

Survival List – the Needed Nine

1. Maintain a strong belief in your own competencies and stop the thoughts of vulnerability and negativity. Take personal responsibility in taking control of the situation.
2. Review your talents and build from them. Check your strengths and use them in an upsetting situation. Know what you do well and leverage these strengths.
3. Cancel your membership in the whine and cheese club. “Oh, cheese, they’re so mean.” (You can hear the tone can’t you?) Don’t become a needy weenie and a victim of circumstance.
4. Keep your focus on being problem-oriented rather than danger-oriented. Understand that there is a problem to be solved, not a threat to your life or well being.
5. Rise above it. Pretend you are in a hot air balloon and lift your thoughts over the issue to get a new view.
6. Your attitude is totally your choice, under every circumstance. Be a winner not a whiner.
7. Hone your listening skills. If you aren’t listening, you’re missing out. Before you respond to a statement, ask another question: Can you tell me more about it?
8. Find the common ground. When you acknowledge commonality, you instantly diffuse the situation.
9. Give objective feedback. People will be more inclined to come to you with problems if they feel that they are appreciated and taken seriously.

