

Rational Self Analysis (RSA)

<p>1. The situation (what happened? The activating event)</p> <p>To play sonata in front of people.</p>	<p>5. Camera control (did you observe objectively what happened?)</p>
<p>3. What were your beliefs during the situation? (For example: awfulizing beliefs, low frustration, depreciation of self, others and the world, rigid demands)</p> <ol style="list-style-type: none"> 1. I think others will think that I'm a failure. Fuck them. 2. It's as if I have to prove something and that feels awful. 3. I carry a lot of weight on my shoulders, not a nice feeling. 4. I'm afraid not to be recognized and that would be terrible. 5. I often feel ashamed of myself and that's awful. 	<p>6. Disputation of your beliefs</p> <ul style="list-style-type: none"> - Is it true? Am I awful? - Do I reach the effect of self-acceptance/ relaxation if I believe I'm worthless? - Do I come unnecessarily in conflict with others or myself? <ol style="list-style-type: none"> 1. I don't know what people think, I can ask them. 2. That's a thing of the past, it's over now. I can take my own decisions. 3. That's my mind telling me to be perfect. Good enough is enough. 4. I'm okay, just the way I am. 5. That is another thing from the past. See 2 and 4.
<p>2. Emotional Consequences (sad, anxiety, anger)</p> <p>Afraid (panic), sadness and frustration</p> <p>Behaviour: Withdrawal, fatigue</p>	<p>4. Behavioural Consequences, Goal (relaxation, happiness, self-acceptance)</p> <p>calm, self-assured,</p> <p>Behaviour: In control, playing well</p>

