



**Module 8 – Handle Losses like a Winner**

<b>SIGNIFICANT EMOTIONAL EVENT</b>	<b>WE FEEL</b>	<b>WE TELL OURSELVES STORIES TO KEEP THE SHAME SECRET</b>	<b>WE DECIDE WE MUST HIDE WHO WE THINK WE ARE</b>	<b>WE TRY TO HIDE THIS BY PUTTING ON THE MASK OF</b>
	1. Ashamed		1. Selfish	1. People Pleasing
	2. Impatient		2. Stupid	2. Over-reliant
	3. Defeated		3. Weak	3. Addiction
	4. Alone		4. Incompetent	4. Procrastination
	5. Paralysed		5. A Loser	5. Perfectionism
	6. Fearful		6. A Fake	6. Over-Apologetic
	7. Judgmental		7. Not Worth It	7. Judging
	8. Misunderstood		8. To Blame	8. Emotional Drama
	9. Victimised		9. Ordinary	9. Whining
	10. Confused			10. Blaming
				11. Controlling
				12. Argumentative
				13. negative Self-Talk