

<p>Context</p> <p>Situation</p> <p>Anticipated problem</p> <p><i>Destabilizing aspects</i></p>	<p>Interfering / negative thoughts</p> <p>Defeatist and demeaning thoughts</p> <p><i>Apprehensions</i></p> <p><i>Beliefs, recurring thoughts</i></p>	<p>Constructive / positive thoughts</p> <p>(Stop! Why, reasons to change perspective)</p> <p>Convincing, Impactfil</p> <p>Inspiring Arguments !</p>	<p><u>Solutions - Actions</u></p> <p>ROUTINE - Processes - Checklists</p> <p>Keywords - Affirmation - <i>COMMUNICATION</i></p> <p>Image, Visualisation</p>