Twitter Thread by Deep Develop ■

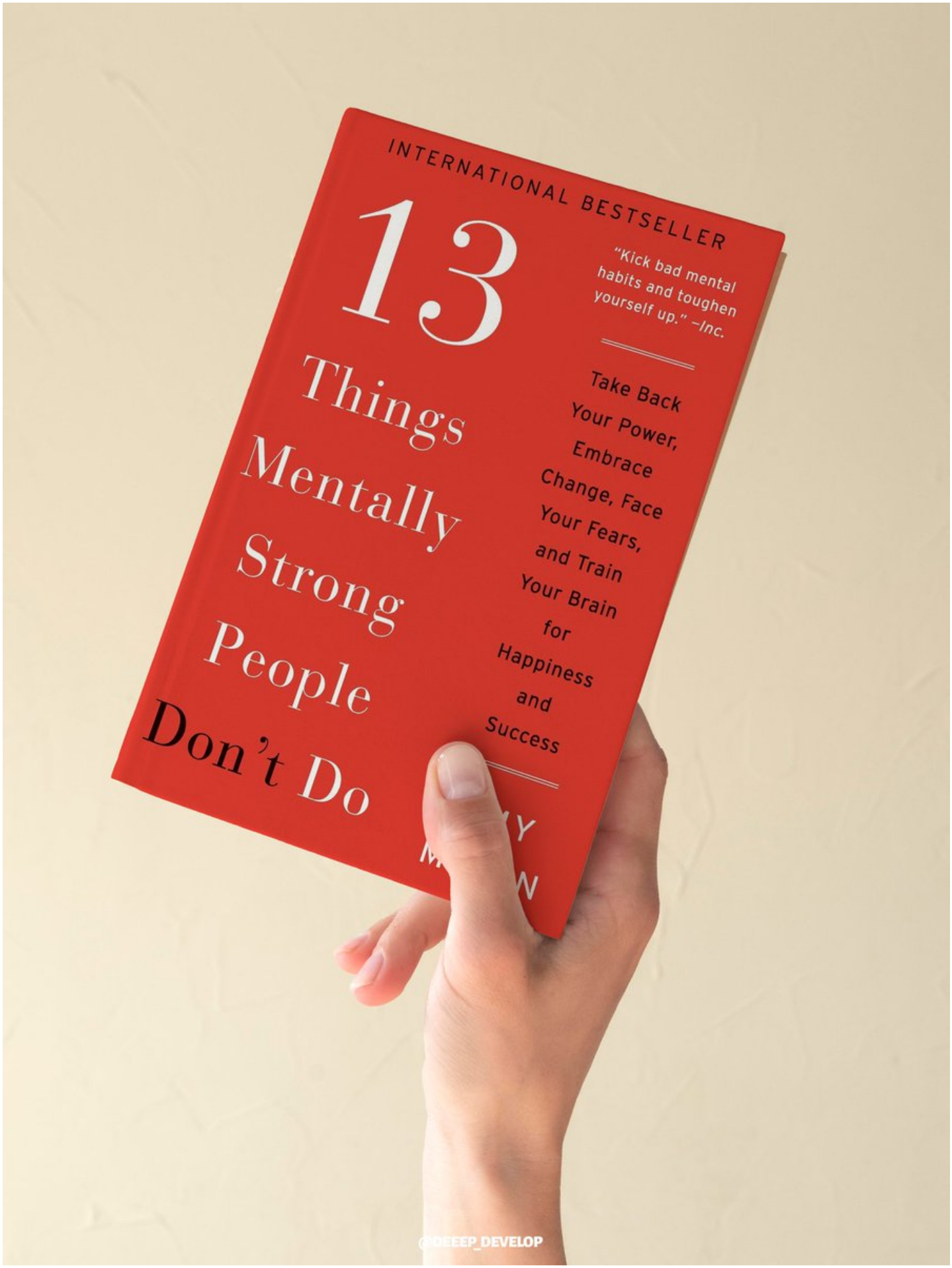
Deep Develop ■
@deep_develop

Lessons I Learned From the Book

"13 Things Mentally Strong People Don’t Do"

✍■ **@AmyMorinLCSW**

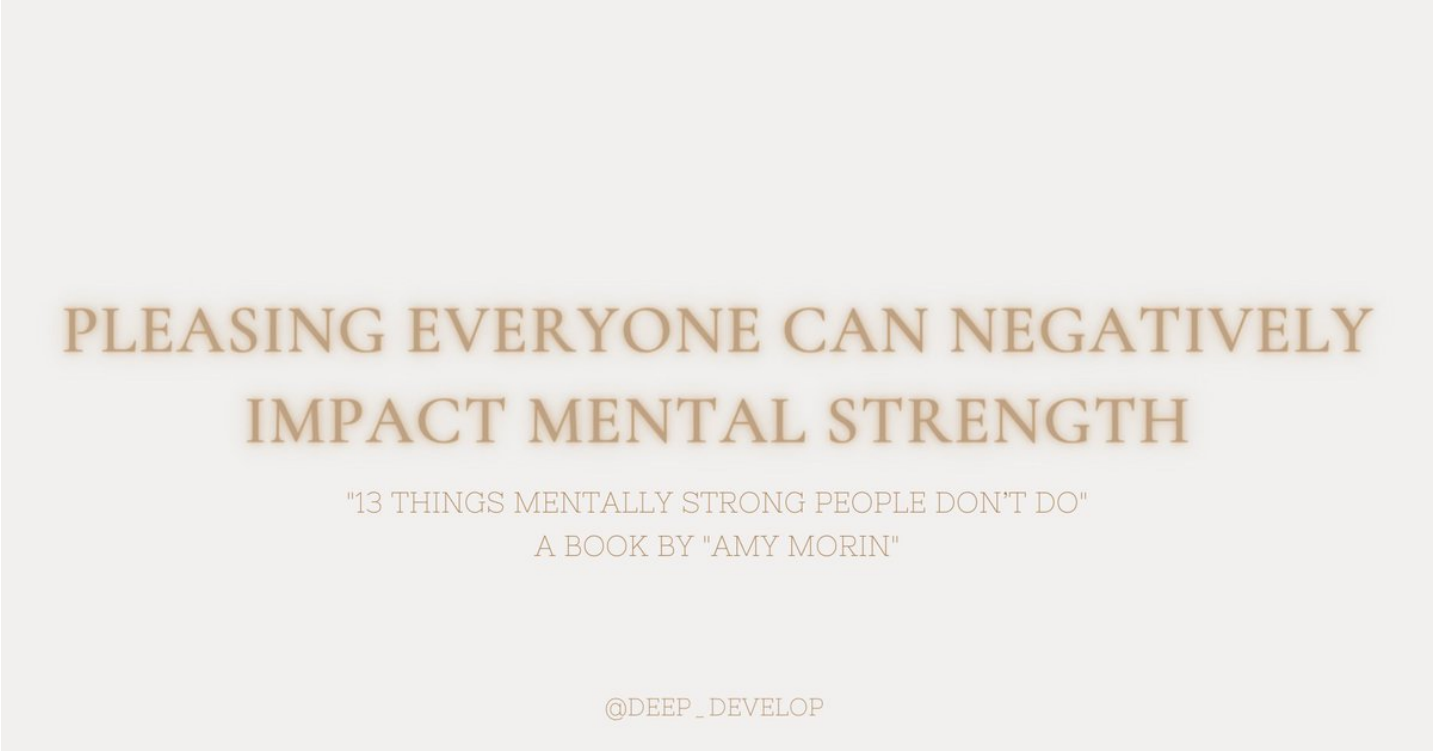
■ Book Review (thread)



1.Mentally Strong People Don’t Worry About Pleasing Everyone

Pleasing everyone can negatively impact mental strength.

When you accept you won’t please everyone, you become stronger and build courage when you anticipate displeasing others.



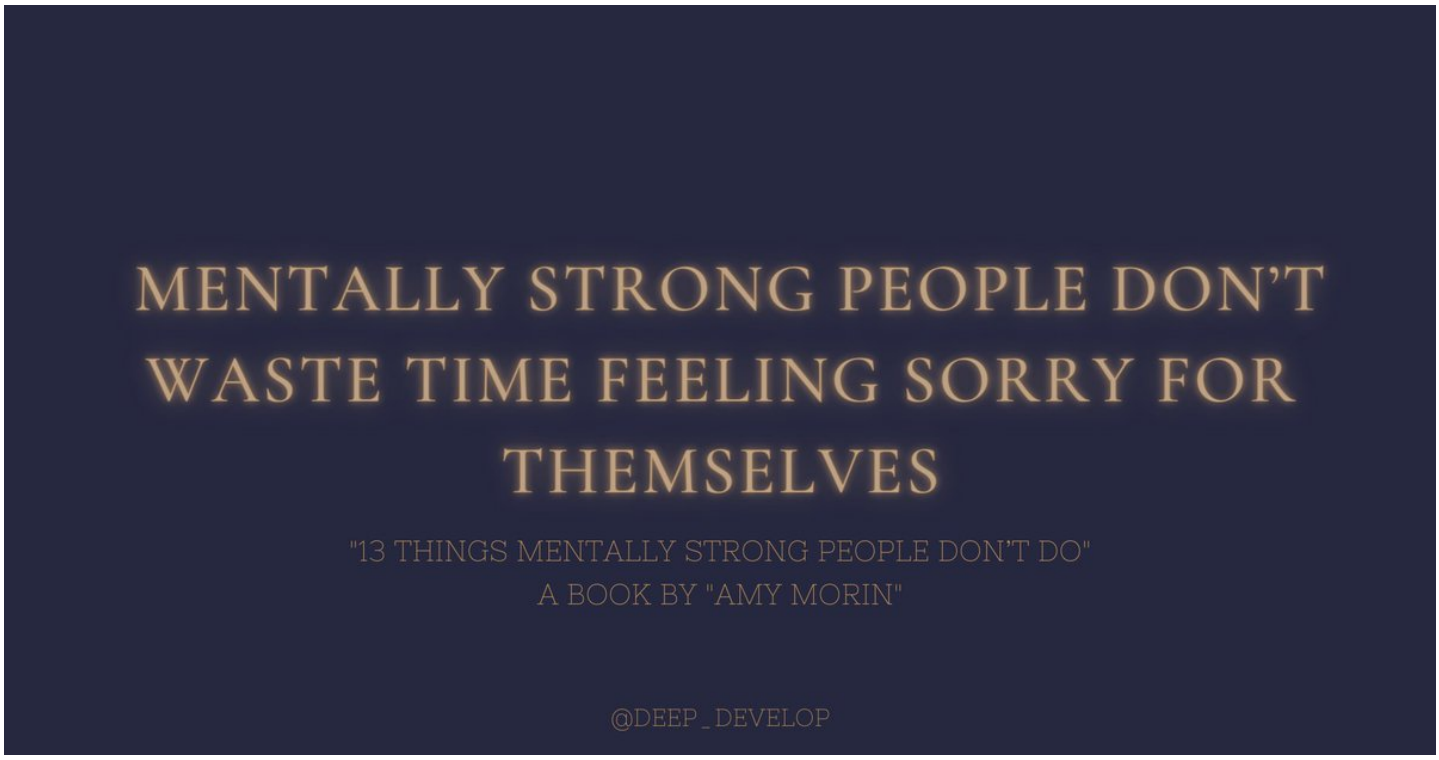
2.They Don’t Feel the World Owes Them Anything

Mentally strong people can shift their focus away from their debt. Hence, they can help people in need. Mentally strong people keep themselves busy doing good deeds.



3.They Don’t Waste Time Feeling Sorry for Themselves

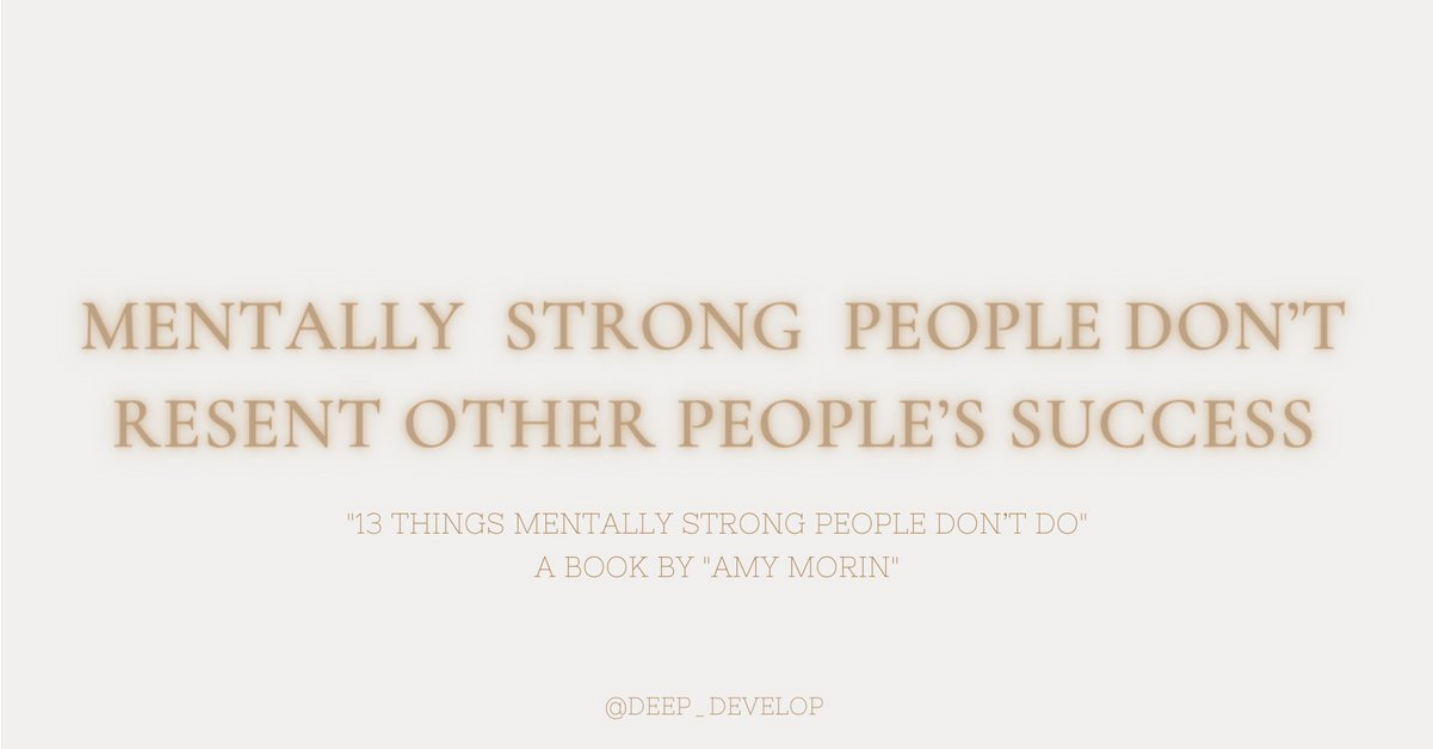
No one is immune to hard times. However, it is how you react to these situations that is important. They replace self-pity with gratitude.



4.They Don’t Resent Other People’s Success

Overcome your envy of other people’s success and learn how to use their success to your benefit.

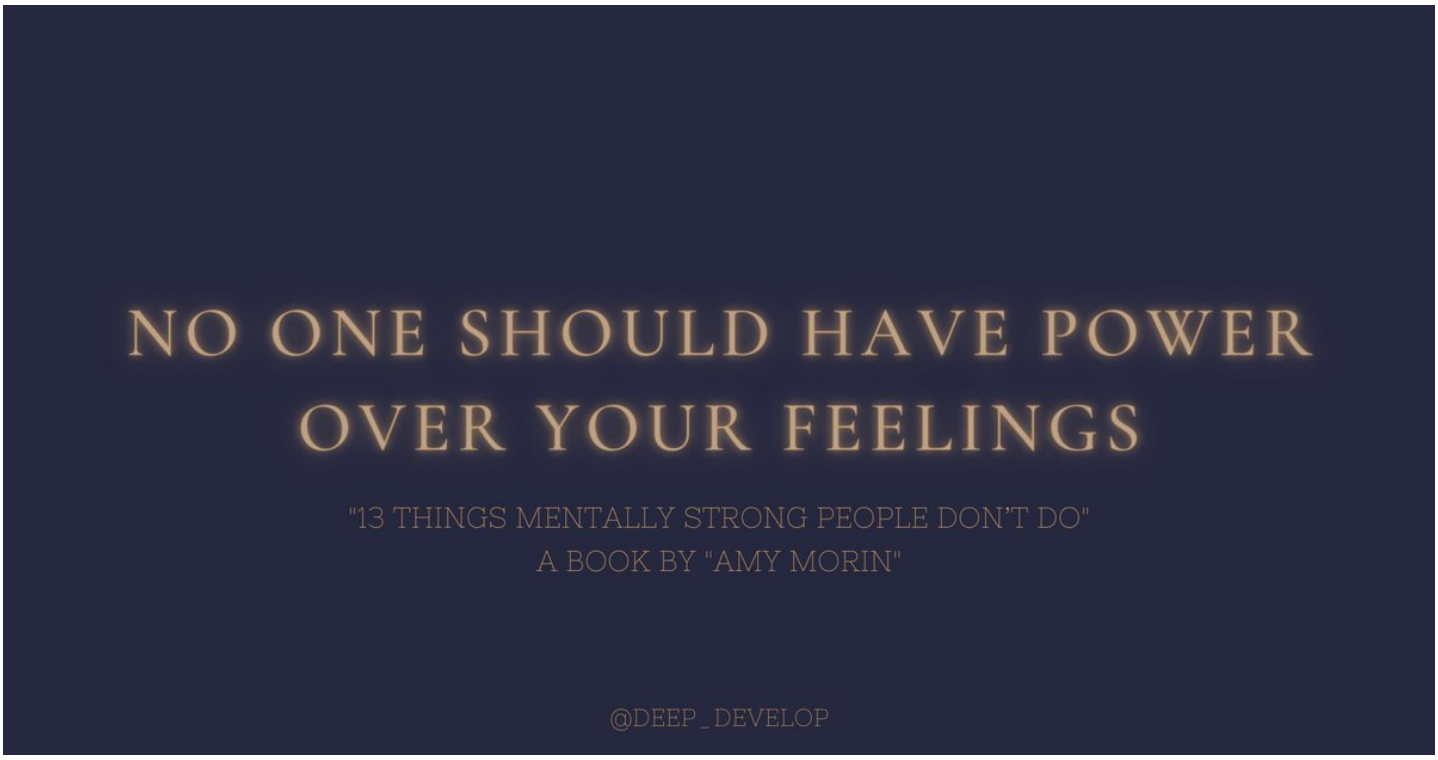
When people enjoy and celebrate success, they attract other successful people, creating opportunities for collaboration success.



5.They Don’t Give Away Their Power

No one should have power over your feelings.

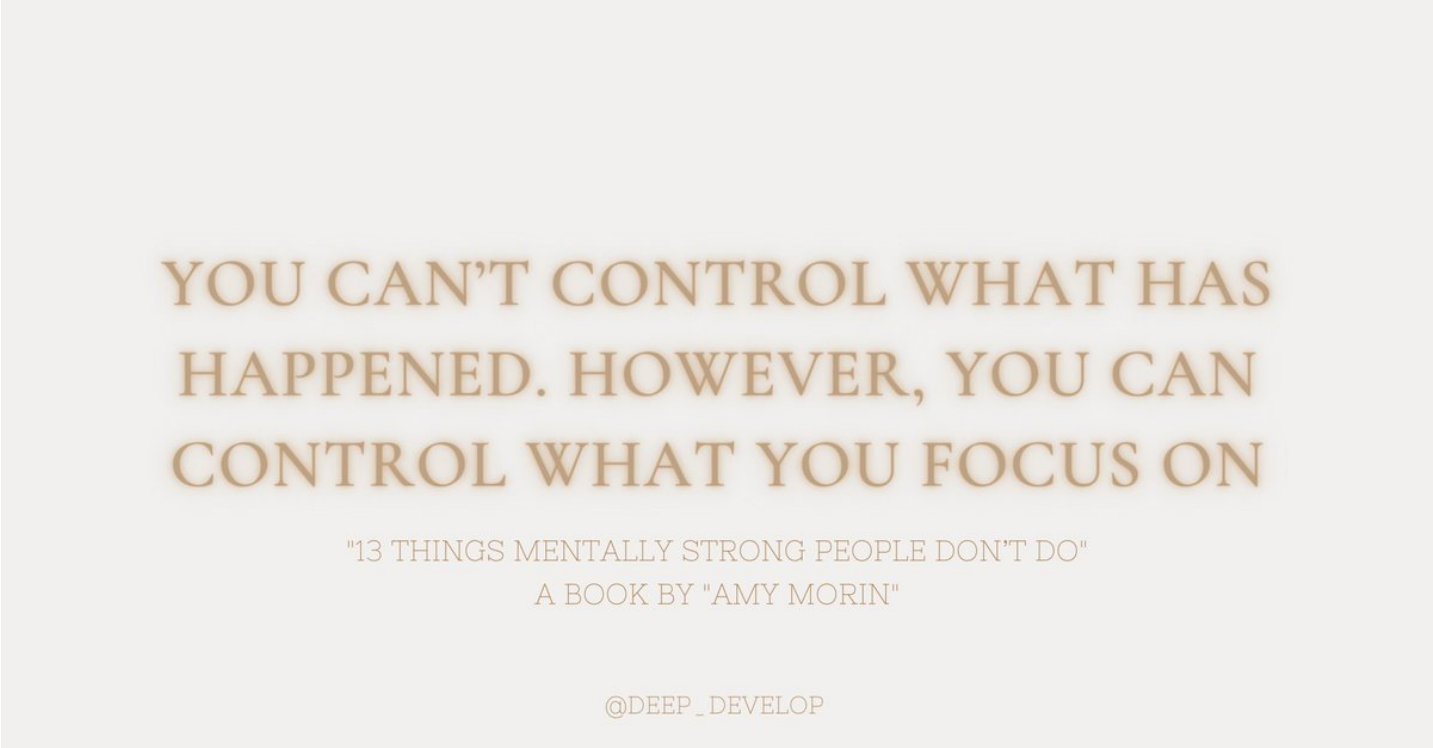
One of the biggest factors in taking control of your feelings is forgiveness. When people forgive others, their blood pressure decreases, and their hearts beat more calmly.



6.They Don’t Focus on Things Beyond Their Control

Remember you can’t control what has happened. However, you can control what you focus on, what things mean, and how

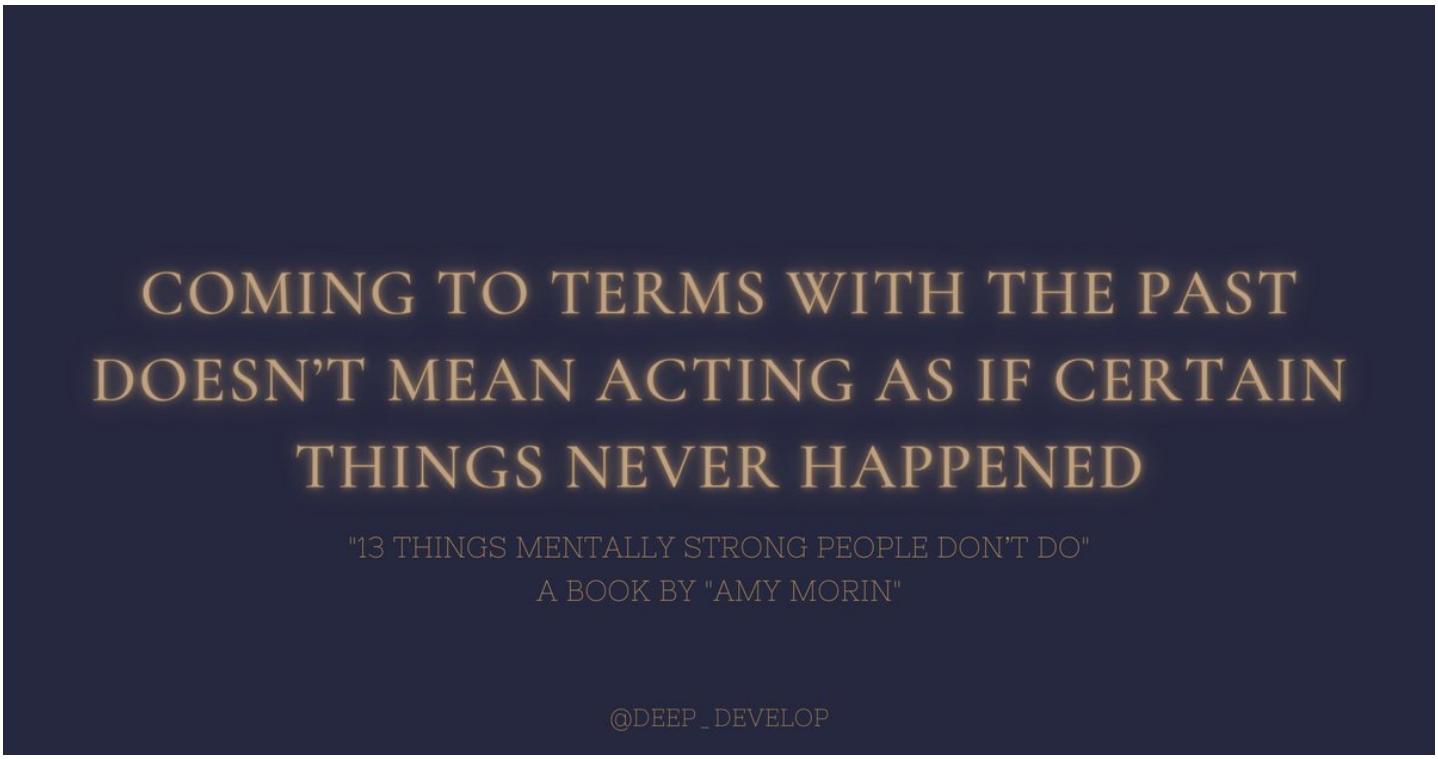
you behave.



7.They Don't Dwell on the Past

Coming to terms with the past doesn't mean acting as if certain things never happened.

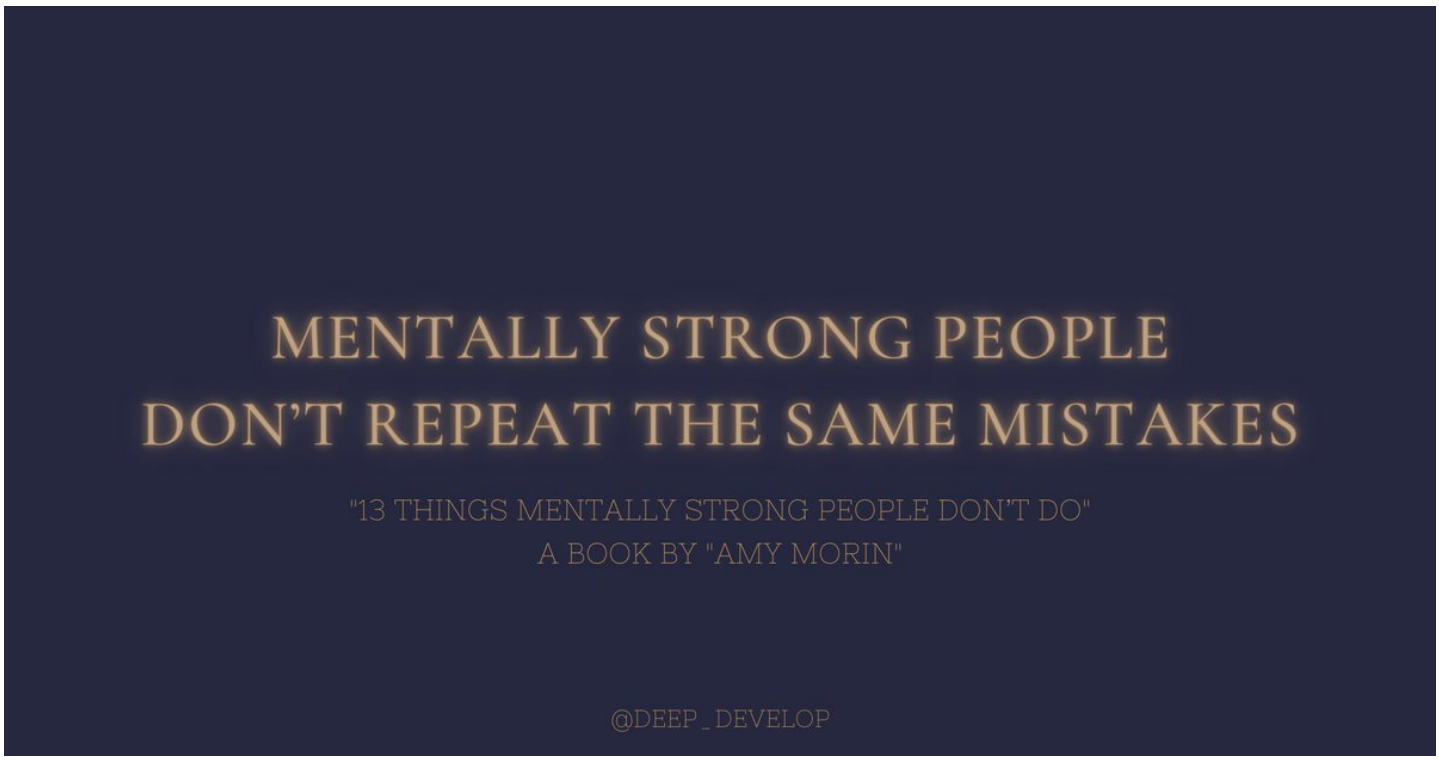
You must accept and forgive the past so that you can build on it in the present.



8.They Don’t Repeat The Same Mistakes

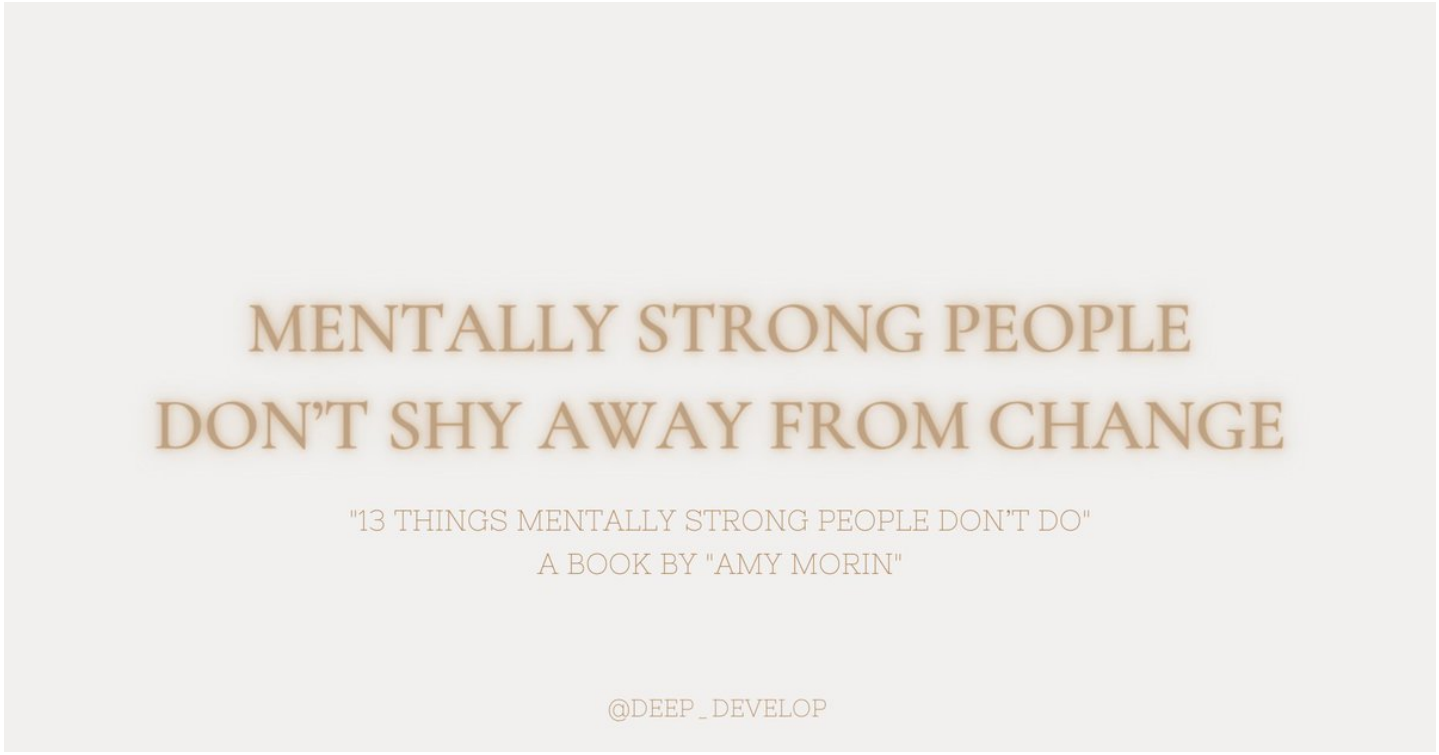
Identify the factors that led to the mistake: thoughts, behaviors, and external factors.

Then, write an alternative action for the next time those thoughts, behaviors, and external factors arise.



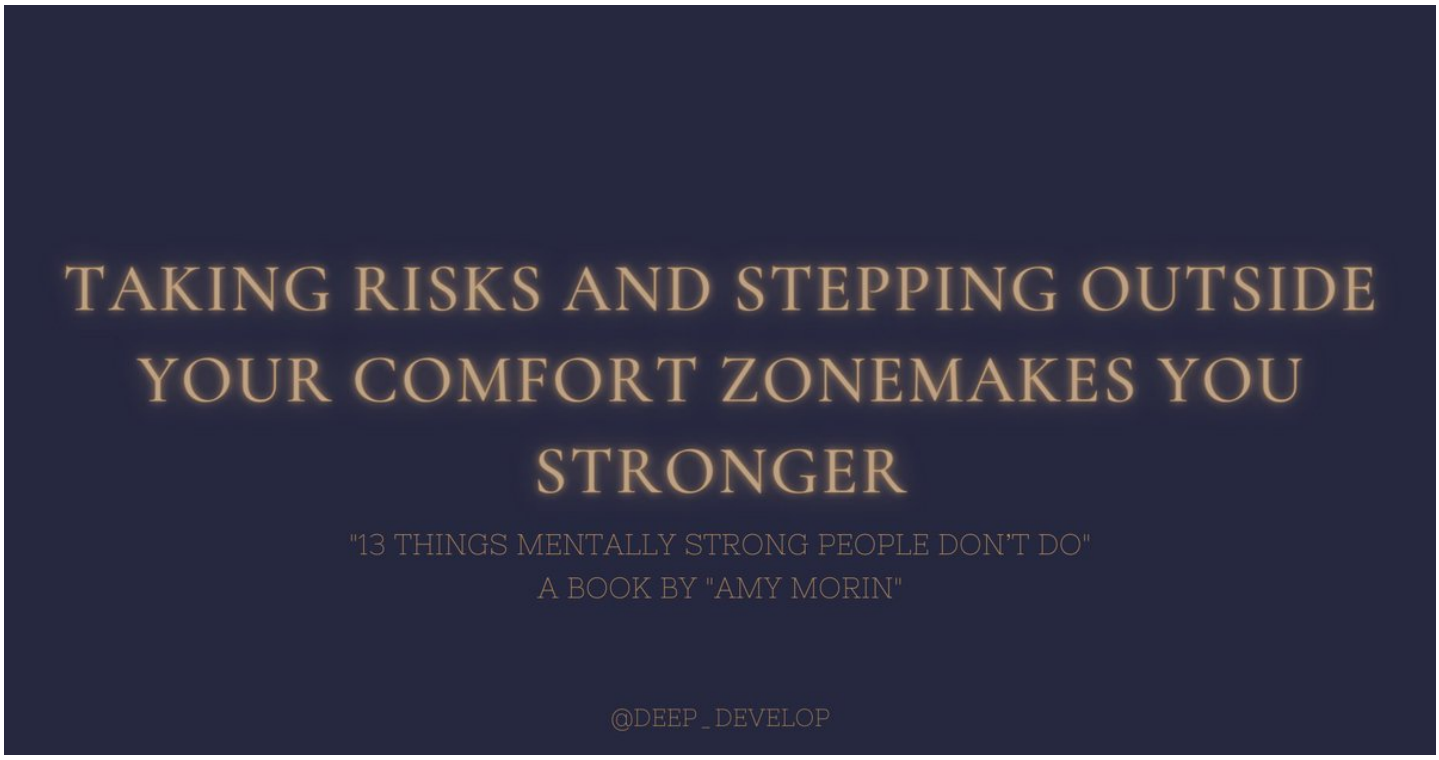
9.They Don’t Shy Away from Change

It’s not as if some people have more willpower than others. It’s just that some people are willing to adapt while others aren’t.



10.They Don’t Fear Taking Calculated Risks

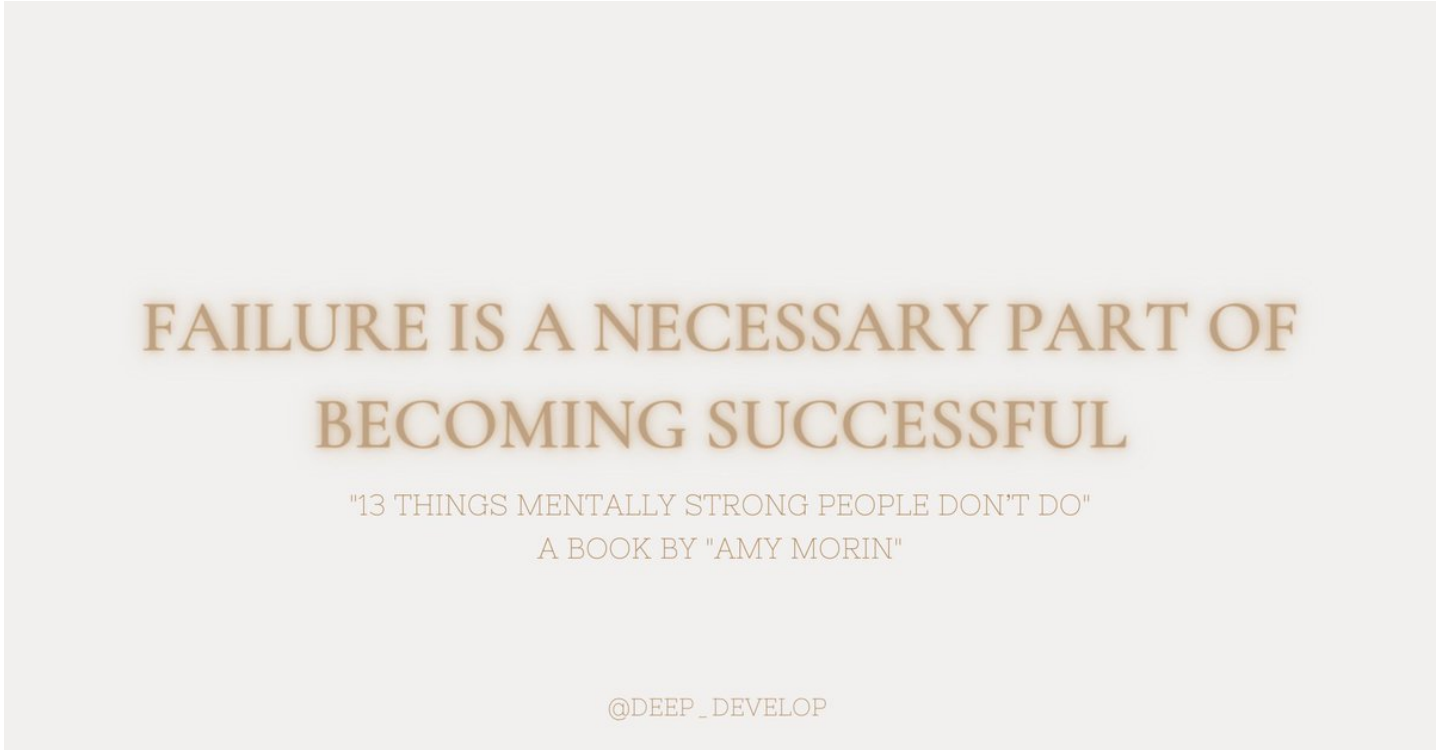
Taking risks and stepping outside your comfort zone makes you stronger. Perhaps those risks aren’t as scary as you once imagined. Open yourself up to new opportunities and start facing your fears.



11.They Don’t Give up After Their First Failure

Those who succeed view their failures as stepping stones for improvement.

Failure is simply a part of success, as it means you are being challenged.



12.They Don’t Fear Alone Time

Spending time alone and quietly, results in renewal, rejuvenation, inspiration, and reflection.

Meditation positively alters the brain’s structure by regulating cognition and emotion.



13.They Don’t Expect Immediate Results

It is important to be patient, stick to your goal, and keep working at it. You must maintain these actions even when you do not appreciate any progress at a given moment.

