“Unavoidable part of life, and my performance on this night doesn’t represent my true self.”

Not able to answer a single question, so what? I might be a bit embarrassed, but that’s just an

behavioral patterns lead to even more negative expectations.

Struggling with negative expectations all your life, they can be changed.

To test how realistic your negative expectations may be, by asking

You should first try to test how realistic your negative expectations may be, by asking

You find that your negative expectations have been exaggerated.

Avoiding quiz night might keep you safe from looking silly, and so you avoid the situation altogether.

You don’t want to risk social and pursue your goals, rather than hide in fear, driven by negative expectations. It

Remember that everything is possible, and you can handle any circumstances, as long as you

Although avoiding quiz night might keep you safe from looking silly in those specific

To bring more happiness, positivity and productivity into your life, negative expectations need

You can create and follow through with your useful behaviors, by

Negative behaviors are those that are congruent with your negative expectations. Negative

Negative behaviors lead to even more negative expectations.

To identify negative behaviors, ask yourself questions.

Identify Negative Behaviors

You are now well aware of how negative expectation can diminish your self-esteem and fuel

Identify Negative Expectations

You can come up with your questions, as long as they help you decide if you have reached

Positive behaviors are productive, because it allows you to live a fulfilling life, be happy, engage

Create Useful Behaviors

You have the examples as your baseline, and all you have to

Evaluate the Results

A virtually limitless number of situations that you might experience. Each one of them

To find this list, you need to explore the situations where you are not in your optimal

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The last part of your challenge to productivity and positivity is to check what happens when you

Some questions to use, when trying to identify your negative expectations, are as follows:

Feel free to come up with your questions as well, and to write down the answers, for extra

If you answer these questions honestly and try to be as realistic as possible, you will probably

Now that you have learned about transforming negative expectations into realistic ones go out

The negative expectation is that you are not going to do something well, do not have enough

The learning that results from your experiences is that you are not good enough.

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