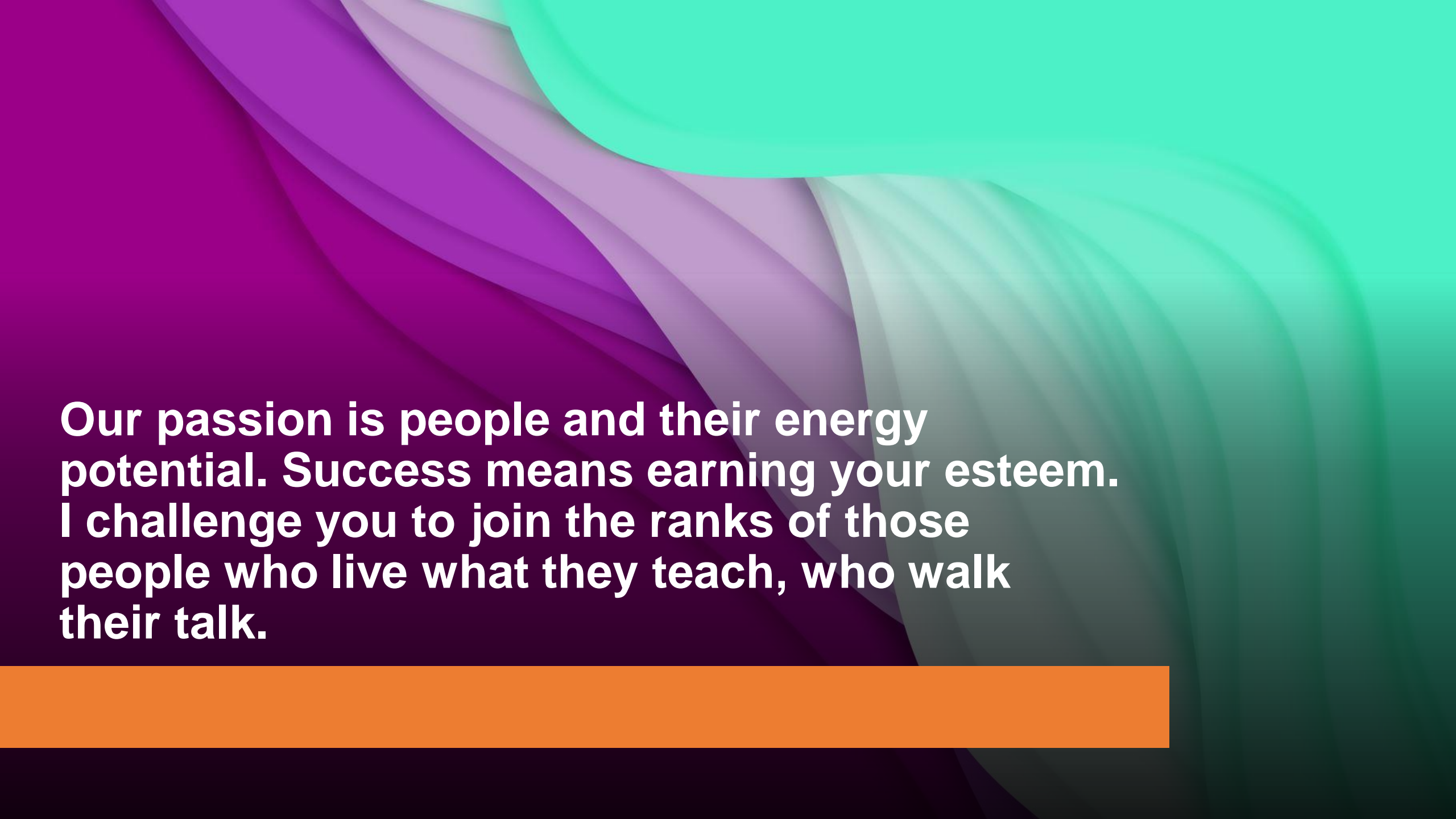


A woman with long dark hair is sitting in the driver's seat of a car. She is looking down at a smartphone in her left hand while her right hand is on the steering wheel. The background is a blurred green landscape, suggesting she is driving outdoors. The image is used as a background for a text overlay.

# **COPING MECHANISM**

**COGNITIVE DISTORTIONS Number 4 from 25**



**Our passion is people and their energy potential. Success means earning your esteem. I challenge you to join the ranks of those people who live what they teach, who walk their talk.**



01 Purposeful  
Coaching and  
Mentoring



07 Strategic Facilitation  
and Project  
Management



13 Organisational  
Design and  
Restructuring



02 Corporate  
Governance and  
Character



08 High  
Impact Team  
Effectiveness



14 Gaining  
Competitive  
Advantage



03 Aligned  
Competency  
Development



09 People  
Management  
Best Practices



15 Purposeful  
Appreciative  
Conversations



04 Innovative  
Problem solving



10 Talent Review  
by Design



16 Facilitating  
Perpetual Change



05 Emotional and  
Spiritual  
Intelligence.



11 Sustained  
Performance  
Management



17 Holistic  
Individual and  
Organisational  
Wellness



06 High Impact  
Authentic  
Leadership



12 High  
Performance  
Culture



18 From Success  
to Sustainable  
Significance



Special welcome:  
**DR MARIO DENTON DESTINY E-LEARNING COACHING**  
**ENTER TO LEARN – LEAVE TO SERVE**  
Industrial Psychologist (Mecon, MBA, PhD)

# COPING MECHANISM SERIES

1. Attaining your goals

2. Boundaries

3. Burnout

**4. COGNITIVE DISTORTION**

5. Declutter your mind

6. Doing well and Flourishing

7. Emotional awareness

8. Encourage self-disclosure

9. Finding your unique purpose

10. Happiness

11. Improve mental health

12. Job satisfaction

13. Meaning and strengths

14. Meaningfulness

15. Mental health

16. Optimism

17. Positive affirmations and declarations

18. Repressing your feelings

19. Resilience

20. Self-acceptance

21. Self-compassionate behaviour

22. Social support

23. Viewing your work: career, job or calling

24. Wellbeing

25. Your reason for being

# COGNITIVE DISTORTIONS



**Cognitive distortions are biased perspectives we take on ourselves and the world around us.**



**They are irrational thoughts and beliefs that we unknowingly reinforce over time.**

# COGNITIVE DISTORTIONS

These distortions in our thinking are often subtle, and it is challenging to recognize them when they are a regular feature of our day-to-day thoughts.

Importantly also, these distortions have been shown to relate positively to symptoms of depression, meaning that where cognitive distortions abound, symptoms of depression are likely to occur.



# COGNITIVE DISTORTIONS

- **But, all is not lost. Identifying and being mindful of when we engage in these distorted thoughts can be really helpful.**
- **Ways to tackle this may be by keeping a thought log, checking whether these thoughts are facts or just the opinions of ourselves or others or, even putting our thoughts on trial and actively trying to challenge them.**
- **Attempting to recognize and challenge our cognitive distortions can be difficult, but know that we aren't alone in this experience.**
- **Shedding a gentle awareness onto our thoughts can be a great first step.**





**What are some sayings that have been helping you lately? Let me have your comments!**

- **You don't have to attend every argument you are invited to.**
- **When dealing with soundtracks in my head I ask, "Is it true? Is it helpful? Is it kind?"**
- **Don't accept criticism from people that you would never go to for advice**
- **Failure doesn't mean a lifetime sentence**





**Focusing on the  
negatives, ignoring the  
positives**

# **1. Filtering**

## 2. Catastrophising

---

**Always expecting the worst  
case scenario**



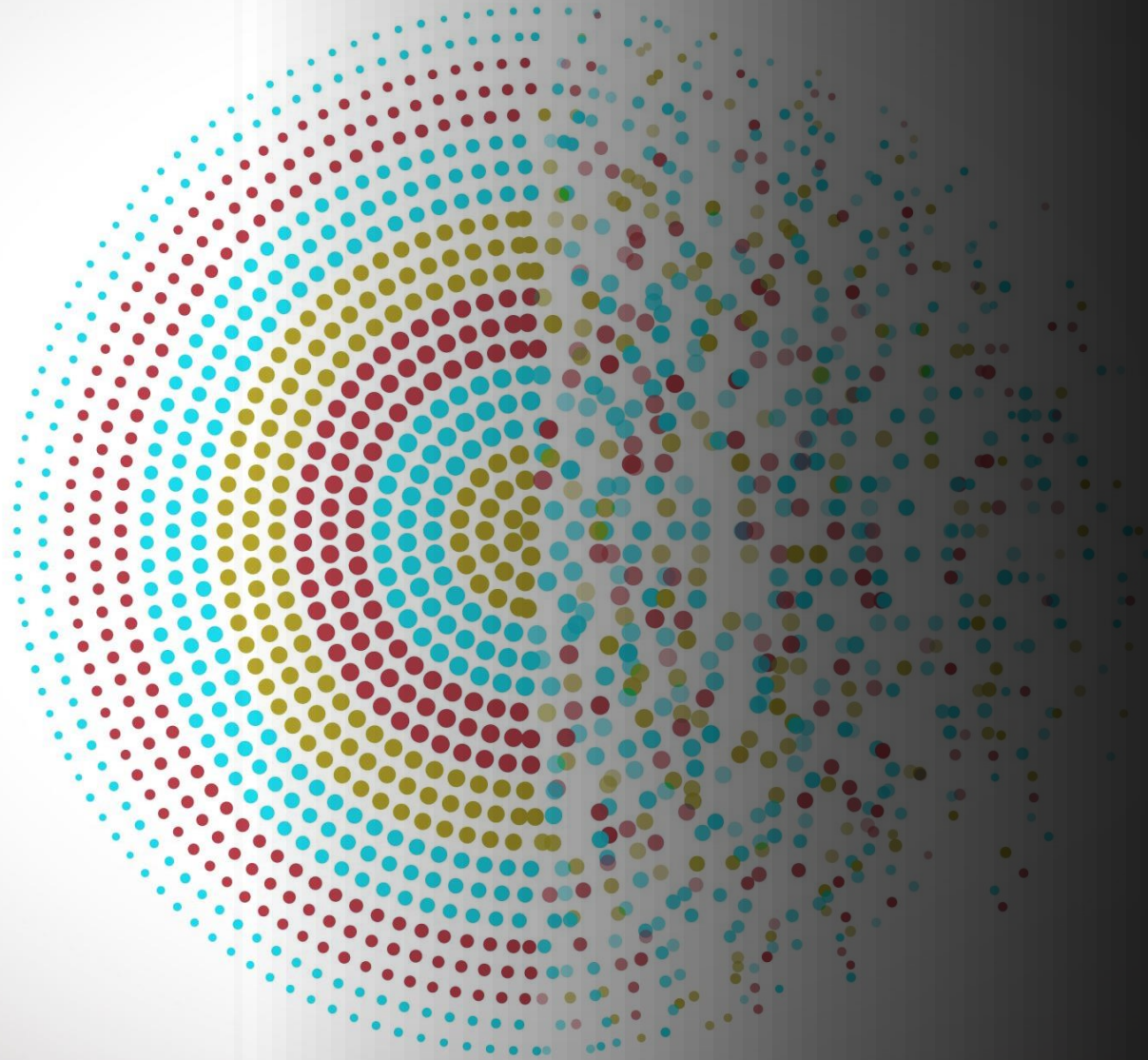
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### 3. Always being right

Being wrong is unacceptable being  
right supersedes everything







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## 4. Shoulds'

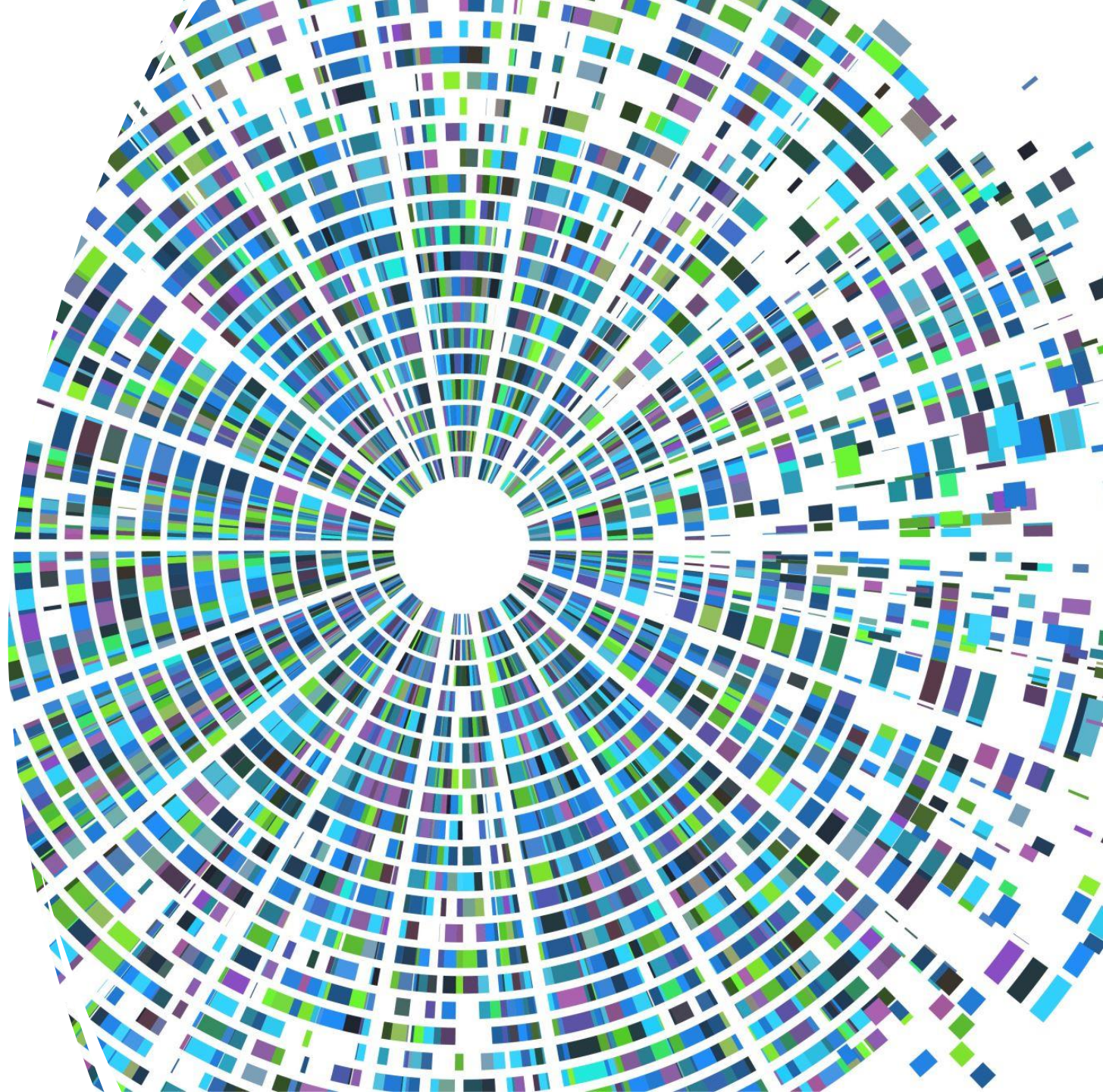
Holding tight onto rules of  
behaviour judging self and  
others for breaking these rules



# 5. Heaven's Reward Fallacy

---

Expecting self-sacrifice to  
be rewarded





The background of the slide is a light blue gradient with a dense field of 3D-rendered numbers in various sizes and orientations. The numbers are white with soft shadows, creating a sense of depth. The numbers are scattered across the entire frame, with some appearing larger and more prominent than others. The overall effect is a textured, data-driven aesthetic.

6.

# Fallacy of change

Expecting others to change




7.

# Personalisation

**Always assuming responsibility or blame**

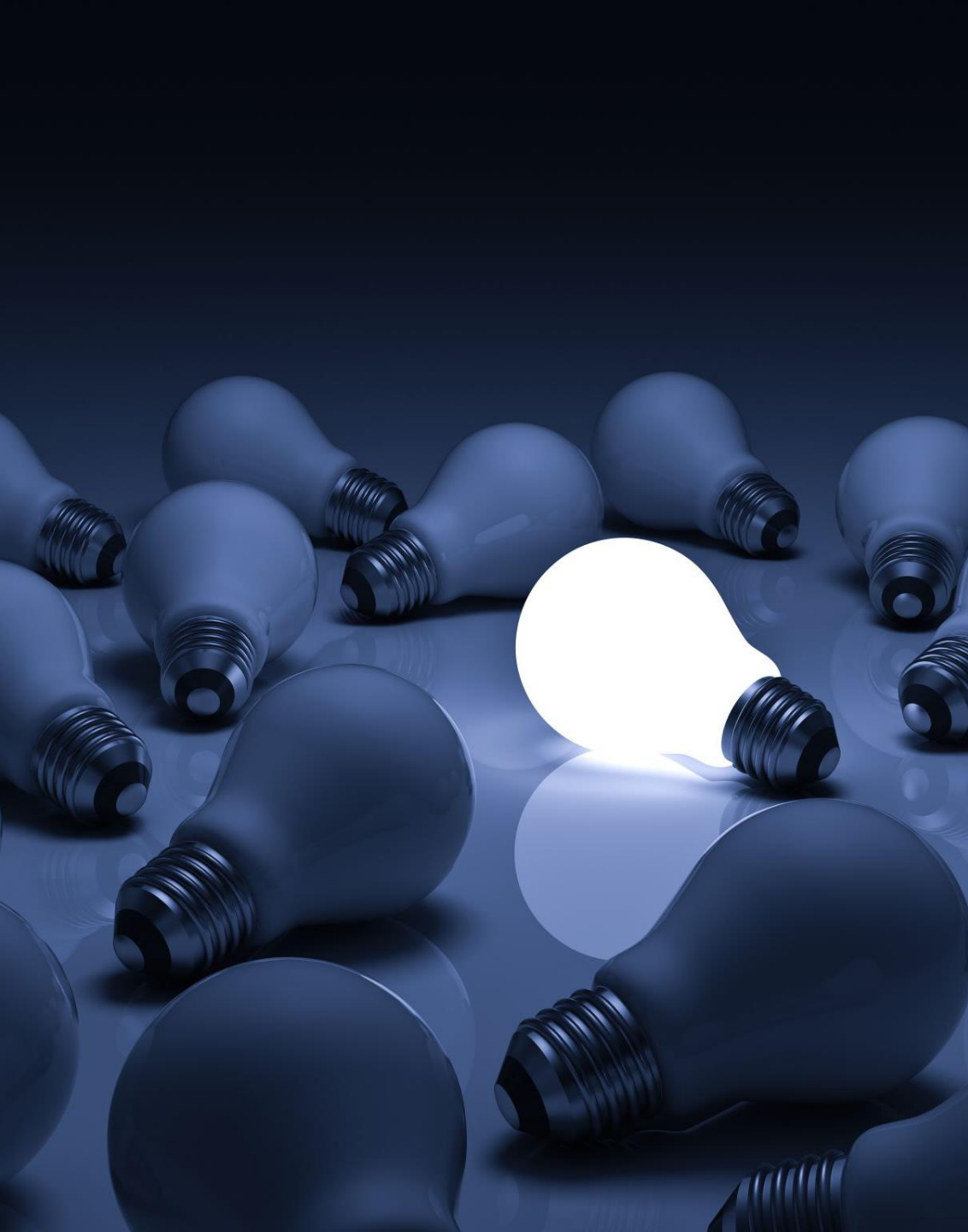


The background consists of several white paper-cut human head silhouettes arranged in a cluster. Each head contains a black question mark. The central head features a blue line-art drawing of a lit lightbulb with radiating lines. The entire scene is set against a teal-colored background.

# 8. All or nothing thinking

Thinking extremes and ignoring  
complexity





# CREATIVITY MYTHS

- **Myth 1: Creativity means creating something new**  
- You don't have to create something new in order to be creative. Putting your own spin on something that already exists is creative too
- **Myth 2: Creativity is only about artistic expression.** Creativity is found in so many things, it's how to write something, how to use your words, how to move through life and so much more. There is something creative in what you do
- **Myth 3: You are born as a creative or uncreative person,** You can learn to be more creative. Sure, there may be people who are highly creative by nature. But creativity is absolutely something that is not set in stone and that you can train

# LIMITING BELIEFS



1. **if you're not happy with the direction your life is going, maybe it's time to stop and consider the direction your mind is going.**
2. **Are you stuck in unhealthy and unhelpful thinking habits?**
3. **Do you find yourself often following the directive of shame, guilt, anger, or blame?**
4. **What do you spend the most time thinking about? What do you fill your mind with? Who do you spend time with?**
5. **These are all important questions to assess whether you are directing your mind in a healthy or harmful direction.**
6. **Awareness is painful, but the key to change.**



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## THE FORGIVENESS PERSPECTIVE

1. Psychology generally defines forgiveness as, “a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.”
2. However, it is crucial to understand that forgiveness doesn’t mean you forget or gloss over what someone has done to hurt you or others.
3. Forgiveness is not excusing or condoning either.

# **THE FORGIVENESS PERSPECTIVE**

- 4. And forgiveness does not always mean you have to reconcile with the person who harmed you or even still have them in your life depending on the seriousness of the situation.**
- 5. Rather, it is a choice that takes time and healing when you actively let go of the negative feelings, resentments, anger, or sadness that has been harming you and your mental well-being.**
- 6. Forgiveness is actually a way of taking care of yourself so that you can find a way to move on from situations and find peace.**



# THE WORDS PERSPECTIVE

- Words are a lot more powerful over the state of our mental well-being at any given time than we might realize.
- Words are how we form perceptions of the world and our experiences, words shape our beliefs, and drive our behaviour.
- This is why it's so important to pay attention to the words that we say and think.

Try practising every day to become more conscious of the words you use.

- Are you more negative? Positive?
- Are there certain situations which cause you to say harsh things to yourself?
- How do you feel after those situations?

# **DON'T LET BLAME BECOME YOUR IDENTITY OR COPING MECHANISM.**

- **It's ok and good to get angry over injustices or unfair circumstances, but use this to take action.**
- **Don't hide behind blame.**  
**And a key part of healing is recognizing the role you play in your own suffering, so be careful of letting the temporary relief blame offers to distract you from taking accountability or doing the work of healing.**





# THE THINKER PERSPECTIVE

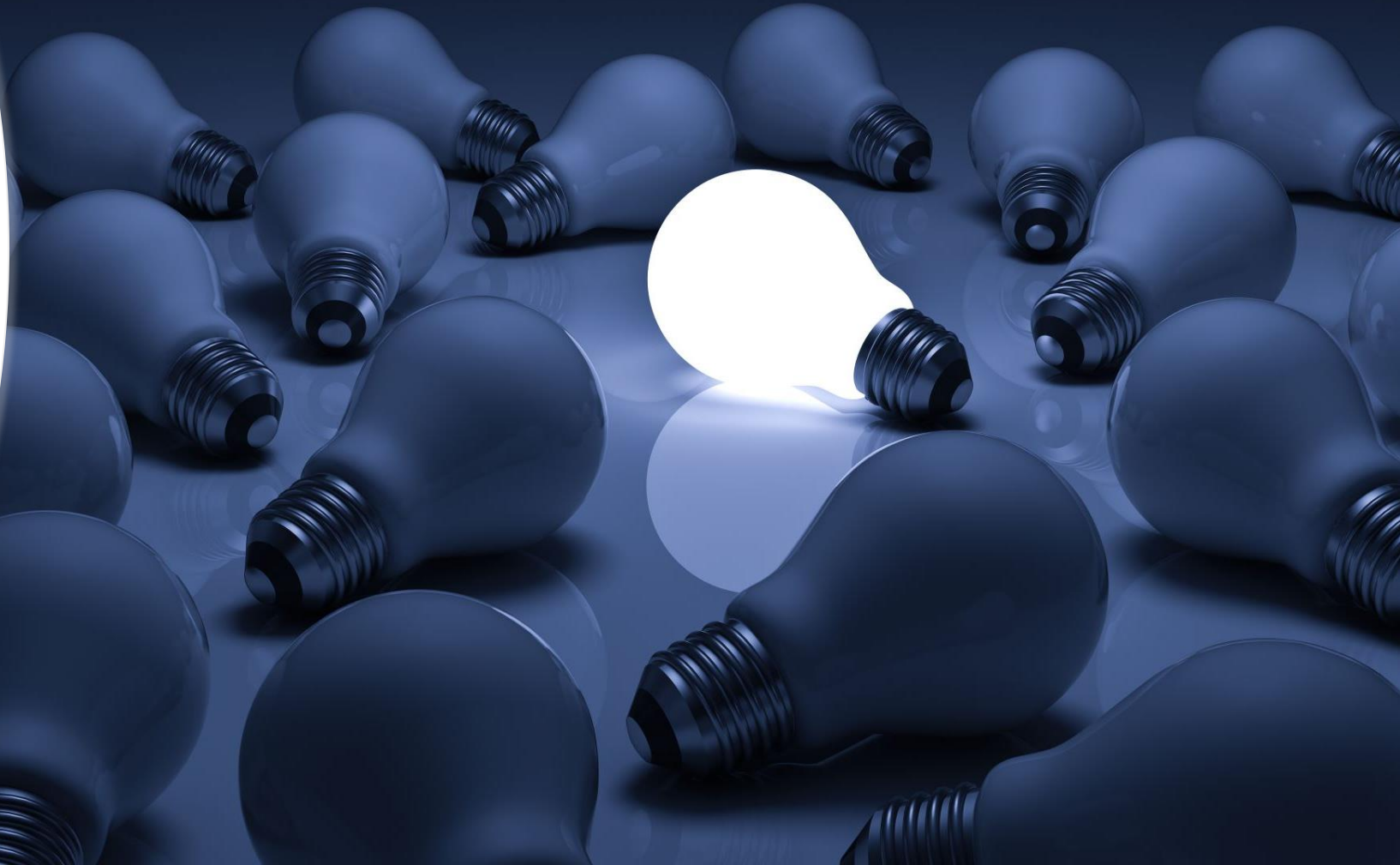
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- Your brain needs a rest and if you're constantly going without giving your brain these thinker moments, you will start to look at the world differently and your perspective will be affected.

We need downtime to function optimally.

- To cope with the demands of life, our minds and brains need to internally "reboot," which can only happen when we are alone with our thoughts. We literally need to switch off all external stimuli, giving our thoughts some quality "me time."

How can you be more intentional with giving your mind these thinker moments?



# YOUR MIND BATTERY IS RUNNING LOW?

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- We are so quick at taking care of a low battery but are you good at recognizing when your mind battery is running low?

Some signs of a low mind battery include:

- irritability
- brain fog
- stomach/digestion issues
- headaches
- fatigue but can't sleep
- heavy feeling eyes
- loss of motivation
- listlessness

The list can go on. Point is- make rest a priority, and saying no to doing more is a badge of honor and act of courage.





# **DON'T LABEL A PERSON**

- **You will never fully know or understand what someone else is struggling with so be kind. How often have you been quick to label someone?**
- **How often has someone else been quick to label you?**
- **How has that made you feel?**





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## **DON'T LABEL A PERSON**

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- **Rather than assuming someone's being "lazy" or "difficult" or whatever, check in with them.**
- **And don't expect them to give you a full explanation or answer- they may still be trying to figure things out themselves!**
- **Part of the reason they may be "acting out" is that they are trying to navigate and resolve a very confusing and tumultuous internal struggle.**



**AVOID REPLYING  
TO A PERSON  
OR TEXT UNTIL  
YOU ARE IN THE  
RIGHT MINDSET**

---




## **AVOID REPLYING TO A PERSON OR TEXT UNTIL YOU ARE IN THE RIGHT MINDSET**

- **It takes 60-90 seconds for emotions to pass through you and for the biochemical and electromagnetic responses in the brain to adjust to the incoming information, so before responding to a text or person or email remind yourself to just breathe deeply for a minute or more.**



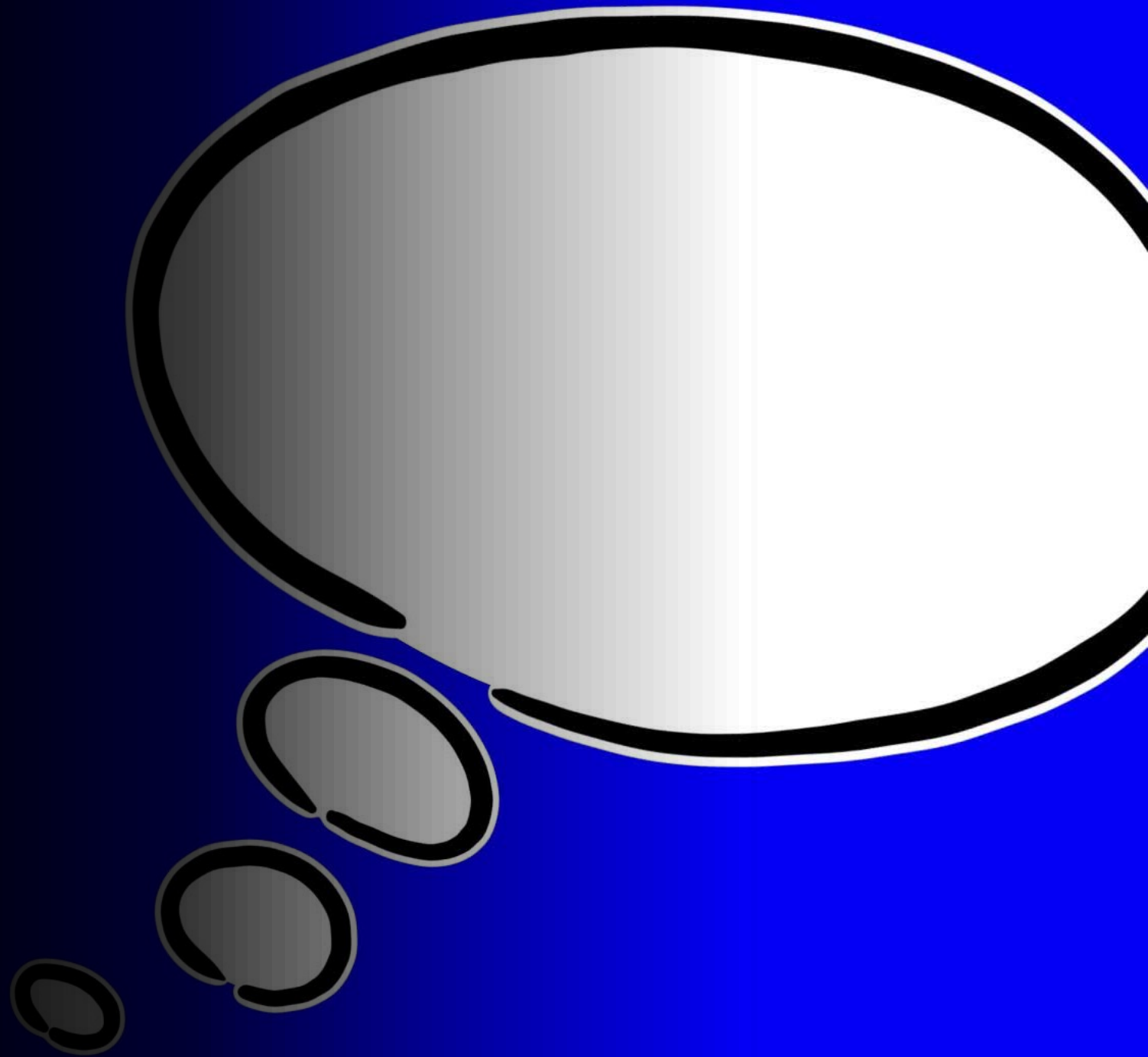




## **AVOID REPLYING TO A PERSON OR TEXT UNTIL YOU ARE IN THE RIGHT MINDSET**

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- **Often intense emotions make us feel like we must respond and take action but you have the power to be still, which takes so much more strength but the more you practice the better you will get at it!**
- **While doing some deep breathing it may also be helpful to do some movement, focus on an object in front of you and simply describe the object in detail to yourself, or even start singing**





# GOING DOWN IN A SELF-CRITICIZING SPIRAL

- Our inner critic can be a motivating force to do better and be better, but sometimes that critic needs to be silenced. Here are some simple things you can do that I've found helpful in my own life!
- Write down one goal you reached in the past 12 months
- Write down 2 things you love about yourself
- Write down 3 things you are grateful for
- Write down 4 things that make you happy
- Test 5 people and tell them how much they mean to you



# **BE CAREFUL OF OVERDOING IT**

- **Don't ever suppress how you feel or feel like your emotions and pain are invalidated so, by all means, get it out and talk to someone!**
- **But be careful of overdoing it and overindulging in the pain without looking at a solution.**



# **BE CAREFUL OF OVERDOING IT**

**The solution could simply be to bring the other person into the conversation. Signs you are over-complaining and over-indulging:**

- 1) talking about the problem only seems to make you feel worse**
- 2) the only people you talk to about the issue are involved with the person as well. You aren't getting outside objectives (from a therapist for example)**
- 3) the way you perceive the other person who gets worse**
- 4) thinking about how you have been hurt is all you think about**

# GETTING NEGATIVE FEEDBACK

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# GETTING NEGATIVE FEEDBACK

- **Most of us hate getting negative feedback or any type of criticism.**
- **It hurts and puts our brains into fight-or-flight mode.**
- **We either want to react by lashing out, becoming defensive or avoiding & suppressing. Why do we hate negative feedback so much?**
- **Maybe because we feel exposed and vulnerable, or maybe we feel guilty or ashamed. Our ego tries to protect us.**
- **But criticism and negative feedback are one of the best things that can happen to us!**





# **GETTING NEGATIVE FEEDBACK**

**So, to make it easier to digest try these few tips:**

- 1) separate the criticism from your identity. You are not the mistake; you MADE a mistake.**
- 2) as yourself: what can I learn from this?**
- 3) when you feel defensive or reactive immediately after receiving the feedback stop and just breathe deeply for 60-90 seconds**
- 4) remember we ALL make mistakes and mess up**
- 5) turn the feedback into motivation to do better and BE better**



**FOCUS ON THE SITUATION VERSUS FOCUSING ON YOUR REACTION**



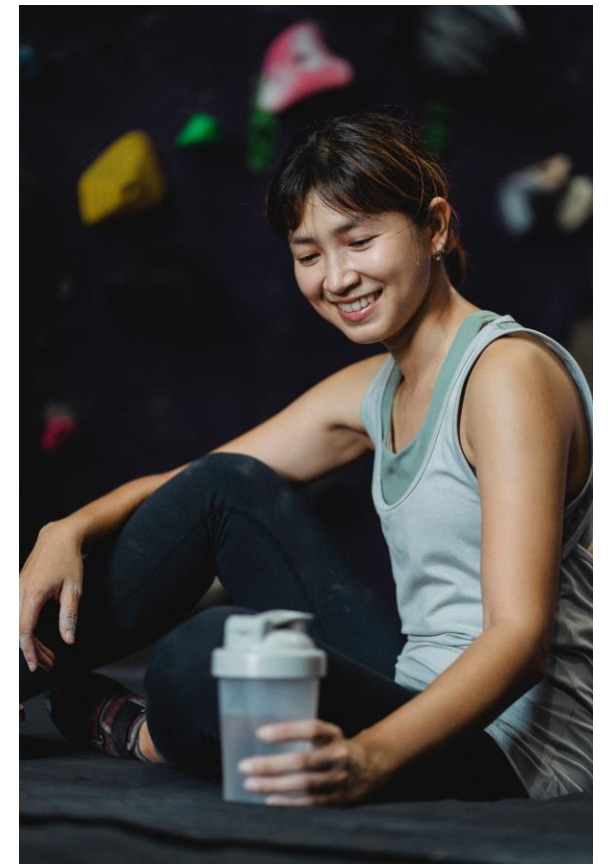
# FOCUS ON THE SITUATION VERSUS FOCUSING ON YOUR REACTION

- Of course, some situations are terrible like a war or death. But healing does not come from focusing on the situation but rather our thoughts, reactions, and patterns we have developed as a response to situations.

Reflection questions: What are you choosing to build into your brain?

- What memory or past experience is influencing how you are reacting to a present situation?
- What can you control in this uncontrollable situation?
- Is what you're thinking and doing helpful or harmful?





**THERE IS SO MUCH POWER IN PAUSING**

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# THERE IS SO MUCH POWER IN PAUSING

- **It's extremely hard not to respond or react immediately, especially when feeling intense emotions.**
- **But your emotions are NOT your boss, and when we respond in these moments we usually end up regretting what we say or do.**
- **So instead use the power of the Pause- when you feel intense emotional or physical warning signals do this: breathe deeply for at least 60-90 seconds, then ask yourself WHY questions. Why do I feel this way? Why and I triggered?**

# THERE IS SO MUCH POWER IN PAUSING

- **Why do I feel like I need to respond immediately? Then respond and have a discussion with yourself (you can also write down your thoughts at this point).**
- **By the time you've done all this you will have calmed down significantly and done a deep enough analysis of your thoughts and emotions to respond in a more constructive and healthy way. The PAUSE is POWERFUL**





# DON'T SUPPRESS ISSUES

- We have ALL experienced a loss in some form.
- Maybe a loss of a loved one, a loss of a job, or a loss of a sense of stability and security, even a loss of not having a prom or graduation.
- Some ways you may be coping are through distraction, suppression or avoidance.
- The problem is you can't suppress issues because they will erupt over like a volcano in one way or another- maybe it's increased anxiety or irritability or even digestive issues!
- If you have really been struggling with your mental or even physical health these last few months maybe it's time to look at what you are grieving and work on it.





**CHANGE TAKES TIME**

# CHANGE TAKES TIME

- We all know change takes time but how many of us are willing to put in the time?
- Studies have shown most people give up around day 4 or 5.
- Most people also think it takes 21 days to build a habit but this is incorrect: it takes 21 days to build a long term memory but 63 days to build a habit and new neural network. It's hard to keep pushing through so here are some tips to help you on your journey:
  - 1) Find an accountability partner
  - 2) set reminder on your phone or sticky notes
  - 3) have self-compassion: if you make a mistake or fall back it's ok! Just pick yourself up and keep going. Don't add guilt to the list of things you are working on. .





## DEALING WITH DIFFICULT PEOPLE

# DEALING WITH DIFFICULT PEOPLE

**We are going to have to deal with difficult people every day so it's important to learn how to deal with them in a way that won't damage your mental health and create toxic structures in your brain.**

- **Listen- often progress can't happen until they feel heard**
- **Show respect**
- **Don't act defensively**
- **Set limits**
- **Discharge your stress Don't let the emotions stay pent up**
- **Give yourself credit for getting through a tough situation**





**DEALING WITH DIFFICULT PEOPLE**



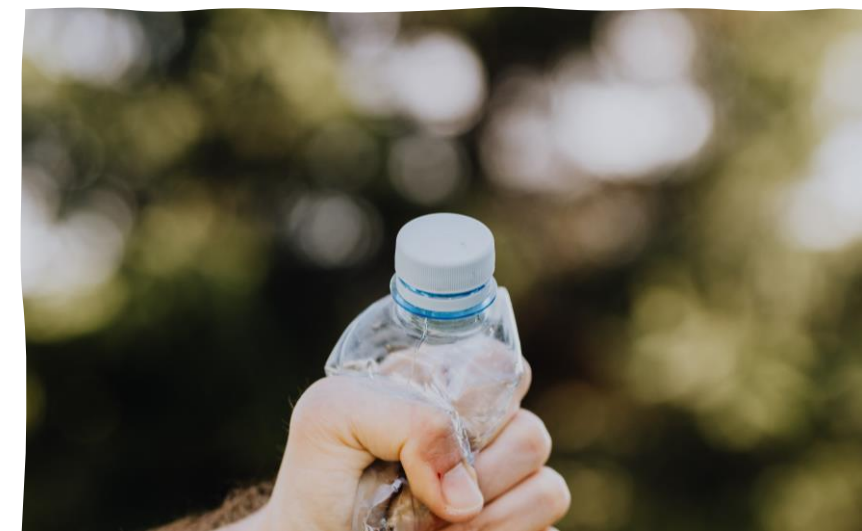


# **FINDING YOUR AUTHENTIC SELF**

- **Who am I?**
- **What do I need?**
- **What do I want?**
- **What do I believe?**
- **How do I connect?**

# REMOVING YOURSELF FROM THE TOXIC PAST

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# REMOVING YOURSELF FROM THE TOXIC PAST

According to quantum physics when you are in relation to someone (maybe it was a marriage, a child, a friend, a coworker) you are entangled with that person through waves and particles.

When someone hurts you you may be physically distant but you are still entangled. When you forgive you break that entanglement!

This doesn't mean you forget and move on as if nothing happened.

Rather, whatever happened is part of your beautiful story but it doesn't control your present or future.

Forgiveness doesn't also automatically mean everything is healed and you should be happy and ok.

It means you are removing yourself from the toxic past so you can heal in whatever time frame works for you. .



# HOW TO USE SELF-TALK

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The way we talk to ourselves will either be helpful or harmful and will build good or bad structures in our brains. So how does this look?

1. Describe how you are feeling- your emotional and physical warning signals. You don't have to understand or have all the words.

Writing can help. For example, yesterday I started getting really anxious about all the work I have to do this week and started panicking. I stopped, named the panic and anxiety, and acknowledged its presence.



# HOW TO USE SELF-TALK

---

**2. This step is so important and often so overlooked!**

**If you don't have patience and self-compassion, you will only get stuck in a cycle of guilt and shame which take away from your focusing on the present problem.**

**You can't control a thought that may come up but you can choose how to respond, and you can choose forgiveness.**

**Don't kick yourself if you feel like you keep making the same mistake.**

**This awareness is so vital and good! Self-compassion is the key to mental resilience because you train your brain into not to fear failure which is vital for growth.**

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# HOW TO USE SELF-TALK





# HOW TO USE SELF-TALK

**3. Remind yourself you have overcome in the past and you are strong and able!**



# HOW TO USE SELF-TALK

3. Remind yourself you have overcome in the past and you are strong and able! .

4. How can you see the trigger, situation, or anxious feeling differently? For example: Instead of getting stuck in ruminating on everything I have to do and getting myself more anxious I said to myself “Yes I have a lot to do but I’m going to use some of this anxiety I feel as fuel to help me get through the tasks.

And I’m going to focus just on getting one easy one done now. Not everything has to be done immediately and in the end, it will be done! This is a good time for me to build up my stress resilience!”





menton

# CHANGING ENGAGEMENT GAPS

<https://forms.gle/KssmXDzZdfKMPxYp9>

- “Not all storms come to disrupt your life, some come to clear your path.” — Paulo Coelho, Author of The Alchemist

DISAPPOINTMENT, DISCOURAGEMENT,  
DISTANCE, DISCONNECT, FULLY DISENGAGED

onus:

ASSESSMENT AND GET A  
VIEW OF YOUR RESULTS

## SPECIAL FEATURES

Our assessment and coaching will help you with:

-Solid Transformation-based

# ELIMINATING TRUST GAPS

A COMPREHENSIVE  
UNDERSTANDING OF THE ISSUES RELATED TO  
ORGANISATIONAL TRUST.

<https://forms.gle/A4fLmKEJPzrmNySF6>

- “We don’t see things the way they are. We see things the way we are.” - Rich Wilkerson, Jr •
- “You cannot solve a problem at the same level it was created.” – Albert Einstein

## Special Features

Our assessment and coaching will help you with:

- Solid Transformation-based
- Real life inside-out solutions

SEE LINK ABOVE

**Bonus:**

DO THE ASSESSMENT AND GET A FREE  
OVERVIEW OF YOUR RESULTS

# BE SOMEONE

- **Who operates on the leading edge of people and change management.**
- **Contact us for a deeper coaching discussion.**
- **Let us help you with innovative, turning point and high-impact development events to enhance your individual, team and organisation performance and productivity.**
- **Let's keep the good people management vibes alive.**
- **Lets network.**
- **Make your developments a true real-life turning point, authentic, meaningful and a sustainable experience.**
- **Looking forward to being of service.**





A close-up photograph of a person's hands holding a pen over an open notebook on a wooden table. The person is wearing a light-colored, long-sleeved shirt. The notebook has a red cover and white pages. The background is slightly blurred, showing more of the table and the person's arm.

## **JOURNAL THOUGHTS**

- 1. WHAT DID YOU HEAR?** What did you hear so far reading through the different slides?
- 2. 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?
- 3. WHAT WILL YOU DO?** What action step will you take? How will you think differently? How will you live differently?

# TEACHABLE ONLINE REGISTRATION

- **1. Type the link in your browser: <https://mariodenton.teachable.com>**
- 2. Scroll down and click on “View All Products”**
- 3. Search for “The Power of Attitude” and click on the Course**
- 4. Click on “Enroll in Course” and click on “Sign Up with email”:**
- 5. Type Full Name (Name & Surname)**
- 6. Type Email**
- 7. Type Password**
- 8. Click “Sign up”**
- 9. Check your email and click on the link to confirm your account**
- 10. WhatsApp Mario Denton at +27(0)82 88 29903 and indicate which course and why you want to get a free coaching session**

**I will guide you along  
the best pathway for your life.  
I will advise you and watch over you.**

**Psalms 32:8**





# CONTACT DETAILS

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  - <https://mariodenton.teachable.com/>

- :



# RECOGNITION

[https://www.instagram.com/positivepsychology\\_com/](https://www.instagram.com/positivepsychology_com/)

- *The views, insights and conclusions about this presentation stem from my extensive reading material of the work of various authors, colleagues and students in the area of Positive Psychology and that of Dr Caroline Leaf. It has been very useful in validating, transforming and adapting my ideas, theories and concepts, as well as providing further insight and viewpoints, and I would like to express my sincere thanks and appreciation to these authors. See Instagram link*
- The PowerPoint slides and presentations is a result of my reading the various pages on Positive Psychology and Dr Caroline Leaf's Instagram pages and my people management development as well as summarizing the learning points in my daily thoughts as a way of capturing the various learning points working through books, videos, newsletters, Instagram notes that I have seen on the webpage.
- *Copyright is fully acknowledged and the use of such information is in no way intended to violate any copyright laws.*
- Please point out missing references so that I can rectify this on the handouts you have received. I do have a teachable mindset and want to do what is right and want to be in peace with everyone.