



The Institute of Chartered Accountants of India
(Set up by an Act of Parliament)



Women & Young Members Excellence Committee

Organises

यशस्विनी - An IDOL- Live Webinar



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EMOTIONAL WELL-BEING

BY

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COPING MECHANISMS

People pleasing

Inability to say No

Overthinking

Over-explaining

Perfectionist

Overachiever

Low confidence

Low self-esteem

Inability to take stand

Avoidance

Freezing

Self-blame

Procrastination

Emotional Eating

Hyper-independence

Negative self-talk

OUTCOME OF PARENT'S BEHAVIOR



<i>Parents' Behavior</i>	<i>Outcome in Child's life</i>
<i>Critical</i>	<i>Loud Inner voice, self-doubt, Inability to take decision</i>
<i>Unapproving</i>	<i>Something wrong with me, Fear of judgement People pleasing</i>
<i>Passive Aggressive</i>	<i>Not showing their true self, No emotional regulation</i>
<i>Emotionally Unavailable</i>	<i>Inability to express /regulate, understand emotions People pleaser attitude Apathy – Not able to relate to emotions Attract emotionally unavailable partner</i>
<i>Co-dependency of parents</i>	<i>Weaker boundaries , Keeps giving always and feels suffocated Understands love as compromise, adjustment or lashing out at others</i>
<i>Controlling / micromanaged</i>	<i>Feels suffocated and become rebellious or Procrastinates as no room for mistakes Inability to take decisions</i>

OUTCOME OF PARENT'S BEHAVIOR



<i>Parents' Behavior</i>	<i>Outcome in Child's life</i>
<i>Pessimist</i>	<i>Self-sabotage Thinking of worst-case scenario Self-doubt Not satisfied</i>
<i>Not affectionate</i>	<i>Attention seeker or I don't need anyone in my life or I just need attention of this one person</i>
<i>Not predictable</i>	<i>Good boy or good girl syndrome Mind is always predicting of something wrong Attracts a partner with same traits</i>
<i>Very strict</i>	<i>Fear becomes constant part of life Thinking of worst-case scenario</i>

REFLECTION - 1

- ***Reflect and Write down the behaviours of your parents and various coping mechanisms you might have developed***

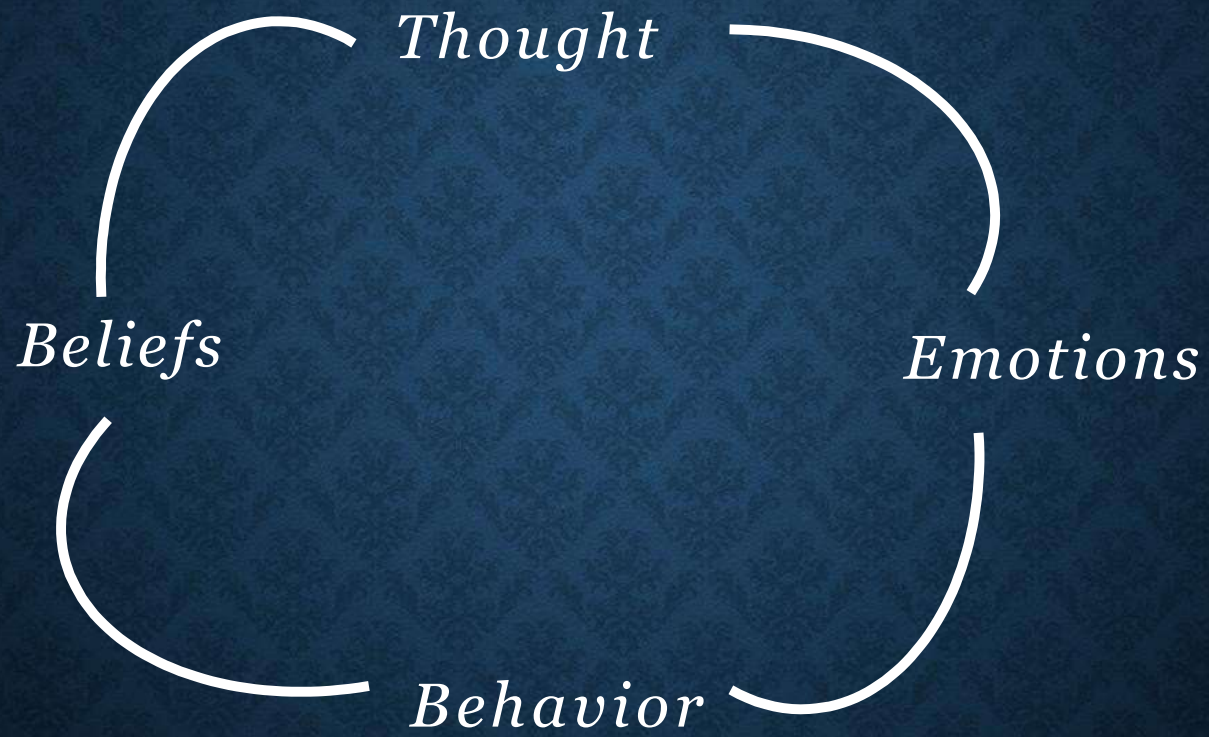
BELIEF SYSTEM

- *Just like the way behaviour of parents create some impact in us, same is the impact of words spoken by them to us*
- ***Think of these sentences***
 - *It's difficult to meet good people now a days*
 - *Good girls / boys don't cry*
 - *Fair is beautiful*
 - *Maths is a difficult subject*
 - *If you have to be in the corporate world, you also need to be a part of politics*
 - *Never trust strangers / managers/ seniors*
 - *Teenagers now a days are difficult to deal with*
 - *Money is evil or hard to earn*
 - *Life is full of struggle*
 - *Hard work is the key to success*
 - *You must work hard to be loved and respected*

BELIEF SYSTEM



BELIEF SYSTEM



BELIEF SYSTEM

- *Once formed, **beliefs run on autopilot**, affecting relationships, career, and self-esteem.*
- *A person who was told they are lazy may **self-sabotage** or feel guilty for resting.*
- *A child who heard “You are too sensitive” may **disconnect from their emotions** in adulthood.*
- *A child who was praised when performed now becomes perfectionist thinking that is his self-worth*

REFLECTION - 2

- ***Reflect and Write down various limiting beliefs which you have in various areas of life i.e. money, beauty, love, marriage, career, success, happiness, being good etc***

DEEPER BELIEFS

	<i>Mother</i>	<i>Father</i>	<i>Culture</i>	<i>You</i>
<i>Success</i>				
<i>Happy</i>				
<i>Good</i>				
<i>Love</i>				
<i>Parenthood</i>				
<i>Money</i>				
<i>Beauty</i>				

BELIEF SYSTEM

- *Subconscious mind is very powerful but at the same time*
 - *Doesn't know future – It knows only now*
 - *Doesn't understand humour or sarcasm*
 - *It takes everything literally*
 - *It's built on habituation (continuous happening)*
 - *No difference of right & wrong*

BELIEF SYSTEM

- *Subconscious mind's primary function is to keep us safe or make us feel safe*
- *Our mind is always looking for an evidence to confirm it's existing belief*
- *It filters information to match what we already believe, even if the belief is harmful or untrue.*
- *This is called “**Confirmation Bias**”*
- *This confirmation bias makes sure that we are stuck with our old limiting beliefs which not only impacts our decisions but our relationships too.*

THANK YOU

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