

# BREAKTHROUGH

## cheat sheet.

### LEARN ABOUT LEARNING:

the amazing ability of our brain

Growth Mindset vs Fixed Mindset

### DIALECTICS:

we are doing the best we can AND we can do better

Acceptance & Change.

### GOAL SETTING:

we need to know where we are going to get there

S.M.A.R.T. Goals, Outcome Goal, Obstacles & Beliefs.

### MINDFULNESS:

how to be mindful and in the present moment

Reasonable Mind, Emotional Mind and Wise Mind.

### DISTRESS TOLERANCE:

how to move through distress effectively

Crisis Survival Skills (Short-term Solutions)

&

Reality Acceptance (Long-term Solutions)

### VALUES EXPLORATION:

knowing what is important to you

True Self, Ideal Self, & Others.

### LIMITED THINKING:

getting unstuck from all or nothing ideologies.

Being open to opposing ideas means we can avoid digging our heels in and getting stuck.

### FINDING SYNTHESIS:

Synthesis is not just a compromise, it is trying to honor both sides.

Getting to the Middle Path.

### WHAT SKILLS:

you can only do one thing at a time. Be Mindful.

Observe, describe and participate.

### HOW SKILLS:

Non-Judgementally One Mindfully & Effectively

Discriminate versus Evaluate.

Being right versus Being effective.

### BIO-SOCIAL THEORY:

why do we have a hard time managing emotions?

Bio-social disposition, environmental reinforcement, and neuroplasticity!

### RADICAL ACCEPTANCE:

what to do when a problem arises?

AWARENESS, ACCEPTANCE & ACTION.

Pain is inevitable, suffering is optional.



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