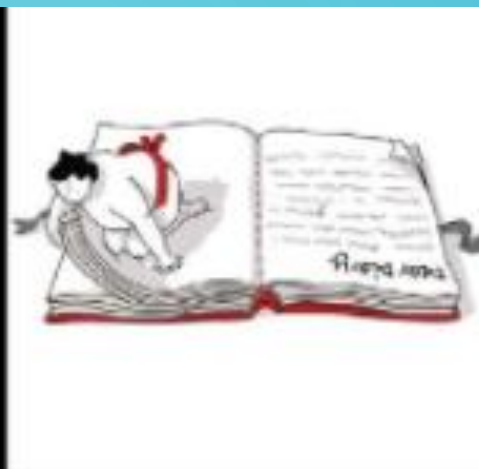


⊗ Faced with a challenge?

7 questions to help you
S.U.M.O.



1: Where is this issue on a scale of 1 - 10?



2: How important will this be in 6 months time?



3: Is my response appropriate and effective?



4: How can I influence or improve the situation?



5: What can I learn from this?



6: What will I do differently next time?



7: What can I find that's positive in this situation?

When we red cap at the wrong time.

We get faulty thinking.





Let's Imagine...



Your friend is upset. They have had a row.

What do you do?

What could you say to them?



Can you remember our detective skill from last week?





Why do we help and say kind things to others but not to ourselves?

We need to be our own best friend.

Having a bad lesson or experience doesn't make it always bad.

Faulty Thinking 2:

Remember: Event + Response = Outcome



Our red cap brain gives us fight or flight. When we victim t shirt we fly.



**KEEP
CALM
AND
BLAME
SOMEONE ELSE**



We blame someone else!





Blaming other people or objects becomes a habit.

It gets us off the hook.

You won't do your best.

You will say no to new experiences.

Other people miss who you are.

SUMO Sayings

That's not fair.

I can't do this.

It's impossible.

It's just me.

There's no point.

I'm not happy. What can I do?

Who can I ask for help?

Let's find a way.

How can I improve?

Go with it, see what happens.



GET

READY

I'M

TRYING



WWJD:

*I came that they might have life
and have it to the full*

John 10:10

Prayer for going for it!

Father God,

Thank you for the challenges you bring us each day. Thank you that we know to be resilient and keep going. Help us to understand that we might hide from our mistakes. Be with us and guide us so that we can live our lives to the full.