

Problemski
okvir =

Perfekcionizem

Izgorevanje

Odlaganje

Stres

Konstantne skrbi

Duževne stiske

Notranji mir!
Sproščенost
Zdrava samopodoba
Lastna vrednost
Zadovoljstvo
Opolnomočenje

= Ciljni okvir!





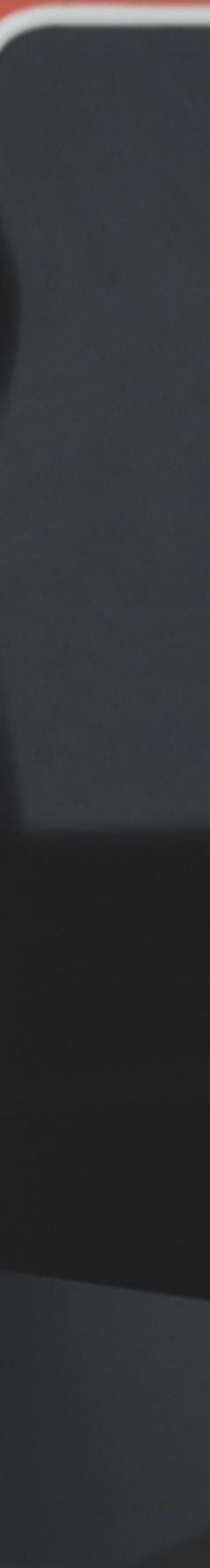
Sindrom
vsiljivca!





www.metagroslj.com













TEST

ZGODBE

ZAZNAVNI

POLOŽAJI

DILTS

DELO Z

DELI



40 - 100
kontekst,
ki izzove
stresni
odziv

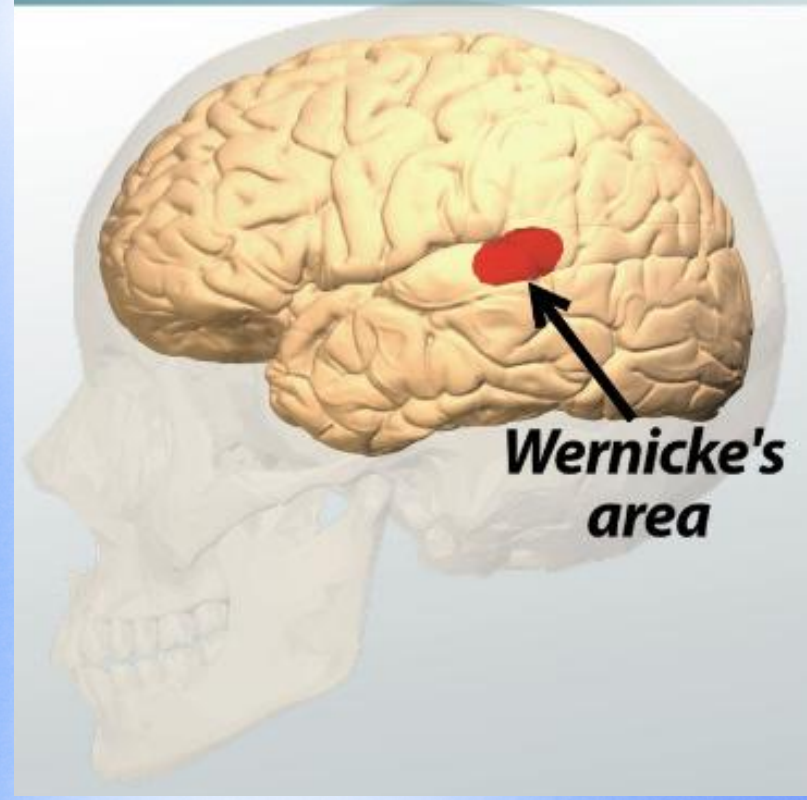
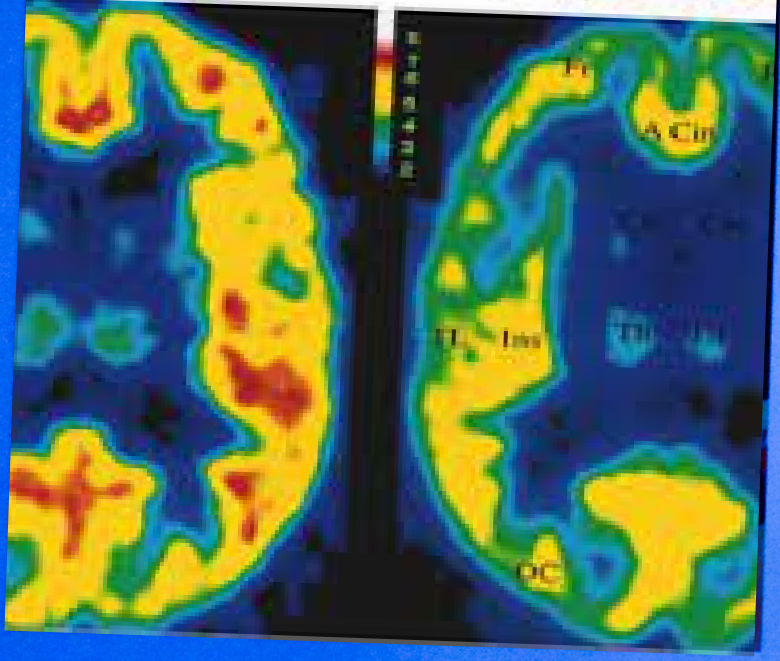


FIGHT

FREEZE

FLIGHT

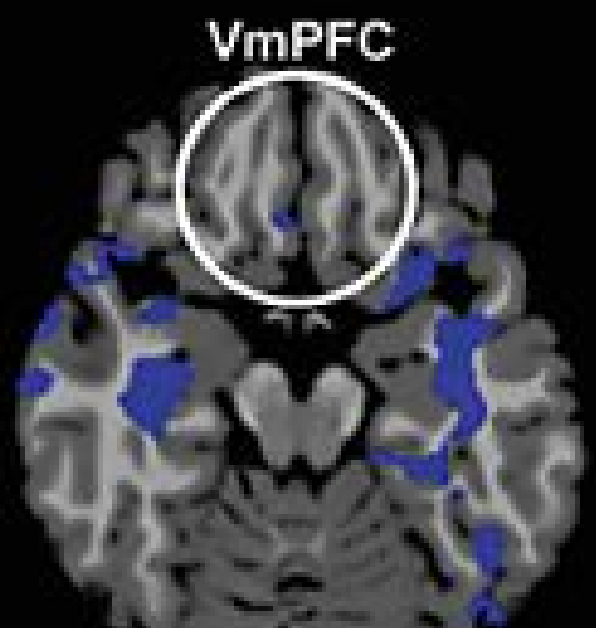
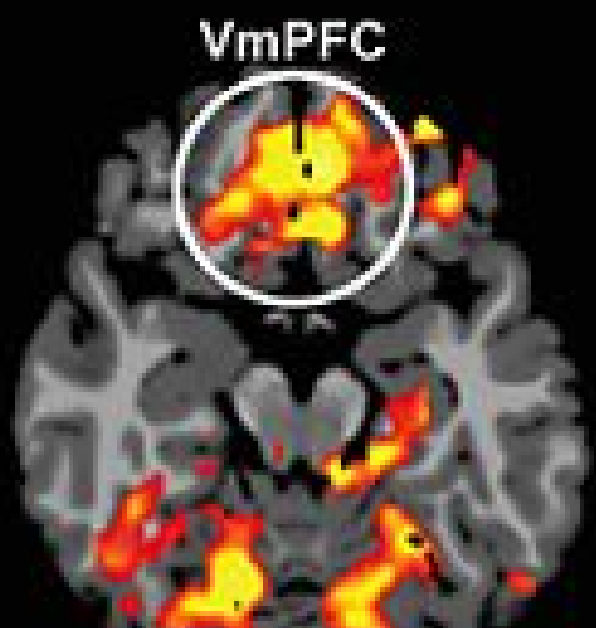
Normal control Panic disorder



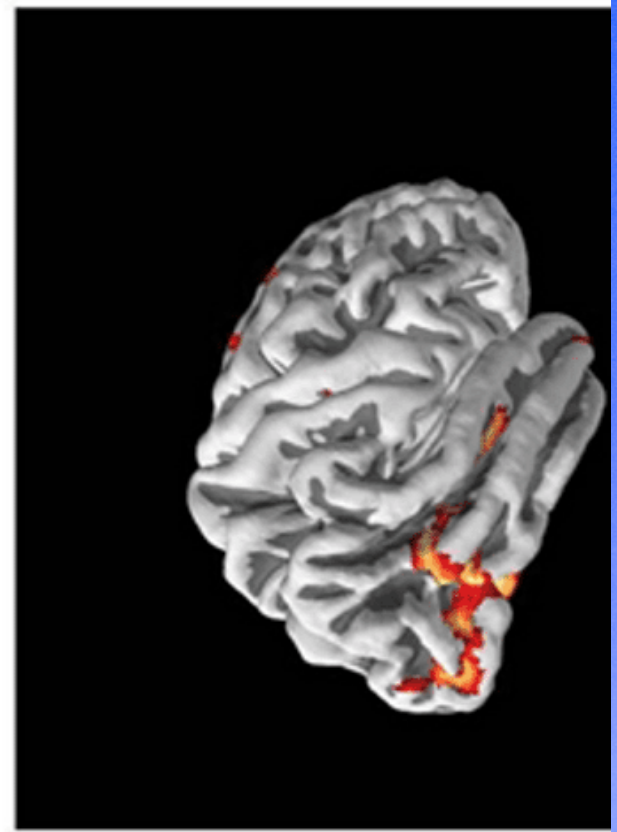
Dynamic Brain Changes During Stress

Resilient Coping

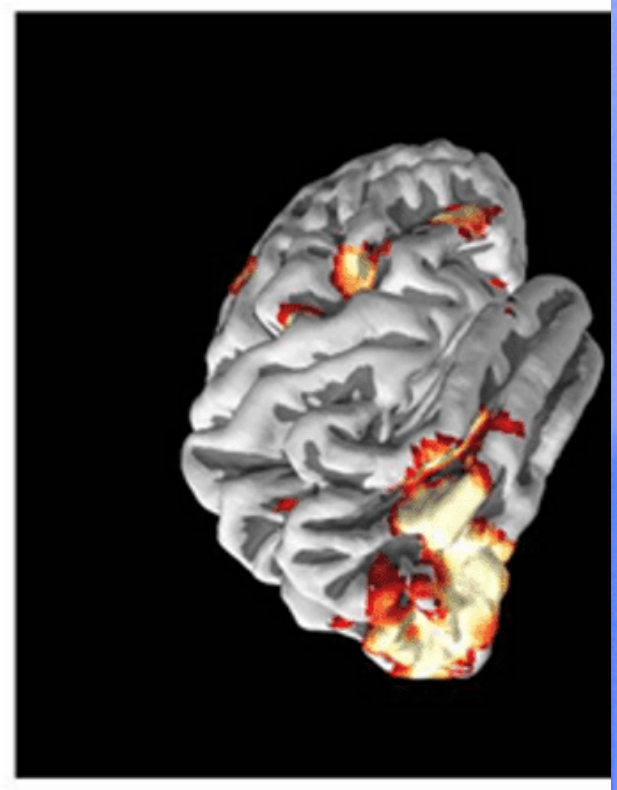
Risky Coping



predicts worse outcome



predicts better outcome





EKSOSKELETON VS ENDOSKELETON














NIČ
VEČ
NE...
VARNO?



CILJ
=
VODITELJ

