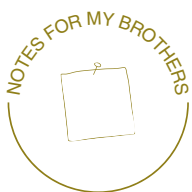


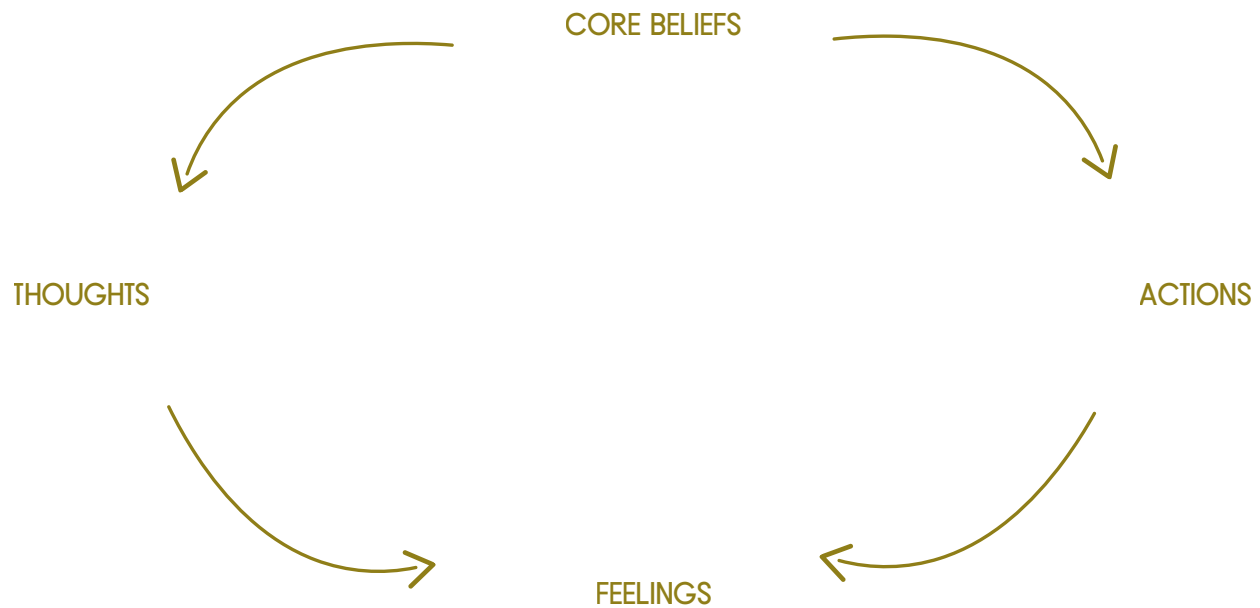
WHAT MAKES YOU DIFFERENT

Your attitude
Your personality
Your experiences
Your perceptions
Your creativity
Your taste
Your habits
Your hobbies
Your goals
Your passion
Your purpose
Your belief system
Your intellect and curiosity
Your confidence
Your relationships
Your intuition
Your communication skills
Your sense of humour
Your authenticity

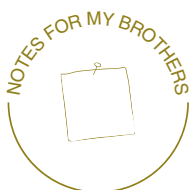


THE CORE BELIEF CYCLE

COGNITIVE BEHAVIOURAL THERAPY (CBT) AND OTHER THERAPEUTIC APPROACHES CAN HELP INDIVIDUALS IDENTIFY AND ADDRESS UNHELPFUL CORE BELIEFS, LEADING TO POSITIVE CHANGES IN THOUGHTS, FEELINGS, AND BEHAVIOURS.

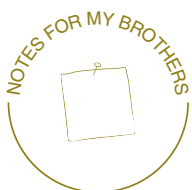


Example: If my core belief is that I am not enough. My thoughts will be in alignment with the core belief, for example, I'm not important, no one sees me. Then I might feel insecure, insignificant, and my actions might never give something new or challenging a go, in fear of not being good enough.



VALUES

Fun	Integrity
Passion	Nature
Compassion	Achievement
Trust	Leadership
Family	Winning
Wisdom	Wealth
Adventure	Joy
Beauty	Service
Health	Loyalty
Friendship	Spirituality
Inner strength	Order
Self-respect	Power
Independence	Sensuality
Challenge	Safety
Gratitude	Freedom
Inner peace	Peace
Honesty	Structure
Encouragement	Learning
Connection	Fairness
Courage	Hope
Happiness	Patience
Security	Creativity
Fulfilment	Respect
Consistency	Support
Nurture	Love
Home	Acceptance
Dignity	-----

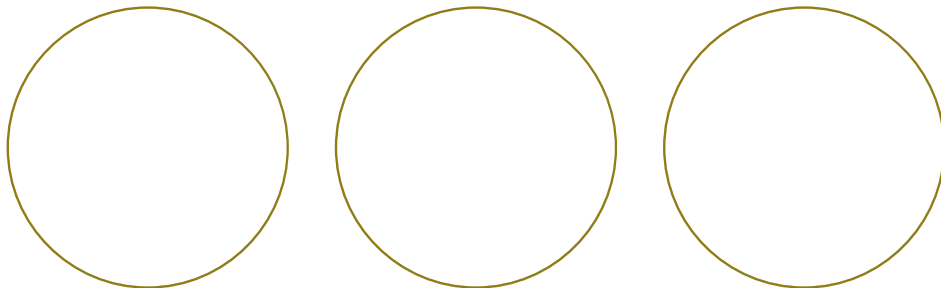


MY VALUES

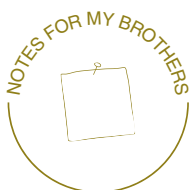
MY TOP 10 VALUES:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

MY TOP 3 VALUES:

Three empty circles arranged horizontally, intended for writing the top 3 values.

MY CORE VALUE:

A large empty rounded rectangle with a double border, intended for writing the core value.

NAVIGATING THROUGH EMOTIONS

Self-awareness



Be curious rather than judgmental



Name the emotion/s
(Emotions Wheel)



Contain the emotion



Self-reflection

why do I feel this way?

what triggered me? Did something touch on a value of mine?

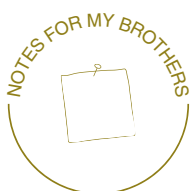


Solution

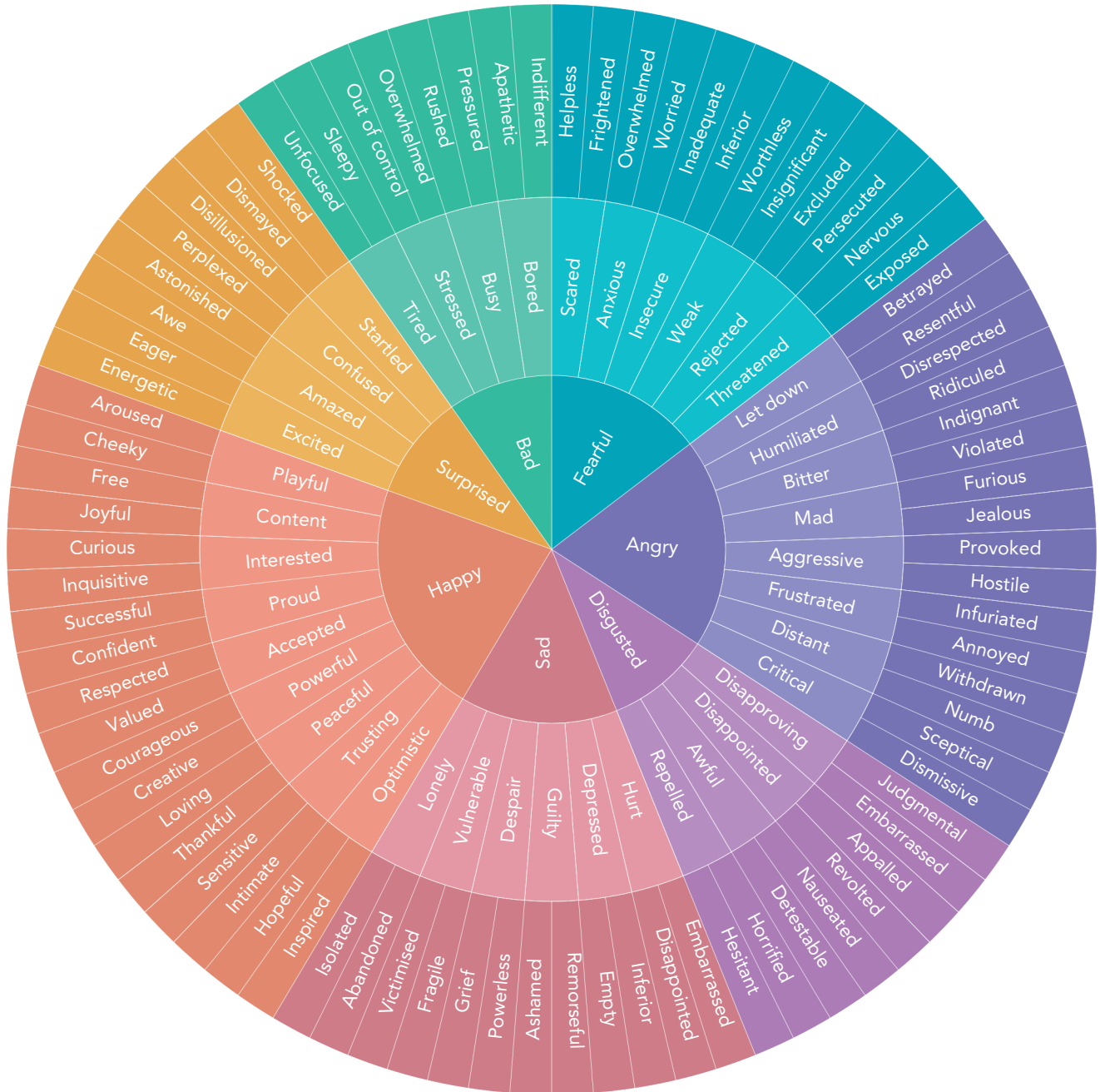
What is in my power to
change?

Acceptance

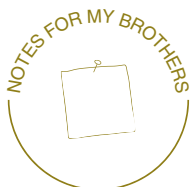
What is out of my power to
change?



FEELINGS WHEEL



Retrieved 8.8.2025 <https://www.calm.com/blog/the-feelings-wheel>



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Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted envious
disrespected unsure offended
disappointed lonely worried insecure
uncomfortable regret hurt

TIPS TO STOP NEGATIVE SELF-TALK

Negative self-talk can become repetitive and overwhelming and often feels like it's true. To break out of that cycle, try these tips:

Be aware of what you're saying to yourself. Stopping and recognising negative thoughts is the first step to working through the problem. Ask yourself, would you talk like this to someone else?

Challenge your thoughts. Ask yourself "Is it true?" Often, it's not. Ask yourself if there's another explanation or way of looking at a situation. Remember that many things you worry about don't happen.

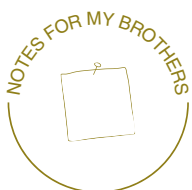
Write it down. Try writing your thoughts down or saying them out loud. It can reduce the impact of negative thoughts.

Watch what you are taking in. Be aware of the messages you are taking in through the media or on social media. Watching, reading or listening to ongoing negative information can increase stress.

Replace the thought with a positive thought. For example, if you think "I won't be able to cope with this situation", you can change that thought to "I am coping quite well, given everything else that is going on. This situation is stressful, but it will pass".

It can take some time to recognise your negative thoughts. They may have been part of you for a long time. Over time, and the more you practice, the easier it will become to replace unhealthy negative thoughts with more positive ones.

Retrieved 25.6.2025: <https://www.healthdirect.gov.au/self-talk#:~:text=Self%2Dtalk%20is%20the%20way%20you%20talk%20to%20yourself%2C%20or,make%20decisions>



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DISCOVERING YOUR OWN STRENGTHS

What are your strengths, and how can you begin using them more often? Here are some ways you can begin discovering them:

Remember what you loved to do as a child. Ask yourself, “What did I love to do?” Then look for the strengths your young self was demonstrating. What were your strengths—Love of nature? Relating to others? Playing on a team? Following your curiosity? Art? Music? Or something else?

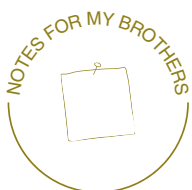
Recall a time in your adult life when you felt filled with joy, energy, and vitality. What were you doing—Engaging in a sport? Working with a partner? Creating art or music? Solving a problem at work? Feeling a sense of awe in nature? Or something else? (Dreher, 2008)

Positive psychology research has identified twenty-four character strengths common to all humanity: creativity, curiosity, open mindedness, love of learning, perspective, bravery, persistence, integrity, vitality, love, kindness, social intelligence, citizenship, fairness, leadership, forgiveness, humility, prudence, self-regulation, appreciation of beauty and excellence, gratitude, hope, humour, and spirituality (Peterson, & Seligman, 2004). The researchers found that each of us has five top strengths, or “signature strengths,” and that using them can bring greater joy to our lives, help us flourish and begin living more creatively (Seligman et al, 2005).



[Click here](#) to take the quiz or scan the QR code.

Retrieved 27.6.2025 <https://www.psychologytoday.com/au/blog/your-personal-renaissance/202407/the-power-of-your-personal-strengths>



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MY LOVE MAP

I feel most respected when?

I feel the most understood when?

I feel the most appreciated when?

I feel the least appreciated when?

I feel the most respected when?

When I am feeling sad, I need?

When I am feeling angry, I need?

When I am feeling afraid, I need?

I feel the most creative when?

I feel most liberated when?

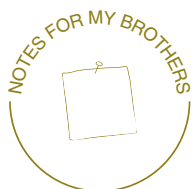
I feel the most adventurous when?

I feel the most purposeful when?

I feel the most energised when?

I feel the most inspired when?

What have I learnt about myself?



THE FIVE LOVE LANGUAGES

1. WORDS OF AFFIRMATION:

This involves expressing love through spoken or written words of appreciation, affection and encouragement.

2. QUALITY TIME:

This looks like undivided attention, engaging in meaningful activities, and being present in the moment.

3. RECEIVING GIFTS:

For some, receiving thoughtful gifts, whether big or small, is a way to feel appreciated and loved.

4. ACTS OF SERVICE:

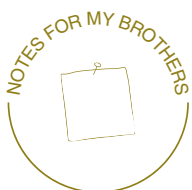
This involves expressing love through actions, like running errands, doing chores, or helping with tasks to make life easier.

5. PHYSICAL TOUCH:

This includes expressing love through physical affection, such as holding hands, hugging, kissing, or any other form of affectionate physical contact.

YOU CAN TAKE THE LOVE LANGUAGE QUIZ FOR FREE

<https://5lovelanguages.com/quizzes/love-language>

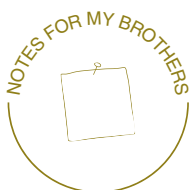


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ATTRIBUTES

Loving	Funny	Committed	Witty
Sensitive	Considerate	Involved	Relaxed
Brave	Affectionate	Expressive	Beautiful
Intelligent	Organised	Active	Calm
Thoughtful	Resourceful	Careful	Lively
Generous	Athletic	Reserved	Great Partner
Loyal	Cheerful	Adventurous	Great Parent
Truthful	Coordinated	Receptive	Assertive
Strong	Graceful	Reliable	Protective
Energetic	Elegant	Responsible	Sweet
Decisive	Gracious	Dependable	Tender
Creative	Playful	Nurturing	Powerful
Imaginative	Caring	Warm	Flexible
Fun	Great Friend	Kind	Shy
Attractive	Exciting	Gentle	
Interesting	Thrifty	Practical	
Supportive	Vulnerable	Understanding	

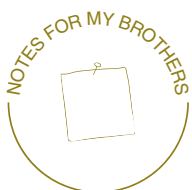


CONSCIOUS DATING

RED FLAGS CHECKLIST



<https://www.getrcimedia.com/members/external/datingredflags.pdf>



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