Twitter Thread by Paul M Domenick■

Paul M Domenick■
@PaulMDomenick

■Mind Hack■

— Otherize yourself —

What the hell does that mean??

Well....this has to be a Thread because it’s too good to be watered down into one tweet

Ready to hack your brain and take control over your perspective??

Let’s jump in...

[THREAD]

Cc: @iamjustincscott @Sociopathlete @ConquerorVlad @MomoTheDisciple @WesternMastery @Nappyb0yy @ArmaniTalks @TJRicks_TSP @AJA_Cortes @JamesPDowling @ApexOliver

It’s Sunday

You invite everyone over for football

Your boys start getting a load on and....[Glass shatters]

Your buddy just dropped a beer bottle on the ground and it shattered

Beer is everywhere

What’s your response?

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You would most likely say something like...

“It’s all good bro, it’s just a beer. Grab a few paper towels, no biggie!”

But if you droppped the glass, what would your response be like?

You be PISSED as yourself

You’d call yourself names and get mad

Why?

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Because when your friend dropped the glass, you objectively viewed the situation

“Ok...it’s just a glass and some beer, no biggie”

You seen the situation for what it IS

But when you do it, you see the situation differently

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I’ll give you another example

Your buddy just found out he failed his exam

You see he’s frustrated

What’s your response to his situation?

You tell him..

“Hey man, no big deal it’s just one test. You’ll get a good grade on the next one. It’s not the end of the world!”

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Because you look at his situation objectively and see it for what it IS

He failed the test

What can he do about it now?

Focus on studying for the next one and not worrying about the last test

Now, if you failed the test, you beat yourself up over it for days, maybe weeks

What you SHOULD do is consult yourself the same way you consulted your friend

Look at your OWN situation objectively

Break it up
Strip it's layers

What's ACTUALLY happening?

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What's in YOUR control?

What if your friends girlfriend just broke up with him?

You'd tell him...

"Hey man, it's ok. There are millions of women. You'll be ok. Focus on your mission. You'll meet women who are even better than her! Get out there and socialize!"

...

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But if your girl breaks up with you, you're a complete mess

Why did the advice change?

*Act how you told your friend to act

We give good advice to our friends, but give awful advice to ourselves

Because we objectively view our friends situation but fail to do so in our own situation

This is why you need to OTHERIZE your situation

Anytime you face difficulty, think about what you would tell your friend to do!

*What advice would you give to your buddy in the same situation?
*How would you tell him to act or think?

DO that!!

When you can objectively view your situation, whether a breakup or a failed test, you will be able to gain a new perspective and remain calm

This will result in better results and a more positive attitude

1) Situation unfolds (Ex. FAILS TEST)
2) Before reactions, take a deep breath and think objectively
3) What's ACTUALLY happening? Forget about what you want, what you think, what it should be—focus on what IS
4) Strip the situation down into layers, break it into pieces

5) Remember what's IN your control and what's NOT in your control—Separate things into the categories—Failed test is no longer in your control, but you can focus on studying for the next one

6) Respond accordingly—-How you would tell your friend to act—What would you tell your friend to do? <—-DO THAT

Hope you guys enjoyed this thread

If you enjoyed it, please RT and drop a comment with some feedback

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https://t.co/mGsmXXh8tU