HOW TO LEARN FROM YOUR LIMITATIONS WITHOUT LOSING SELF-RESPECT

Think of a ‘mistake’ you made recently
• What do you tell yourself at the moment you regret what you’ve done?
  “I should have…

What need of yours wasn’t met by the behaviour?
  “My need that wasn’t met was…

Now that your attention is on your needs, how do you feel?
  “I feel…

Now look at the ‘good’ reasons why you did what you did
• What need of yours were you trying to meet by doing/saying what you did to that person at that time?
  “The need I was trying to meet by doing what I did was…

How could you have met both needs?
• You have a much better chance to learn how to handle other situations in the future if you ask yourself how you could have met both needs.
• Now, when you have those two needs in mind, can you imagine how you might have expressed yourself / done it differently?
  “I could have…
  1.
  2.
  3.
  4.
  5.
  6.
  7.
  8.
  9.