

MENTAL MODELS DISABLERS

THE CONFORMER SUMMARY

I struggle to set healthy boundaries, often prioritizing the needs of others over my own, and find validation in accommodating them, even at the expense of my well-being. I frequently engage in conversations revolving around crises, and perceive challenges as overwhelming, often feeling powerless and burdened by past traumas.

THE CONFORMER MENTAL MODEL DISABLER

Practice assertiveness by saying no to at least one request today, realizing that setting boundaries won't cause a disaster. Cultivate self-compassion, treat yourself with kindness and care, and discover your worth beyond sacrifices.

THE DOER SUMMARY

I frequently push myself beyond my physical limits, taking on tasks that exceed my capabilities, and viewing rest as a waste of time, which hinders my growth and progress. My conviction that my value is tied to my productivity. Yet, when I am unable to meet my lofty expectations, I succumb to harsh self-criticism, trapped in the paradox of relentless achievement.

THE DOER MENTAL MODEL DISABLER

Foster a positive perspective. One way to do this is by identifying and acknowledging three things you have achieved today, or throughout the year. Embracing this positive perspective empowers you to nurture your self-appreciation and find a sense of fulfilment along your journey toward personal growth and success.

THE DREAMER SUMMARY

In order to avoid confronting my emotions, I turn to immediate gratification, such as overeating, spending money, and binge-watching TV. These behaviors help distract me from my reality. I have a tendency to think that if I feel sad, there must be something wrong with me. I hold onto the belief that it is not appropriate to share my negative emotions with others.

THE DREAMER MENTAL MODEL DISABLER

Instead of being overly optimistic as a means to avoid facing difficult emotions or truths, take a moment to pause, sit down, and reflect on the emotion that you are feeling, even if it is uncomfortable. You may discover new opportunities or perspectives by allowing yourself to experience and process the feelings that you have been avoiding.

THE INSPECTOR SUMMARY

In my relentless pursuit of excellence, I hold the firm belief that anything less than perfection is unacceptable. I dedicate myself to achieving flawlessness in every aspect of my life, which breeds guilt, shame, self-doubt, and a fear. The constant comparison to others while measuring my circumstances against an idealized scenario fuels feelings of inadequacy, envy, and jealousy toward those who have achieved success.

THE INSPECTOR MENTAL MODEL DISABLER

Challenge your all-or-nothing mentality and the black-and-white thinking associated with your perfectionism. Recognize that progress is a gradual process that includes both successes and setbacks. Allow yourself to celebrate even the smallest successes and view your setbacks as opportunities for learning and growth.

THE PESSIMIST SUMMARY

I focus on the most unfavorable possible outcomes of every situation. I give most of my attention to the potential risks and negative aspects, while overlooking the possible benefits. I believe that every good thing has an expiration date. I engage in negative self-talk and tend to dismiss positive assumptions.

THE PESSIMIST MENTAL MODEL DISABLER

Challenge your negative thoughts. When you notice cynical thoughts arising, ask yourself if they are realistic and if there is evidence to support them.

THE REJECTED SUMMARY

I erect emotional walls that prevent others from getting too close to me, hoping that this will shield me from getting hurt. My self-esteem is linked to receiving approval from others, and I forget that self-acceptance should come first. I hold onto relationships that are harmful to my overall health and leave me feeling drained.

THE REJECTED MENTAL MODEL DISABLER

Focus on your capabilities. Remind yourself of your strengths and accomplishments. This can help boost your confidence and self-esteem.

THE SAVIOR SUMMARY

Taking responsibility for the problems of others makes me feel valuable and distinctive. I believe that if I don't help others, it implies that I don't care for or love them. I hold myself accountable for the pain that my loved ones experience. I believe that caring excessively for others increases my own self-worth.

THE SAVIOR MENTAL MODEL DISABLER

Recognize your own needs. Start by identifying your needs and priorities. You cannot be an effective helper or rescuer if you are not taking care of yourself first.

THE UNBREAKABLE SUMMARY

I am confident in my capabilities to handle any task through dedication, vigilance, and maintaining a sense of control. I take pride in being seen as dependable and strong, always ready to face any challenge without showing vulnerability.

THE UNBREAKABLE MENTAL MODEL DISABLER

Embrace vulnerability with someone you trust by sharing small feelings or mistakes, and gradually work on opening up. Practice mindfulness to become aware of your thoughts, feelings, and bodily sensations without judgment, allowing you to forge a deeper connection with your emotions.