

BRAIN TRAINING FOR RESILIENCE

The challenging situation that I want to conquer by learning how to think differently is How I think about this situation now			
Instinct	Experience	Logic	Values
I want or need	I like / dislike	The best thing is	The right thing is
How I'd like to think about this situation			
Instinct	Experience	Logic	Values
I want or need	I like / dislike	The best thing is	The right thing is

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