

Amy Morin „13 Things Mentally Strong People Don't Do”

p.3 Grief is an emotionally, mentally, and physically exhausting process.

p.7 Good habits are important, but it's often our bad habits that prevent us from reaching our full potential.

**You're only as good as your worst habits.**

p.8 We forget to focus on the things that might be sabotaging our efforts.

p.16 Self-pity is easily the most destructive for the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality. John Gardner

p.20 As long as you feel sorry for yourself, you can dealy any circumstances that will bring you face-to-face with your real fears, and you can avoid taking any responsibility for your actions.

p.26 *What evidence do I have that I can get through this?* Feeling sorry for ourselves often stems from a lack of confidence in our ability to handle problems.

p.28 While feeling sorry for yourself is about thinking *I deserve better*, gratitude is about thinking *I have more than I deserve*.

p.29 *Change the channel when you're experiencing self-pity.* When you notice that you're starting to feel sorry for yourself, shift your focus.

p.31 *People who feel gratitude don't get sick as often as others.*

*Gratitude improves social lives.*

p.36 She recognized that venting to her friends and her husband only fueled her frustration and wasted her time and energy.

p.38 Anytime you don't set healthy emotional and physical boundaries for yourself, you risk giving away your power to other people.

Each time you avoid saying no to smth you really don't want, you give away your power.

A lack of emotional boundaries can be equally problematic. If you don't like the way someone treats you, yet you don't stand up for yourself, you give that person power over your life.

p.39 The longer she gave her power to Jackie, the more helpless she became about fixing it.

p.41 “The only thing worse than a bullet in my spine would have been to nurture revenge in my heart,” he says in the book *Why Forgive?*

p.42 Take a close look at the people you are devoting your time and energy toward. Are they the people you want to receive it? If not, you may be giving them more power than you think they deserve.

Each second you spend commiserating with coworkers about how unfair your boss is, you are giving your boss more power.

Resolve to stop giving people your time and energy if you don't want them to play a big role in your life.

p.44 Make a conscious choice to think about how you want to behave before you react to other people. Every time you lose your cool, you give that person your power.

*Excuse yourself from the situation.* The more emotional you feel, the less rational you'll think. Learn to recognize your personal warning signs of anger – such as shaking or feeling flushed – and remove yourself from the situation before you lose your cool. This may mean saying, “I am not willing to talk about that right now,” or it may mean walking away.

p.45 Clearly, everyone has an opinion, but successful people don't allow one person's opinion to define them.

Angry people may choose to offer harsh criticism quite regularly just because it relieves their stress. Or individuals with low self-esteem may feel better about themselves only when they put other people down.

p.47 There are very few things in life you *have* to do, but often we convince ourselves we don't have a choice. Instead of saying “I *have* to go to work tomorrow”, remind yourself that it's a choice.

Simply reminding yourself that you have a choice in everything you do, think, and feel can be very freeing. If you've spent most of your life feeling like a victim of your circumstances, it takes hard work to recognize that you have the power to create the kind of life you want to live.

p.48 When you decide that no one else has the power to control how you feel, you'll experience empowerment.

You'll develop a better sense of who you are when you're able to make choices based on what's best for you instead of what will prevent the most repercussions.

p.50 You don't have any control over whether someone will apologize. Waiting to forgive people until they say they're sorry gives them control over not just your life, but perhaps even your death.

p.53 It was clear that he was trying to change too much too fast, which is a recipe for failure.

p.64 Create a list of what is good about staying the same and what is bad about staying the same. Then, create a list about the potentially good and bad outcomes of making a change.

p.76 **Rather than focusing on managing your anxiety, you try controlling your environment.**

p.78 Trying to maintain complete control leads to increased anxiety.

Attempting to control everything wastes time and energy.

Being a control freak damages relationships.

p.79 You'll judge others harshly.

You'll unnecessarily blame yourself for everything.

p.82 When you notice you're trying to control smth you can't, ask yourself: *What am I afraid of?*

p.91 Care about what other people think and you will always be their prisoner. Lao Tzu (perskaičiau a prisoner :)

p.95 Children of alcoholics, for example, often grow up to be people pleasers because that was the best way to deal with a parent's unpredictable behavior.

A lot of my clients will often tell me they need to behave like a doormat, because that's what the Bible says they should do.

p.97 If you're constantly doing things to make others happy and you don't think they are appreciative of your efforts, you'll soon experience resentment. Thoughts such as *I do so much for you, but you don't do anything for me* will creep in and ultimately hurt your relationships.

No respectable man wanted to date a shell of a woman who behaved like a puppet.

p.98 When faced with such a decision, people pleasers will often choose to risk not pleasing the person closest to them.

Shouldn't we do the opposite? Shouldn't we work the hardest on the most intimate and special relationships?

p.107 Your words and your behavior must be in live with your beliefs before you can begin to enjoy a truly authentic life.

p.113 You base decisions on your level of fear. If you're a little afraid, you might do smth. But, if you feel really afraid, you decide taking the risk is unwise.

p.115 We incorrectly assume there's a direct correlation between our fear level and the risk level.

p.116 The truth is, most of us don't really invest much time calculating which risks to take and which risks to avoid. Instead, we base our decisions or emotions on habit. If it sounds too scary, we avoid the risk. If we're excited about the possible benefits, we're more likely to overlook the risk.

p.132 Although self-reflection is healthy, dwelling can be self-destructive, preventing you from enjoying the present and planning for the future.

p.133 The fear of moving forward makes us want to stay stuck in the past.

p.138 Establish goals for the future. It's impossible to dwell on the past if you're planning for the future. Establish both short-term and long-term goals and begin working on the action steps needed to achieve those goals. It will give you smth to look forward to while also preventing you from looking too much into the past.

p.141 The truth is, there isn't a right amount of time to grieve. In fact, you may grieve for years, or even forever, but the amount of sadness you feel doesn't equate to the amount of love you had for that person.

p.157 Although people often convince themselves if they "give in just this once" it will help, research shows otherwise. Each time you give in you reduce your self-control.

p.162 Resentment is like drinking poison and then hoping it will kill your enemies. Nelson Mandela.

p.164 While jealousy can be described as “I want what you have”, resentment over someone's success goes further: “I want what you have and I don't want you to have it”.

p.165 Take steps to focus on your own path to success without resenting anyone else's prosperity.

Although feelings of resentment are similar to those of anger, when someone feels angry, they are more likely to express themselves. Resentment, however, usually remains hidden, and people like Dan mask their true feelings with feigned kindness. Yet beneath the smile is a seething mixture of indignation and envy.

Resentment of others' success is also a result of deep-rooted insecurities. It's hard to be happy about a friend's accomplishments when you feel bad about yourself.

p.166 It's easy to resent what others have when you don't even know what you want yourself.

When you overlook the fact that most people only reach their goals by investing time, money, and effort to get there, it's more likely that you'll resent their achievements. It's easy to look at a professional athlete and say, “I wish I could do that”.

p.167 If you resent: you'll stop focusing on your own path to success and you'll never be content with what you have.

p.168 Resentment leads to indirect communication, sarcasm, and irritability that is often hidden under a fake smile.

p.172 Remember that each person also has weaknesses, insecurities, and problems – even those who are successful.

Stop trying to determine what's fair. Don't allow yourself to focus on things that aren't fair. Unfortunately, sometimes people cheat to get ahead. And some people may become successful simply based on chance. But the more time you devote to thinking about who is “deserving” of success and who isn't, the less time you'll have to devote to smth productive.

p.173 As long as you view the people in your life as competitors, you'll always focus on trying to “win”.

p.174 When you're able to be happy about other people's accomplishments, you'll attract – rather than repel – successful people.

p.178 Dan felt a sense of peace and liberation as soon as he began focusing on reaching his own definition of success. Rather than compete with his neighbors, he began competing with himself.

p.179 What's not helpful:

- chasing after everyone else's dreams
- imagining how much better everyone else's lives are
- constantly comparing yourself to everyone around you
- diminishing other people's achievements
- treating everyone like they're your direct competition

p.183 Giving up can also be a learned behavior. Perhaps as a child, your mother swooped in to help you accomplish any task you weren't able to do on the first try. Or maybe when you told your teacher you couldn't figure out your math work, she gave you the answers so you never really had to figure out yourself. Always expecting someone else to come to our rescue can be a hard habit to break, even into adulthood, making it less likely that we'll be willing to try again if we fail.

p.185 She started behaving like someone who could recover from failure.

p.187 Grit, defined as perseverance and passion for long-term goals, has been shown to be a much more accurate predictor of achievement than IQ.

Attributing failure to a lack of ability leads to learned helplessness. If you think that your failure is caused by a lack of ability – and you think you can't improve upon that ability – you're likely to develop a sense of learned helplessness. Instead of trying again after you fail, you'll either give up or wait for someone else to do it for you. If you think you can't improve, you likely won't try to get better.

**p.188 Self-compassion, and not necessarily high self-esteem, may be the key to reaching your full potential. While being too hard on yourself can lead to the resignation that you're just not good enough, and being too easy on yourself may lead to excuses for your behavior, self-compassion strikes just the right balance. Self-compassion means viewing your failures kindly yet realistically.**

p.189 Avoid making your entire self-worth contingent upon high achievement or you'll be less likely to risk doing things where you may fail.

p.194 Understanding that you will be okay, even if you fail repeatedly, offers much peace and contentment in life. You'll no longer worry about being the best or feeling like you have to achieve the most to be appreciated. Instead, you can rest assured that with each failure, you're becoming better.

p.217 We are all inclined to want our fair share in life. However, the belief that you're owed smth simply because of who you are or what you've been through isn't healthy.

p.220 An entitlement mentality prevents you from earning things based on merit. You'll be less likely to work hard when you're busy complaining that you're not getting what you're owed. Instead, you'll expect that you should have things based on who you are or what you've been through.

p.221 If you are always demanding, “I deserve to be cared for and treated well,” you may have trouble offering the type of love and respect that will attract a partner who treats you kindly.

p.223 Most people who feel a sense of entitlement lack self-awareness. They think everyone else perceives them the same way they perceive themselves.

p.225 She made it clear that when people are dying, no one ever wishes that they had spent another day at the office. Instead, they wish they had spent their time helping others.

p.228 Focus on your efforts, not your importance. Instead of paying attention to how overqualified you may think you are, focus on your efforts.

Stop and think about how other people feel. Rather than focusing on what you think you deserve in life, take time to think about how other people may feel. Increasing empathy for others can decrease

your inflated sense of self-importance.

p.227 Don't keep score of your good deeds – or the reasons you've felt wronged – because you'll only set yourself up for disappointment when you don't ever receive what you think you're owed.

p.228 Insisting that you're entitled to more than you think you have isn't likely to help you in life.

When you stop demanding that you need more and are able to be satisfied with what you have, you'll reap tremendous benefits in life.

p.236 patients who were overly confident about their ability to abstain from alcohol when they're discharged from a rehabilitation facility were more likely to relapse compared to patients who were less confident.

p.238 It would only take me about two days to get used to eating ice cream for dessert every day and about six months to get out of the habit of having a cup of coffee with my breakfast.

Don't overestimate how much better the results will make your life.

p.245 Reaching your full potential requires you to demonstrate willpower to resist short-term temptation.