

ARSU Academy for Lifelong Learning and Development e.V.

“I AM HERE TOO”

Project ID: 2023-1-MT01-KA210-SCH-000157809

Psychological Reversa

Definition:

Psychological reversal refers to a subconscious resistance to change or an inner conflict that undermines efforts to adopt new beliefs or behaviors.

Psychological Reversa

Effects:

- Hinders personal growth and development.
- Leads to self-sabotage and repeating negative patterns.
- Creates a sense of stagnation and frustration.

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Overcoming Psychological Reversa

Awareness:

Help students recognize when psychological reversal is at play by identifying self-limiting thoughts and behaviors.

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Positive Affirmations:

Encourage the use of positive affirmations and visualizations to counter negative beliefs and reinforce desired outcomes.

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Behavioral Changes:
**Guide students to take small,
manageable steps towards their goals,
building confidence and momentum
over time.**

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Psychological Reversa

- Support System:

Provide encouragement and support from peers, mentors, and educators to bolster resilience and perseverance.

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THANK YOU FOR YOUR ATTENTION!