

## **Izzy's Additional Handouts**

### **STIMULUS RESPONSE THEORY & SELF-TALK**

- Theory states that a response is a subjective reaction to a stimulus.
- The key to understanding our reactions is to understand our “self-talk.”
- Self-talk is defined as that ongoing dialogue we have with ourselves that determines our belief about what is going on in the world.
- We are able to change/modify our self-talk even if we can't change the outside world.

### **THE CONTROL MATRIX**

1. There are things we can control and things we can't control. Acting on things we can control is “mastery”.
2. Acting on things we can't control is “ceaseless striving” or “gerbilizing.”
3. Not acting on things we can control is “giving up” which has both positive and negative implications.
4. Not acting in things we cant control is “letting go.”

“Mastery” and “letting go” are the most effective ways to stay balanced

### **4 QUADRENTS OF WELLBEING**

**MENTAL- PHYSICAL- EMOTIONAL- SPIRITUAL**

### **PREPARING TO DEAL WITH STRESS-Action plan**

1. ANXIETY→ FEAR (ASK “what am I afraid of? What can I *do* about it?”)
2. FEAR→ ACTION (Do Something)
3. ACTION→ FEELINGS OF SUCCESS

## **KEYS TO BALANCE- PRESENCE, ACCEPTANCE, TRUST**

The skills that make improvisers successful can help us all. The foundational skills are presence, acceptance and trust.

### **PRESENCE-**

Being in the moment. Not trying to anticipate/worry about the future. Not reviewing the past. What should have or might have been.

The skill that leads to presence is **focus**. The technique to use is **point of concentration (POC)**. POC is the key element that needs your attention in order to stay present and successful. In volleyball, the POC is the ball!  
Game is "1 word at a time."

### **ACCEPTANCE**

Dealing with what is instead of what you would like it to be. Difference between acceptance and agreement. The skill that leads to acceptance is **dealing with reality**. The technique to use is **"yes and."** **"Yes and"** is the opposite of the more common "yes...but." Allows you to disagree w/o being disagreeable while keeping emotions from going up too fast.

*As emotions go up, logic goes down.*

### **TRUST**

Improvisers learn to trust the **process**; the simple guidelines of the games. They stay focused, accepting and active. Eventually, they learn to trust themselves. Not to be perfect but rather to be human and creative. The skill that develops trust is **suspension of judgment**



# 10 Styles of negative self-talk\*

“As a man thinks in his mind, so is he.” – Proverbs

## Awfulising:

Turning a difficult or unsatisfactory situation into something awful, terrible or intolerable.

## Blaming:

Incorrectly concluding that something or someone else is directly responsible for certain difficulties you encounter.

## Control Fallacy:

Making yourself the reason for another persons behaviour or feelings. E.g. “If I know where my child is all the time, nothing bad will happen.” “If I give her lots of presents, she will love me.”

## Negativising:

Seeing only the negatives in situations.

## Catastrophising:

Expecting that the worst almost certainly will happen.

## Overgeneralising:

Generalising from a single event or piece of information to all or most such things.

## Polarised Thinking:

Things are black or white, right or wrong, good or bad, perfection or failure. The tendency to go to extremes, no middle ground exists.

## Magnifying:

Making more of an event than it actually is. Making a mountain out of a molehill.

## Maximising/Minimising:

An over focus on things you dislike about yourself while minimising your positive attributes. Thank someone who compliments you and skip the “but...”

## ‘Shoulding’:

Blaming self, others or circumstances and demand that they change. E.g. “You shouldn’t have said that to me!” “People should be more considerate and understanding of my needs!” “This disease shouldn’t have happened to me!”

Horizontal lines for notes.