

LEADERSHIP SESSION WITH GREGUYSCHKA FÉLIX

Toxic Brain Traps that limit your success and greatness

Identify the Toxic Brain Traps that are wreaking havoc
on your mindset and ruining your relationships!

Do you struggle with repetitive negative thoughts?

From a psychological perspective, an exaggerated or perseverating pattern of thought not based on facts is a cognitive distortion. It is our emotional brains convincing us to believe negative things about ourselves, others, and our situations without concrete evidence.

When our emotional brains are left unchecked, it can take a toll on our mental health and negatively impact how we experience life. The first step to changing anything is to identify where you might need to pause, ask questions, and redirect your thoughts based on real data



WhatsApp (613) 286-0427
Email HELLO@GREGUYSCHKA.COM
LinkedIn @GREGUYSCHKA

Read through the list of the most common cognitive distortions and check off which ones you resonate with the most:

- ☐ **Exaggerating or Minimizing**
Minimizing your accomplishments and talents and exaggerating your mistakes.
- ☐ **Catastrophizing**
Projecting that the worst possible thing is going to happen in the future (future-tripping).
- ☐ **Overgeneralization**
"Always" and "never" creep up in your thoughts and speech on a regular basis. Making broad interpretations of things that happen with little evidence.
- ☐ **Personalization**
Over-accommodating in relationships and engaging in codependent behavior patterns. Blaming yourself for things that are not your responsibility or are out of your control.
- ☐ **Jumping to negative conclusions**
Having a smidge of evidence and jumping to the worst possible conclusion.
- ☐ **Mind-reading**
Interpreting the thoughts and beliefs of others without any real evidence.
- ☐ **Disqualifying the positive**
Recognizing only the negative aspects and disqualifying the positives of any situation.

Go Deeper

Now that you've identified which cognitive distortions are your "go-to's" (and we all have them, don't worry, you are not alone), I invite you to try this experiment:

For one week, become an observer of your negative thoughts and feelings. Write them down and ask yourself:

- Is this true?
- What evidence is there to support this thought or narrative?
- If there isn't evidence, which cognitive distortion am I experiencing?

Then, answer these questions for each time you experience a cognitive distortion:

- Where were you?
- What was happening?
- Who were you with?

Questioning your limiting or "distorted" thoughts is the beginning of changing this pattern.

IS YOUR EMOTIONAL BRAIN PLAYING TRICKS ON YOU?

What's Next

Excited to [discover](#) more tools or learn how you can finally [master](#) your [emotions](#)?

Give yourself a new level of confidence, credibility and a competitive advantage that few other people have?

I invite you to our private Clubhouse community the LeadHER To Success for [the EQ Learning Lab](#), and follow me on LinkedIn and Instagram [@Greguyschka](#)

Also, put your name on the The RRI Method Waitlist to be immediately notified when the next enrolment for the program opens.



[JOIN NOW](#)

GREGUYSCHKA.COM

Remember: When you master your mindset and emotions, you can contribute fully to your mission and show up for the people that matter most.

