

Invest & negotiate with resilience & emotional intelligence, learn communication charisma & the power of rhetoric, achieve wealth goals, make money, get rich

NEW LAWS FOR
WINNERS

Simone Janson (ed.)



New Laws for Winners

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

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Resilience and self-efficacy: Yes, We Can!

// By Dr. Denis Murlane

The self-efficacy conviction is one of the best studied human characteristics in psychology. Does the person who opposes us hold her own destiny, and that through her own behavior she can change herself and the things surrounding her for the better? If so, the self-efficacy is.

Psychologically well researched

The fact that the self-efficacy conviction is so well researched is due in particular to the fact that psychological research is once a disease-related research and we therapists know that the success of a therapy depends to a very great extent on this resilience factor

You have probably already had close contact with a person, a good friend, a partner, someone from your family, who has been struggling to process a separation or perhaps a dismissal.

Yes but...

They have probably tried to understand the situation, have given the person tips and advice on what they can do to make her feel better.

Perhaps you remember in this context that the person kept replying to you: "Yes, you are right, but I simply cannot forget him / her" or: "I cannot do this, I have no strength for it and besides, none of this makes any sense anyway. "

Hopeless or lack of self-efficacy?

You probably gave up after a few, usually long, frustration, maybe you even gave up the contact with the person. It seemed to her no use.

What the person was missing was nothing more than a good self-efficacy, so the conviction that she can change something about her situation.

No sacrificial roll!

This factor is also important in two ways. First of all, of course, because highly resilient people have a firm conviction that can be expressed very well with the following sentence: "I am not a victim, but a creator of my world!"