

# HOW TO LEARN FROM YOUR LIMITATIONS WITHOUT LOSING SELF-RESPECT

## Think of a 'mistake' you made recently

- What do you tell yourself at the moment you regret what you've done?

"I should have..."

## What need of yours wasn't met by the behaviour?

"My need that wasn't met was...."

## Now that your attention is on your needs, how do you feel?

"I feel..."

## Now look at the 'good' reasons why you did what you did

- What need of yours were you trying to meet by doing/saying what you did to that person at that time?

"The need I was trying to meet by doing what I did was..."

## How could you have met both needs?

- You have a much better chance to learn how to handle other situations in the future if you ask yourself how you could have met both needs.
- Now, when you have those two needs in mind, can you imagine how you might have expressed yourself / done it differently?

"I could have..."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.