

Self-Defeating Cycle

Situational Forces:

- Negative experiences w/ educators, parents, and/or peers
- labeled as "dumb", "lazy", "unreliable", etc.

Personal Forces:

- Self-doubt and distress as a result of low coherency memories
- Distress leads to decreased motivation and self-efficacy

“I know I’m a good student I just mismanaged my time. Am I really a good student?”

“I know I’m a reliable friend I just forgot to respond to their text. Am I really a reliable friend?”

Altered Behaviors

- Staying in the "stretch zone" to avoid overwhelm
- Attainable goal setting (SMART)
- Expressive and reflective writing exercises
- Positive self-talk
- Finding a positive creative outlet
- Engaging in physical activity

Self-Enhancing Cycle

- Separation of self from negative labels
- Increased understanding of personal meaning
- Reframed negative experiences/low coherency memories
- Increased self-efficacy and feelings of competency
- Improved executive functioning

“I know I am a good student because I’ve succeeded before and I have the tools to succeed again.”

“I know I’m a good friend because I care about this person. If I make a mistake, I can make it right.”