



Do you ever think about the way that you think?

Most of us don't. We go about our days, thoughts come and go, feelings come and go, and we tend not to pay them much mind. (Pun intended.)

In fact, we tend to attribute our feelings to external circumstances.

We say things like, 'this makes me so happy' or 'oh that makes me crazy'.

The truth is external circumstances have very little to do with the way that we feel.

The reason we feel the way that we feel are the thoughts that we think about those circumstances.

This is true when we talk about confrontation and when we talk about most anything.

So in this video, we're going to talk about what a positive confrontation mindset is and how you can create one for yourself.

How we think the world works is- *the way that I see the world is the way that it is.*

My father and I have this running joke because I'm always cold and he doesn't really get cold. Whenever I complain about being cold- which is most of the time- he'll say, 'it's not cold.'

And I always say, 'it might not be cold to you, but it's cold to me.'

We're experiencing the same thing, but we have very different thoughts about it. Then we have very different feelings about it.

This is how it works. You and another person can be experiencing the exact same situation but walk away with a really different feeling.

You may remember these pictures that went viral a few years ago, particularly the one on the left.

If you don't remember, the quick summary is that someone who was shopping for a dress wanted the opinion of someone else so they sent them a picture and they went back and forth, should I buy it? Should I not buy it? But they realized as they were talking about the dress that they were seeing it as two completely different colors, which was just so strange.

One of them ended up posting it online to see what the internet thought and it quickly went viral.

So when you look at the dress, what do you see?



I always see blue and black but other people see gold.

Same phenomenon with the sneaker on the right, though it didn't go quite as viral as the dress. What colors do you see?

I always see green and gray, but other people see pink.

So when it comes to mindset, how we think it works is- something happens, and we have a feeling that we attribute to the something that happened, and then we think about it based on that feeling.

For example, if we plan to take a lovely walk and it starts to rain. Then we feel grumpy. So we say, 'I feel grumpy because it's raining.'

But the act of the rain is neutral.

We are choosing to think of it as negative and that's causing us to feel grumpy. The external event doesn't cause the feeling. What we think about the external event is what causes the feeling.

We have every opportunity to say, 'okay, it's raining outside. So instead I'm going to exercise inside' or 'I'm gonna clean out that closet' or 'I'm going to sit on my couch and watch Netflix all day'...

There are a lot of ways for you to process what's happening and based on your thoughts, that's going to determine your feeling- not the rain itself.

Now almost nobody can control the thoughts that come and go, but you can control which ones you want to hold on to.

If you start to feel yourself saying, 'oh it's raining and that's terrible because I wanted to take a walk', of course, you're going to feel bad.

You might not be able to prevent that thought from coming in, but you can shift it and say, 'no this is not going to serve me well, so instead of complaining I'm going to try and think about it a different way so that I can feel better about it. I want to choose the feeling that I want to feel and in order to do that. I have to choose the thought that's going to create that positive feeling.'

Let's drill it down to a confrontation example.

Say that you need to confront a colleague about a mistake that they made. If, when you think about that, you tell yourself, 'this is going to be awful', guess how you're going to feel?

This is awful.



When we have a distaste, a dislike, a fear of something this is how we tend to process it. For those of us who are very avoidant or afraid of confrontation, this is how we tend to process it.

'This is awful' and then we feel awful.

In this same situation what if instead of saying, 'this is going to be awful' we stop ourselves and say, 'this is going to help us get to the bottom of the issue and move forward in a positive direction.'

I promise you even just reading this off the slide, I feel better.

That's how powerful the words are that we choose.

If you choose to think this, then you're feeling is going to be, 'well, I'm excited to put this past us and learn and move forward.'

Although we have every ability to do this, it's not something that comes naturally and it's not something that's going to stick.

You have to keep doing it again and again and again. As you work on your mindset, it will become easier and you'll be able to do it more quickly and more effectively over time. But it does take time, because this isn't naturally how we process information.

When something happens and you catch yourself thinking a certain way about it, that's going to make you feel the way you don't want to feel, you can stop the thought and instead tell yourself a different story.

Choose a different thought so you can get to the feeling that you want.

So the most important question for you is, how can you shift to a more positive confrontation mindset?