What does it mean to you, how does it apply to your life, and what difference does it make to you?
- **WHAT WILL YOU DO?** What action step will you take? How will you think differently? How will you live differently?

PHILIPPIANS 4:8-9

- AND NOW, DEAR BROTHERS AND SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS **TRUE, AND HONORABLE, AND RIGHT, AND PURE, AND LOVELY, AND ADMIRABLE.**
- THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE . KEEP PUTTING IN TO PRACTICE ALL YOU LEARNED AND RECEIVED FROM ME— EVERYTHING YOU HEARD FROM ME AND SAW ME DOING. THEN THE GOD OF PEACE WILL BE WITH YOU.

**“For as he thinks in his
heart, so is he.”**

Proverbs 23:7 NKJV



“You are unique and different. You are a loved and valuable person. God has a wonderful plan of significance for your life. You can live a life full of abundance and significance if you trust in Him. He will give you the desires of your heart.” **Dr Mario Denton**

**Make the difference.
Stand out wherever you go. Be a
lighthouse to the lost. Make it your
burning desire. Mario**



Make

THE REST OF YOUR *Life*
THE BEST OF YOUR *Life*

california.com

Blessings from Mario Denton

Let's keep the good coaching vibes alive. Let's network.

Become a member of the Strong Message People and Change Management Coaching Forum.

- CONTACT DETAILS
- Office + 27 (0)82 882 9903
- E-mail address: prstrongmessage@gmail.com / marden@mweb.co.za
- Websites: www.thestrongmessage.com; www.trueafricaleader.com
- Stay Blessed: Cutting Edge People Management Material and Coaching
<https://mariodenton.teachable.com/>

