



Limiting Beliefs and Emotional Baggage ?????????? (Youth)

CARICOM GROUP

October 3rd 2007

Rita Dyer



Limiting Beliefs

Limiting

- Prevents improvement
- Not able to increase
- Not very great in amount
- Must never pass a certain point

Beliefs

- Feelings that something is true
- Something really exists
- Thinking that is persistent



Emotional Baggage

Emotions

- Strong feelings
- Strength of feelings
- Feeling upset, worried, anxious, angry, betrayed, ashamed, frustrated etc.

Baggage

- Cases
- Bags, take with you
- Weight, heavy
- Loaded, burdensome



Emotional Baggage ??

- What makes you think, act and behave the way you do?
- Which parts of your actions are habitual and which are intentional?
- Self awareness, the recognition of the causes and effects of your own feelings.
- Self honesty. The acceptance of your own qualities and faults and emotions



Chain Reactions

I think

I feel

I Behave

Are youth limiting their Beliefs in the
sense that they do not

Think

Big



Emotional Intelligence

- A type of social intelligence
- Ability to monitor one's own emotions and that of others
- Discriminate between your emotions and that of others
- Use of emotional monitoring to guide one's thinking and actions

(Chandler 2005)



Resilience

- A set of qualities that foster a process of successful adaptation and transformation despite risk and adversity

(Bernard, B. 1991)



Resiliency Qualities

- Social competence
- Problem solving skills
- Critical consciousness
- Autonomy
- Sense of purpose



Social competence

- Responsiveness from others
- Flexibility
- Empathy
- Effective communication

Verbal and non verbal, refusal,
negotiation/assertiveness



Problem solving

- Have a plan
- Seek alternatives
- Choose wisely
- Resourcefulness in seeking help
- Think critically, creatively and reflectively



Critical consciousness and autonomy

- Reflective and aware of the structure that is limiting and create strategies to overcome them
- Autonomy is having one's own identity
- Acting independently
- Exerting control
- Refusing to accept negative messages about self



Self Awareness

- Identify one's own needs and values
- Protects against ego dependent relationships, can separate one's identity from other's identity
- Can be used as part of the change process, is OK with self
- Can help one to operate at a higher level



How is resilience manifested?

- A sense of purpose
- Goal direction
- Belief in a bright future
- Persistence
- Motivation
- Optimism
- Spiritual connectedness



Protective factors

- These are factors that circumvent or reverse the limiting beliefs and the emotional baggage
- (Connie, 1984. Edmunds, 1986. Heath & Mc Laughlin 1993)
- Caring relationships
- High expectations
- Opportunities for participation



Think Big

- You can do what other people do, only you can do it better
- Use PMA Positive Mental Attitude
- You have CHOICES

“The mind is not a vessel to be filled but a fire to be ignited” (Maxwell, 2000)



Think Big

- T Talent
- H Honest
- I Insight
- N Nice
- K Knowledge

- B Books
- I In-depth knowledge
- G God



Youth need something different

IT CANNOT BE BUSINESS AS USUAL

THANK YOU!