



**ART OF COACHING PODCAST™ EPISODE 176
WHEN POSITIVE THINKING DOESN'T WORK**

Before listening to this episode, what was your perception of positive thinking as a practice? What was your initial reaction to Brett's devil's advocacy?

Positive thinking can prevent us from preparing adequately, lead to overconfidence and make us feel like we're the only ones not suffering when times are tough. Can you think of any other drawbacks to positive thinking?

Before proceeding- do you disagree with any of the claims made in the previous question or the episode in general? If so, which and why?



In your own words- what's the difference between cognitive fusion and defusion?

Describe an instance where positive thinking didn't serve you.

Where do you stand on this matter AFTER listening to the episode?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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