Dealing with Humiliation

Humiliation — Protection From

- Cultivate
  - Learning to Humility
  - Realistically Assess Your Strengths Weaknesses
  - Living to Approach Lighthearted
  - I don't take myself too seriously.
- Recognize
  - Handling Criticism Rejection for Skills
  - Coping Your Developing Making Only Self to Comparisons
  - Working Through Repressed Emotions Insecurities
  - Importance of Self Worth Esteem Confidence
  - EG: Humiliation — Won't affect me if I have a strong sense of self.
- Refocus
  - Asking by Experience Your Your From
    - How did I handle myself?
    - How did I make the best of this situation?
    - What can I learn from all this?
  - Then Let Things Go on Personal Goals Passions Energy Your
- Learn 6 7
- Shift 5 4
  - Perspective Your
    - Am I over exaggerating all this?
    - Are things really that bad?
    - Will this matter 10 years from now?
    - How could I view this in a positive light?
    - What's the opportunity here?
    - How can I make the most of this?
- Commit
  - Yourself to Letting Go of Situation
    - This is all in the past now.
  - Being to Very Emotionally Resilient Authentic Thoughtful in
    - How I respond to all this.
  - Lashing Out at Others Yourself Without Holding onto Hatred Revenge

Humiliation — Dealing with

- Question to Alone
  - What exactly happened?
  - Why did it happen this way?
  - How much was I responsible?
  - How much control did I have?
  - What was out of my hands?
- Take 3 2
  - Time to Reflect on Experience
    - Why am I feeling humiliated?
    - Do I believe any of this to be true?
    - Does this situation accurately represent who I am?
  - Use Guided Imagery to Distance Yourself From Experience
  - Fear of Criticism Rejection EG
- Acknowledge
  - That
    - Not Truth
    - What I think others think of me is only an assumption.
    - People don't care as much as I think they do.
    - Everyone has right to their own opinion.
    - I won't define myself by this one experience.
    - I'm probably over emotionalizing the situation.
    - I am human and I make mistakes.
  - Whether I did something wrong.
  - an Apology is Needed
- Immediately 1
  - Take Responsibility for Your Predicament Without Resistance
  - Anything Anyone Blaming Without
  - Embrace What Happened With Humility
    - So, what's the big deal?
    - Why should this matter?
    - I refuse to take this personally.
  - While Staying Calm Seeing Humorous Side of Situation

Humiliation — Consequences

- Shame
  - You Agree With Something Experience Private is
  - When Manifests Something Diminishes Your Self Image Esteem
  - I feel insecure about myself.
- Distinction
  - Humiliation Manifests From Direct Attack
    - That forces me to doubt my self-worth.
  - Tests
    - How secure I feel about myself.
    - How much self-esteem I have.
  - Feeling Means Publicly Disgraced Disrespected Dishonored Devalued
  - Public Experience Seen as Undeserving Unjust
- Consequences
  - Learned Helplessness
  - Influences
    - What I believe about myself.
    - What I feel I'm capable of doing.
    - What I think is possible.
  - Depression
  - Social Isolation

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