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Part of the third. Focus.

Well, the differences were learned. Awareness more or less comes (with due attention and diligence) and the mood crawled up. Self-assessment improved, inspiration trembles in breasts, positive expectations.

And suddenly there is some situation (in work, personal life, it does not matter) and a person understands that all this self-efficacy does not really work! The boss puts the previously not known task, which is not clear how to perform (stress rose); The partner in the relationship is not pleased at once (stress rose); The work started (for example, a personal business plan) looks stupid and funny. The familiar psychological (and physical) fatigue is poured; Positive expectations look fiscal and naive. Self-esteem falls, self-confidence disappears. Familiar picture?

But it would seem, the awareness came. The strengths are revealed and obvious, and the reality has not changed. Man is confused and dwells in Minor. Habitual?

This is just the usability of situations (as a rule of negative or disturbing) tightens the focus of perception from your awareness.

Focus must be returned to yourself. To its strengths. Make a pause, calm down and start acting with the okay of those of their strengths, which in your opinion will best affect the situation. Bandura called this mental behavior control, which occupies the most important place to ensure self-regulation; In fact, change behavior (from the usual unwanted patterns) on the desired patterns of behavior. Planned personality interaction with the environment. But it should be started with the awareness of its parties character, and not just start mechanically changing your behavior.

Ask yourself: what behavior is the most effective in this situation (what is the strong side it is based)? Which of your personal qualities contributes to the best result of the task?

It is not necessary to focus on the influence (the difficult task; family conflict; the negative behavior of the opponent, etc.) - this is already happening, with without your participation. Return the focus to yourself. To awareness of what you have (or already laid and tested) the necessary strengths of the personality and quality of character, which will help you cope most effectively with the tasks and difficulties.

Try to focus not on what is given (situation), but on how (decision).

The familiar pattern of behavior on the problem (fear, anxiety, experiences) make an imbalance into

solution processes. A new pattern of behavior on the problem, the focus of which is built around the choice and search for how to solve the problem increases self-efficacy.

The experience is further enshrined. Made once I can once again (self-efficacy increases); Warm skill. I did not cope in the past does not mean that it will not cope now (self-efficacy is not reduced).