



Cognitive Behavioral Strategies

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Over the past years I have noticed the need for more self care and self love during this time in our lives. At times we are afraid to ask for help because asking makes us feel weak. It's time to speak up and only have you to worry about not what others think.

I'm going to give you a list of strategies to help you implement a new life for yourself. Free of worry about what others think or say. Never having self-doubt.

- *Amanda Santana*

- Your distortion in thinking that's is creating your problems, and then reevaluate them in light of reality. How does this change how you felt about it until now?

- Having a better understanding of the behavior and motivation of others. Once you know the motivation of others you can have a better understanding in regards to their behavior or yours.

- When a difficult problem arises, use problem-solving skills to cope with difficult situations. What are different problem-solving skills you are currently using?

- Learn to develop a greater sense of confidence in your own abilities. How can you be more confident if everything you do?

- Instead of running from your fears - face them head on. What fears are you currently facing and how can you face them head on?

- Using role playing to prepare for potentially problematic interactions with others. If you know there is going to be a problem go ahead and prepare for the outcome so you can prepare for your reactions.

- Learning to calm one's mind and relax one's body. What are different strategies that you can use during a stressful time?

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Need more strategies?

Contact me today if you are needing more in depth strategies.

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