

# THE EXTRA POINT

BY JERRY ROBERTS



## # 474 13 Things the Mentally Strong Don't Do

Here's a question you don't hear very often: are you mentally strong? I can't imagine anyone who would want to answer that with a "no". I'm Jerry Roberts and today, 13 ways to know that you are strong. Buckle up, this could get bumpy, next, on The Extra Point.

Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life; so says Amy Morin, a psychotherapist and author of the book *13 Things Mentally Strong People Don't Do*. Let's see how many you can check off on your scorecard.

1. They don't waste time feeling sorry for themselves. No moaning and groaning about their circumstances or how people have treated them. They know life isn't always fair and they accept responsibility.
2. They don't give away their power. They don't allow others to control them. They are in control of their emotions and choose how they respond to people. Morin says that when people are unkind to us, that's on them. If we choose to feel like a victim, that's on us.
3. They don't shy away from change. Mentally strong people don't avoid change, they welcome it. Change gives them an opportunity to show how well they can adapt.
4. They don't waste energy on things they can't control. Traffic jams, long lines, lost luggage. What they can't control they don't grieve for. What they can control is their attitude.
5. They don't worry about pleasing everybody. They strive to be kind and fair, but understand that once in a while somebody will be unhappy for some reason, and they can handle that.
6. They don't fear taking calculated risks. They don't take foolish risks, but carefully weigh the positives and negatives and then decide.

7. They don't dwell on the past. Ouch. A lot of people are bitten by this one. We wish things could somehow be different and we play bad movies in our heads, over and over and over. The strong acknowledge their past, say what they've learned from it, and apply the lessons to make the present and future better.

8. They don't continually repeat their mistakes. This means they indeed did learn, that they've reconciled with their past and have moved on.

9. They don't resent the success of others. No jealousy or feeling cheated by life. Instead, they appreciate and celebrate the achievements and good fortune of other people. They know if they work hard, their time will come.

10. They don't give up after a first failure. The strong don't view failure as a reason to give up. They see failure as a stepping stone to success.

11. They don't fear alone time. Mentally strong people are fine being alone and silence doesn't bother them. They can be happy being on their own, and be productive.

12. They don't feel the world owes them anything. They look for opportunities based on merit.

13. They don't expect immediate results. They work hard, work smart, do their best and know good results take time. So, how did you do? Grab Extra Point #474 at [guamtraining.com](http://guamtraining.com) and go over the list again. Maybe print it out and have some fun with it at the office today.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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