

STOP BEATING YOURSELF UP! AND MOVE TOWARD ACHIEVING AUTHENTICITY

Connie Determan, VP Environmental

Beverly Kracher, Daugherty Chair in Business Ethics & Society, Founder, Business Ethics Alliance, Creighton's Heider College of Business



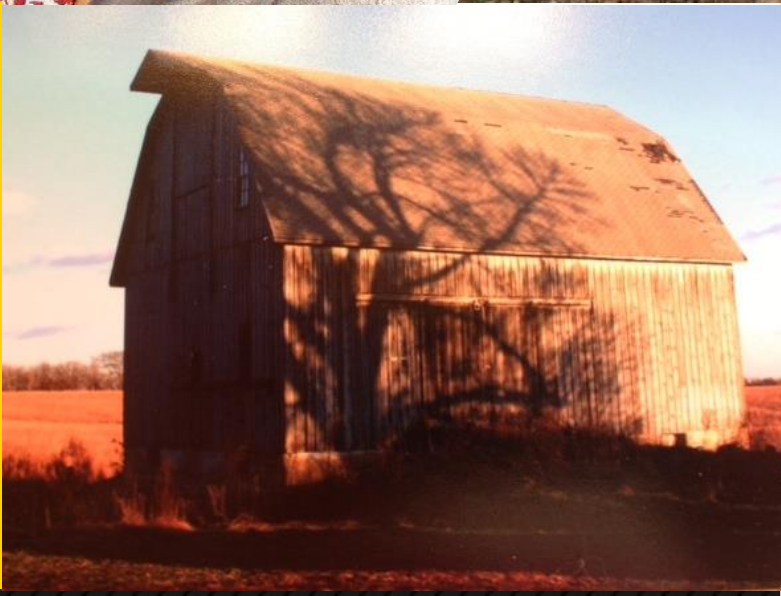
Today's Topics

- Why Do We Beat Ourselves Up?
- Recognize Negative Self Talk
- How to Stop Negative Self Talk





**Education is the Key
to the Freedom
and Empowerment
of the People**

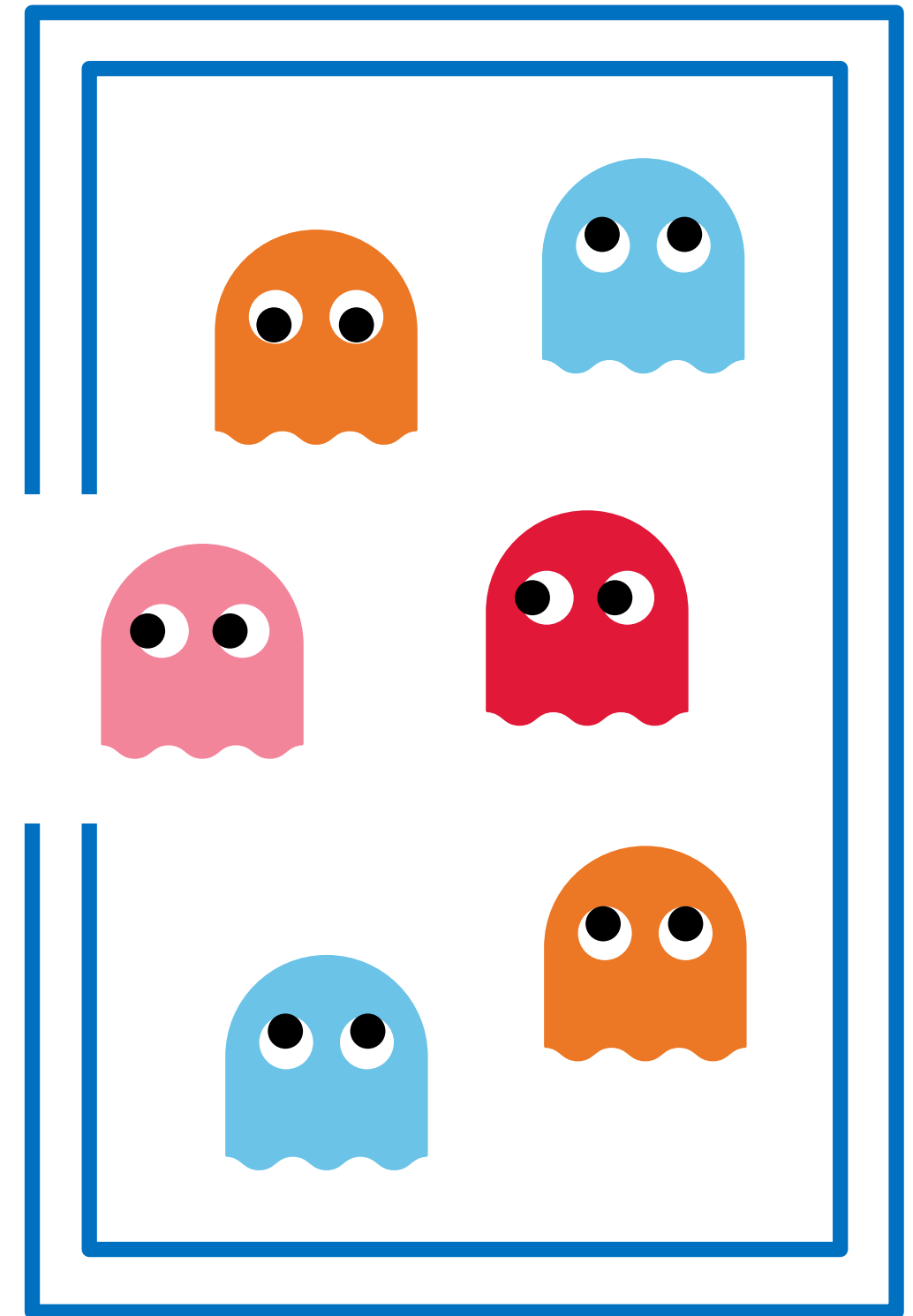




**WHY DO WE BEAT OURSELVES UP?
WHAT IS NEGATIVE SELF TALK?**

What is Negative Self-Talk?

- It's what happens in your brain
- You limit your beliefs in your capabilities, and it hinders you from recognizing opportunities
- It is any thought that diminishes you and your ability to make positive changes in your life or your confidence in your ability to do so

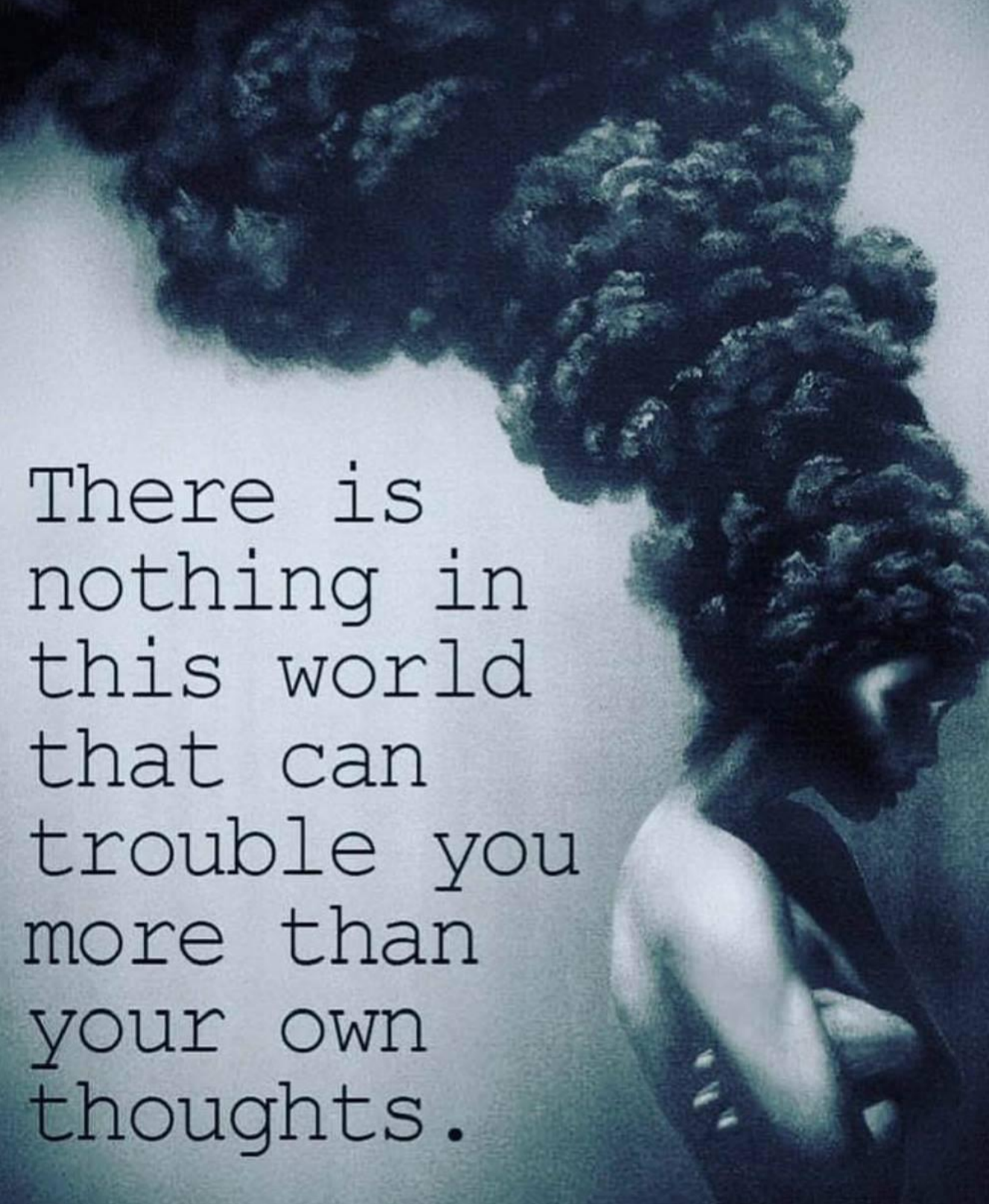


per·sev·er·ate

verb: **perseverate**; past tense:
repeat or prolong an action, thought,
or utterance after the stimulus that
prompted it has ceased.

"they perseverate under stress"

Perseverative cognition is a
collective term in psychology for
continuous **thinking** about negative
events in the past or in the future

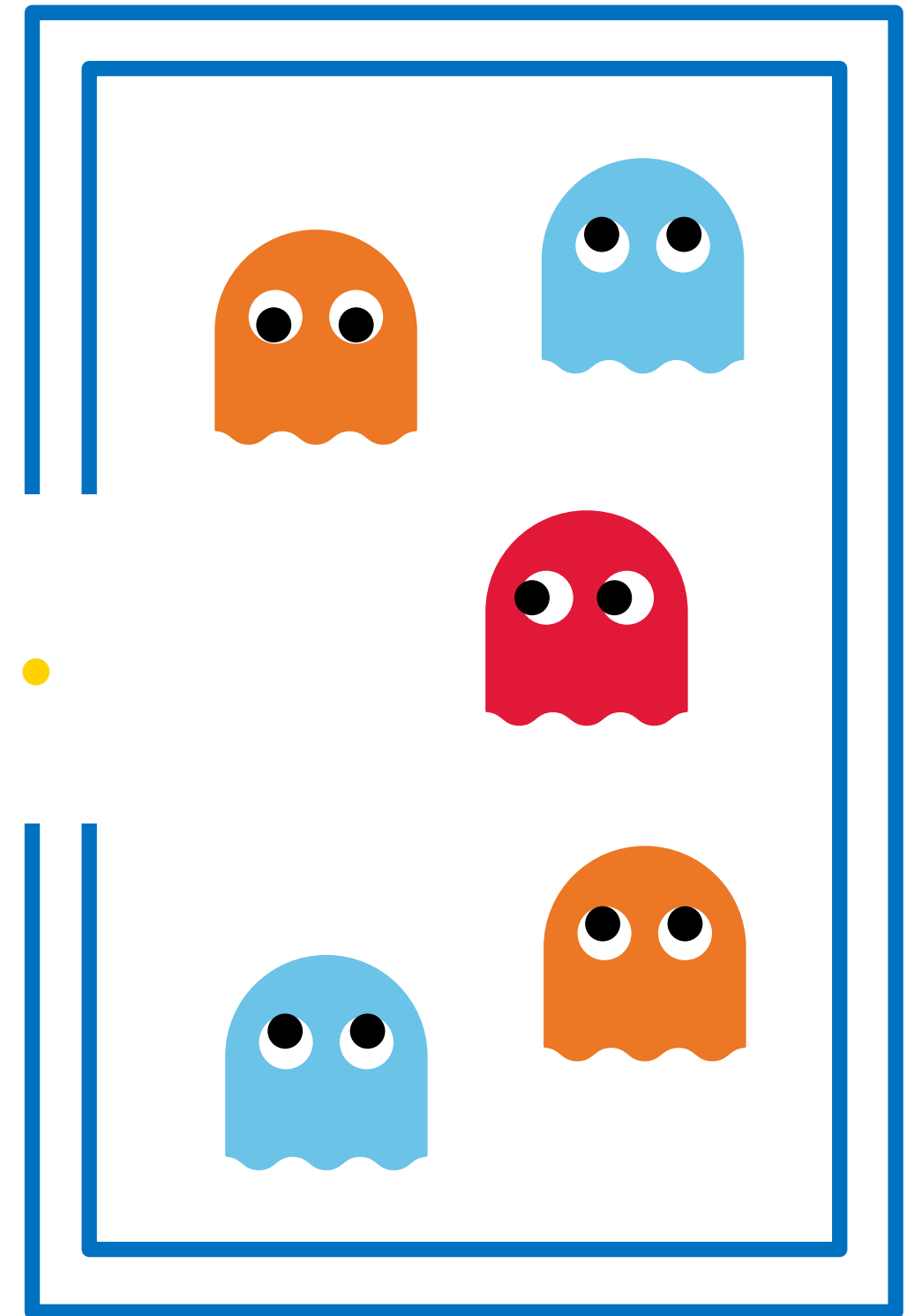
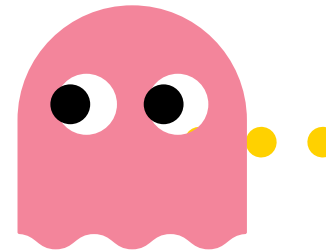


There is
nothing in
this world
that can
trouble you
more than
your own
thoughts.

Hmmm...

What are some examples?

- He walked by and didn't even say hello
- She doesn't like me
- They make more money than me
- They did not respond to my emails or calls
- I do not fit in
- Why did they not recognize me in the meeting
- I didn't win the award this year, I am a loser



Finished Projects



Social Media



**Comparison
leads to**

DISGRUNTLEMENT





RECOGNIZING NEGATIVE SELF TALKS?

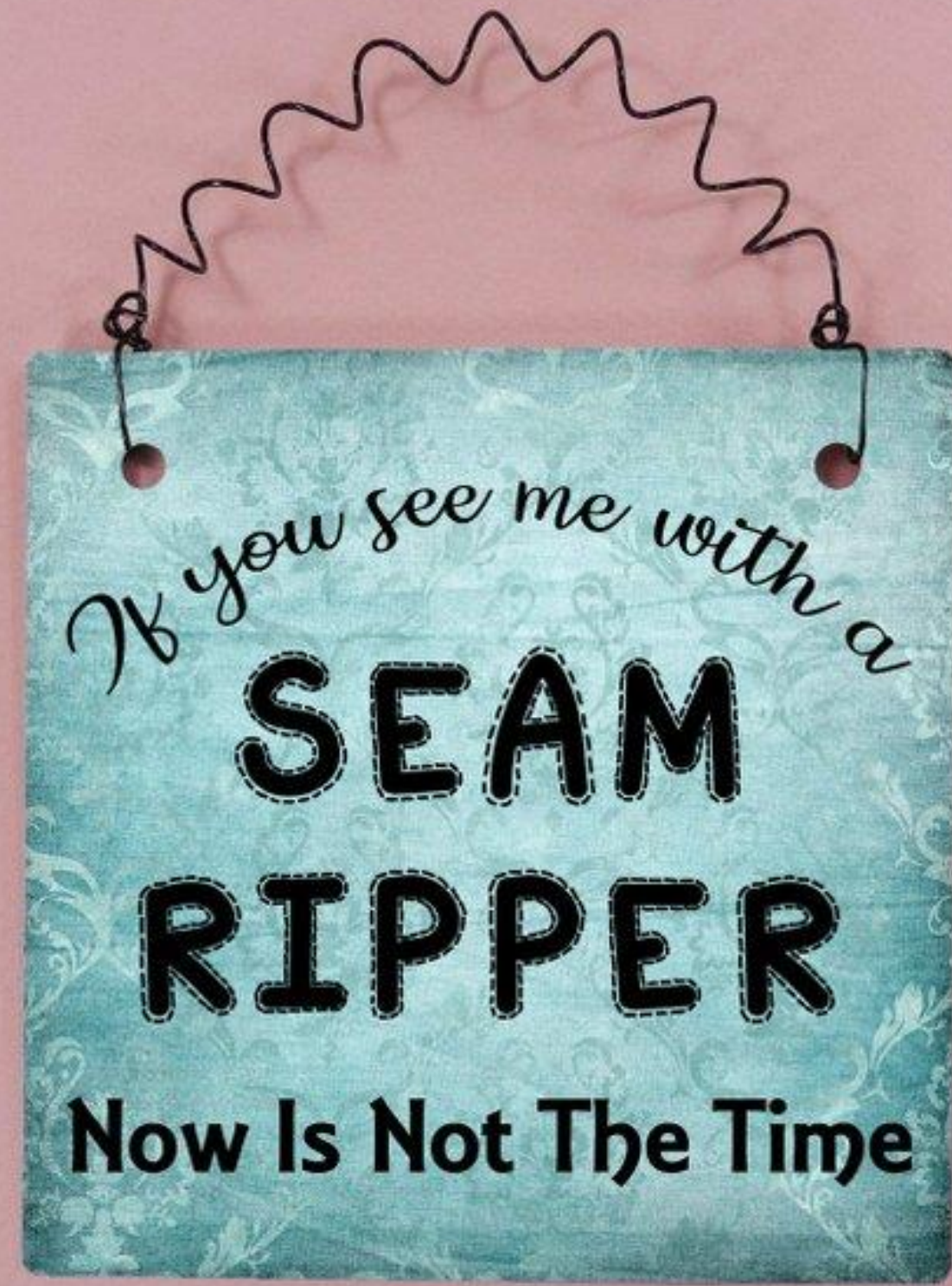
What Frustrates You?

- First step: recognize and name the frustration (and don't make it personal)
- What are things that frustrate the people around you or your teams?



Let's Create a Career Plan or List Your Frustrations



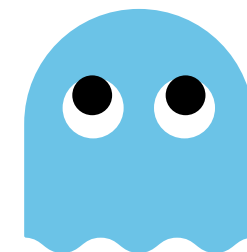
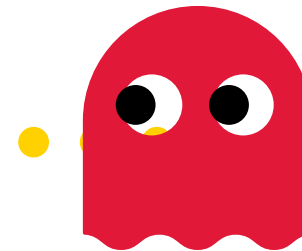
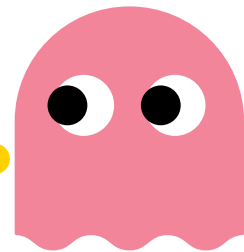
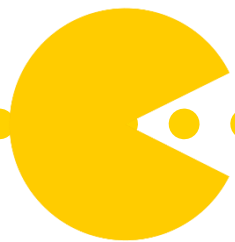


**The heaviest burdens
that we carry
are the thoughts
in our head.**



Recognizing Negative Self-Talk

- Develop a Career Plan (list your frustrations, list successes, list motivation)
- Stand back and look
 - Identify negative self talk
 - Get opinions from others
 - Take a pause
 - Design solutions



Career Plan and Frustration Lists

OPPORTUNITY

Compare to Others

I never advance

network

am a loser

WHAT IF YOU

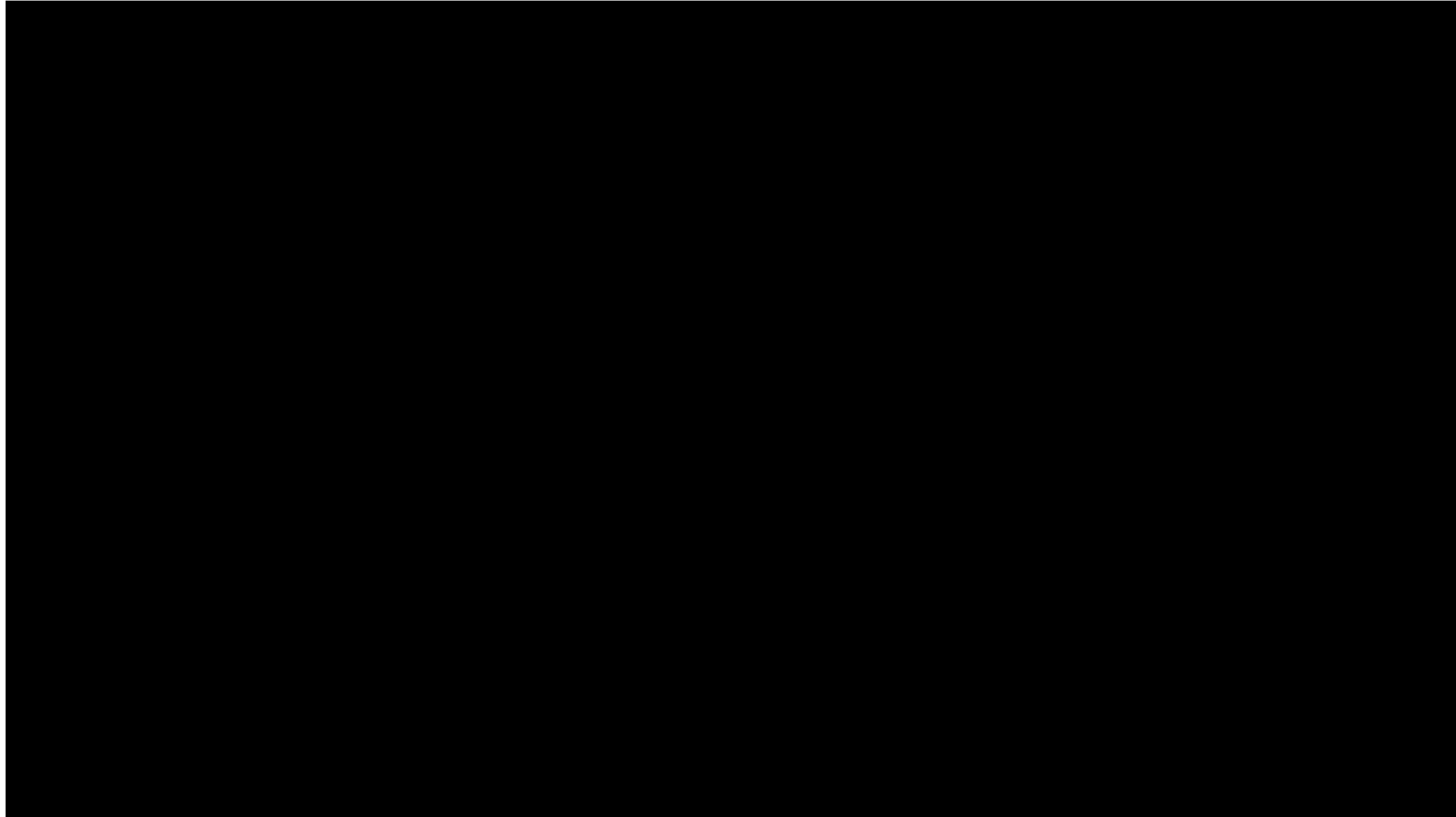
They don't like me

change

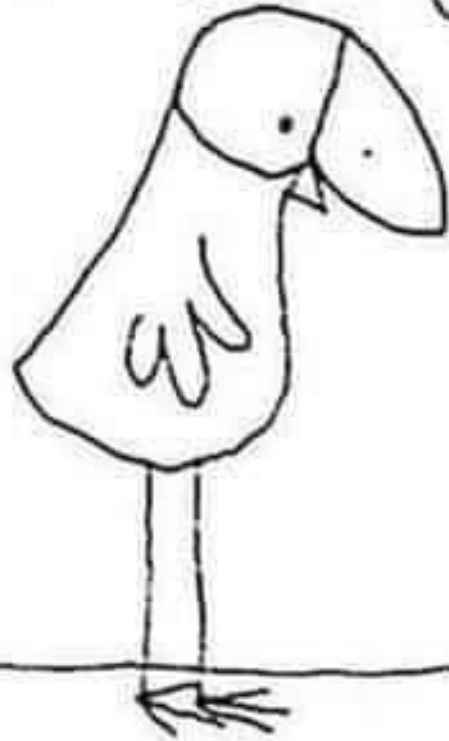


HOW DO WE STOP NEGATIVE SELF TALK?

THE POWER OF GOING FROM NEGATIVE TO POSITIVE



What are you
throwing away?



Oh just some old
ideas and beliefs
that were taking
up too much
space.



It's Simple



ALWAYS SAY

PLEASE

AND

THANK YOU

Don't You Quit!

When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit!
Life is queer with its twists and turns,
As everyone of us surely learns,
And many a failure turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

—Anon.

Career Plan – Start Removing Your Frustrations and Negative Self Talk

OPPORTUNITY

Compare to Others

I never advance

Network

I am a loser

Communicate

WHAT IF YOU FLY?

They don't like me

manage

Shawn Achor's book – Happiness Advantage

- Happiness fuels success
- When we are positive our brains become more engaged, creative, motivated, energetic, resilient, and productive.
- The Happiness Ted Talk:
https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DGb7ZSsRweFk&psig=AOvVaw3yxkc9bxH_5HS4rlpSBgmy&ust=1590249893167000&source=images&cd=vfe&ved=2ahUKEwi1zJTR7MfpAhUaAs0KHWNzD_8Qr4kDegUIARD9AQ



Other Tools





Career Plan

SMILE

Create Plan

Breakdown tasks

BLOCK NEGATIVE

“Please and thank you”

Skills

OPPORTUNITY

Time to reflect

Brainstorm

Recognize

Network

Communicate

Be willing!

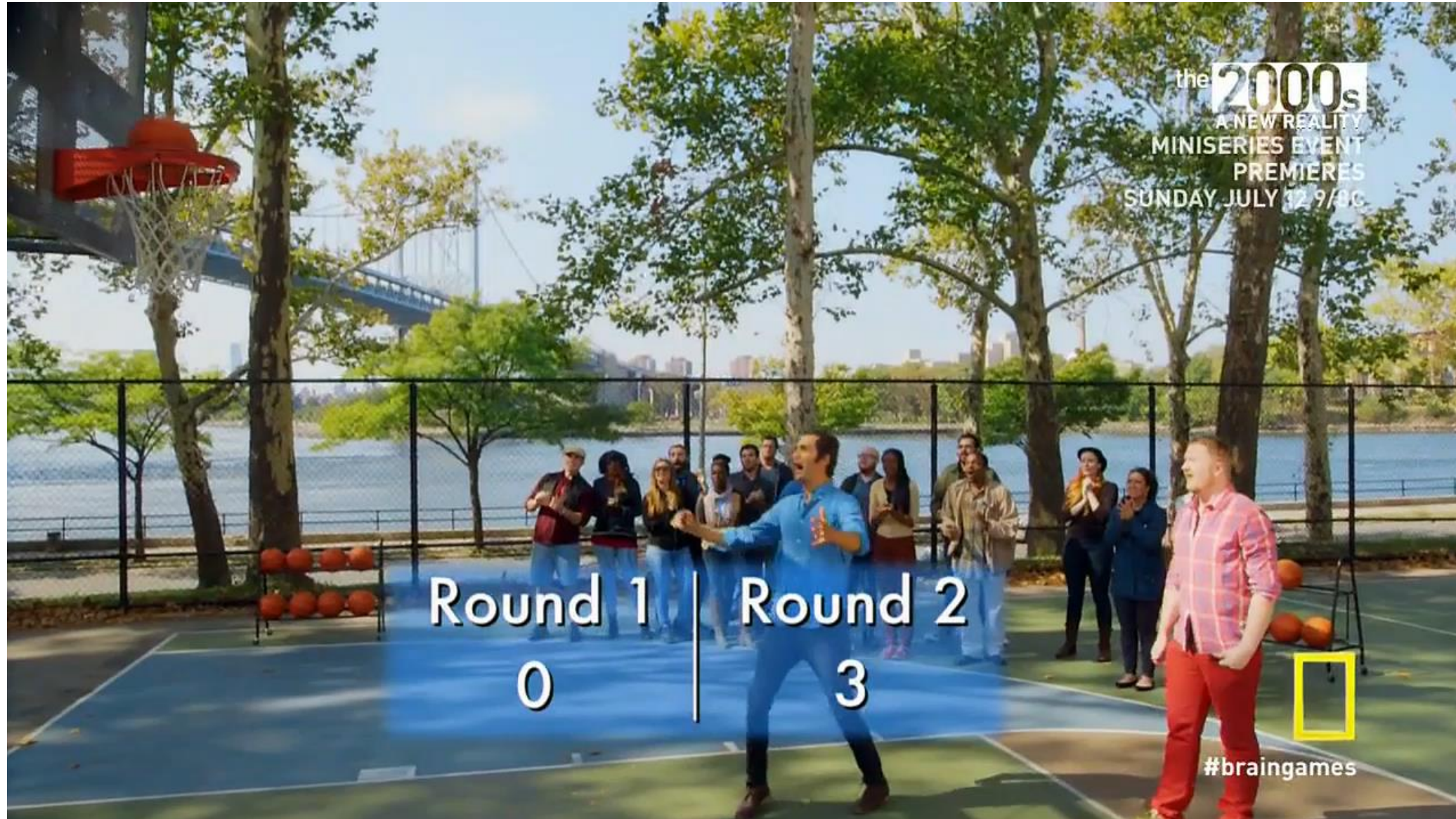
Take suggestions

Alleviate

WHAT IF YOU FLY?

manage

BELIEVE IN YOURSELF AND WHAT YOU ARE DOING



A sunset sky with birds flying. The sky is filled with soft, warm colors of orange, yellow, and pink. In the upper left, a group of birds is flying in a loose formation. The sun is setting on the horizon, creating a bright yellow glow. The overall mood is peaceful and hopeful.

BUT
WHAT
IF
YOU
FLY

A frog decided one day that he was going to climb a tree and reach the very top. All the other frogs shouted at him saying: “It’s impossible, it’s impossible...” But the frog climbed the tree and reached the top. How? Because he was deaf and thought that everybody was encouraging him to reach his goal. Be deaf to negative thoughts, if your aim is to reach your goals.

THE
WISE
YOU

Final Reminders

- Why Do We Beat Ourselves Up?
- Recognize Negative Self Talk
- How to Stop Negative Self Talk
- **DO IT AGAIN**

Thank you!

**STOP BEATING YOURSELF UP! AND MOVE
TOWARD ACHIEVING AUTHENTICITY**

