

Download this lecture

www.theancientmaster.com

Click on FREE TOOLS, register with your email address and download the PDF file





GETTING A GRIP ON YOUR LIFE

Jath van der Westhuizen

Social worker



PROCESS OF GETTING A GRIP ON YOUR LIFE



How to figure
What's Going On

How to shift your
perspective

How to Organized
and plan

The Importance of Personal Growth

- The link between self-discovery and increased life satisfaction.
- Personal growth empowers you to take control of your life.



1. FIGURING OUT WHAT'S GOING ON

To determine **where I am** so that I can know where I want to go.



What is making you feel out of control?

1. Identifying Challenges:

1. Understand the factors contributing to your sense of losing control in life.
2. Multiple issues, often interrelated, can impact your overall well-being.

2. Comprehensive List-Making:

1. Compile a thorough list of current life circumstances, considering various aspects such as finances, work, relationships, and self-perception.
2. A holistic inventory allows a clearer understanding of the challenges you're facing.

3. Prioritization and Perspective:

1. Use the compiled list to prioritize and gain perspective on overwhelming aspects of life.
2. Writing down your challenges is a crucial step toward regaining control and establishing priorities.



Figure Out What's Going On

1. Significance of School and Work:

1. School and work play a significant role in life, with potential to impact overall well-being.
2. Reflect on relationships, responsibilities, and obligations in these settings.

2. Temporal Analysis of Challenges:

1. Distinguish between temporary and long-term challenges in school or work, considering factors like imminent deadlines or persistent interpersonal issues.
2. Understanding the nature of difficulties helps tailor appropriate strategies for resolution.

3. Workload Evaluation:

1. Assess your workload critically, questioning if it's manageable or if you've taken on too much.
2. Identifying and addressing excessive commitments can alleviate stress and contribute to a healthier work-life balance.

Look at your relationships

1.Impact of Personal Relationships:

1. Explore how dynamics in personal relationships can disrupt emotional balance, leading to a sense of losing control.
2. Recognize the influence of volatile or unsynchronized relationships on your overall well-being.

2.Assessing Relationship Turmoil:

1. Reflect on current circumstances and unresolved issues that may be causing turmoil in your relationships.
2. Identifying sources of tension allows for targeted solutions and a more stable emotional state.

3.Recognizing and Addressing Abuse:

1. Acknowledge the severe impact of abusive relationships (physical, sexual, emotional, or mental) on every aspect of life.
2. Urgently seek help from trusted individuals or authorities to address and escape abusive situations.

Types of Dysfunctional Families

■ Codependent Families

- An unhealthy level of reliance on one another, often characterized by enabling behaviours, lack of boundaries, and an imbalance of power. Individuals may sacrifice their own needs to meet the needs of others, leading to a cycle of dependency.

■ Disengaged Families

- A significant emotional distance between members. Communication is minimal, and emotional connection is often lacking. This can result in family members feeling isolated and unsupported.

Types of Dysfunctional Families

■ Enmeshed Families

- Have blurred boundaries, with individuals often feeling overly involved in each other's lives. This can lead to a lack of personal autonomy, making it challenging for family members to establish a sense of individual identity.

■ Authoritarian Families

- Strict rules and a rigid hierarchy. There's a focus on obedience and conformity, often at the expense of open communication and individual expression. This can lead to feelings of resentment and rebellion among family members.

Types of Dysfunctional Families

■ Chaotic Families

- Experience constant upheaval, with unpredictable changes and emotional volatility. This instability can create an environment of stress and insecurity, affecting the overall well-being of family members.

■ Narcissistic Families

- There's an excessive focus on the needs and desires of one or more dominant members. Other family members may be neglected or manipulated to serve the interests of the narcissistic individual, leading to a toxic power dynamic.

Types of Dysfunctional Families

■ Perfectionist Families

- Set unrealistically high standards for achievement and behaviour. Members may feel intense pressure to meet these expectations, fostering a fear of failure and inadequacy. This can result in anxiety and low self-esteem.

■ Violent or Abusive Families

- A pervasive pattern of physical, emotional, or verbal abuse. Such environments can have severe and long-lasting effects on the mental and emotional well-being of family members.

Explore yourself

Examine whether things within you are causing chaos in your life. Issues such as physical health, mental health, as well as our attitude and perception can cause us to feel out of control.

- Are you having health issues? Whether they are physical, mental, or emotional, health issues can easily make you feel as though you don't have a grip on life. Issues such as depression, chronic pain, grief, and more can colour the way we view the world around us and make us feel like we don't have a firm grip on life.
- Do you have issues with substance abuse or addiction? Be honest with yourself about your addiction and its impact on your life. Often addictions (drug, alcohol, gambling, sex, etc.) can lead to decisions and behaviours that make life chaotic or make it feel like life is out of control.





2. SHIFT YOUR PERSPECTIVE



Make Yourself A Priority



Make yourself a priority.
At the end of the day, you're
your longest commitment.

How does shifting work?

- Juggling numerous obligations can make life seem out of control. Prioritize self-care—shift your perspective and make time for your own physical, emotional, and mental well-being.
- Eliminate & Delegate.



3. PLAN AND ORGANIZE



Draft a plan to get control of your life



Daily Notes,
Observation,
Reflection

Draft Plan
during
Treatment

Final
Recovery
Plan

Think about what you really want your life to be like

Such as:

- Studies
- Enhance Your Talents In Some Way
- Environmental Changes
- Changes In Your Career
- Different Home Space
- Relationship Status
- Children And Family
- Physically Active, Weight, Fitness
- Selfcare, Self-esteem

What Skills and Strategies will I need to recover during Treatment?

1. Psycho-education
2. Problem Solving: Time & Personal Space Management, Budgeting, Goal-setting
3. Emotional Regulation
4. Distress Tolerance: Resilience Skills
5. Interpersonal Effectiveness: Boundary setting, Conflict management
6. Religious Coping / Meaning-making
7. Cognitive Restructuring (CBT)
8. Social Support Networks
9. Play, Leisure Activities and Creative Expression
10. Biofeedback
11. Eye Movement Desensitization and Reprocessing (EMDR)
12. Trauma Resiliency
13. Mindfulness Practice & Grounding Techniques, Breathing Exercises, Relaxation Techniques, Journaling



Figuring Out
What's Going On



Changing your
perspective



Getting
Organized

Summary

Download this lecture

www.theancientmaster.com

Click on FREE TOOLS, register with your email address and download the PDF file

