

IMMUNITY MAP

1. COMMITMENT (IMPROVEMENT GOAL)	2. DOING/NOT DOING (vs #1)	3. HIDDEN COMMITMENTS	4. BIG ASSUMPTIONS
<p>I am committed to getting better at developing and maintaining an optimal mental state in the face of current challenges related to the pandemic.</p>	<p>I regularly check for data about how the virus arc is progressing and how my town, county, state, and country are doing.</p> <p>I seek out and also brace myself against bad news (more cases/deaths, loss of work, projects, possibilities, income).</p> <p>I get hooked by social media posts about how others are relaxing or more personally creative.</p> <p>I judge those who don't take more control, ownership over, responsibility for their reactions/ experience.</p>	<div data-bbox="973 225 1429 605" style="border: 2px solid blue; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Worry Box</p> <p>Being overwhelmed, missing something, unprepared, lost, a victim.</p> </div> <p>I am also committed to:</p> <ul style="list-style-type: none"> • never feeling overwhelmed by what I can't control. • never missing something or being caught unprepared • never being on the losing side or being a victim 	<p>I assume that I should resist these changes, uncertainty, and loss. I should not accept them.</p> <p>I assume this is a “zero sum” game, with winners and losers. I can tell if I am winning or losing by comparing myself to others.</p> <p>I assume that I should try to predict and control what will happen next. I will either get it right or wrong.</p>

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