

13 Things Mentally Strong People Don't Do

Amy Morin | Summary | Mental Resilience

The book "13 Things Mentally Strong People Don't Do" by Amy Morin provides advice on building mental strength by exploring thirteen traits of mentally strong individuals. The author uses personal anecdotes and research to illustrate these traits, such as not resenting others' success, not dwelling on the past, not fearing alone time, and not expecting immediate results. The author emphasizes that mental strength is a journey of self-awareness, challenging self-limiting thoughts, and developing healthy habits.

Main Theme

This book aims to guide individuals towards developing mental strength by highlighting 13 common habits that hinder personal growth and providing strategies to overcome them.

Key Ideas and Facts - What is Mental Strength?

Mental strength is not a binary trait, but a continuum with room for improvement.

It involves regulating emotions, managing thoughts, and behaving positively regardless of circumstances.

Factors like genetics, personality, and life experiences contribute to an individual's baseline mental strength.

Developing mental strength involves active self-improvement and conscious efforts to change thoughts, feelings, and behaviours.

13 Things Mentally Strong People Don't Do

1. Waste Time Feeling Sorry for Themselves:

Dwelling in self-pity is unproductive and hinders problem-solving. Reframing negative thoughts and practicing gratitude are key to overcoming self-pity.

"The more you indulge in thoughts that wilfully delude yourself about your situation, the worse you'll feel."

2. Give Away Their Power:

Letting others dictate emotions and choices diminishes personal power. Setting healthy boundaries and taking responsibility for actions are crucial.

"Each time you avoid saying no to something you really don't want, you give away your power."

3. Shy Away From Change:

Embracing change as a catalyst for growth and evaluating its pros and cons are essential.

"There's no need to change for the sake of change. Moving to a new home, starting a new relationship, or switching jobs aren't inherently going to increase your mental strength."

4. Focus On Things They Can't Control:

Focusing on controllable factors empowers individuals to make positive changes.

Developing a balanced sense of control helps manage expectations and avoid unnecessary blame.

5. Worry About Pleasing Everyone:

Prioritizing personal values and goals over constant people-pleasing is crucial for well-being and achieving goals.

"You can still be a kind and generous person without trying to please everyone."

6. Fear Taking Calculated Risks:

Taking calculated risks can lead to growth and achievement, even if they involve anxiety.

Analysing potential benefits, alternatives, and the best-case scenario helps manage risk effectively.

"At Virgin, I use two techniques to free our team from the same old routine: calculated risks and organized chaos." - Richard Branson

7. Dwell On The Past:

Dwelling on past events hinders present enjoyment and future planning.

Processing past experiences with self-compassion, focusing on learning, and practicing forgiveness are essential.

"Although self-reflection is healthy, dwelling can be self-destructive, preventing you from enjoying the present and planning for the future."

8. Make The Same Mistakes Over and Over:

Learning from mistakes and developing self-discipline to change behaviour patterns are key to personal growth.

Identifying triggers, holding oneself accountable, and practicing self-control are vital.

"When you view mistakes not as something negative but instead as an opportunity to improve yourself, you'll be able to devote time and energy into making sure you don't repeat them."

9. Resent Other People's Success:

Focusing on personal growth and defining success based on personal values are crucial to avoid resentment.

Recognizing that other's success does not diminish one's own achievements is key.

"While jealousy can be described as 'I want what you have,' resentment over someone's success goes further: 'I want what you have and I don't want you to have it.'"

10. Give Up After the First Failure:

Viewing failure as a learning opportunity and developing resilience are crucial for achieving success.

Challenging negative beliefs about failure and practicing self-compassion help overcome setbacks.

"Failure is often part of the journey to success. I can handle failure. I can learn from my failures. Failure is a sign that I'm challenging myself and I can choose to try again."

11. Fear Alone Time:

Embracing solitude for reflection, self-awareness, and recharging is essential for personal growth.

Practicing mindfulness and meditation can help individuals tolerate and enjoy silence.

"Developing an improved sense of self-awareness can help you continue to recognize what's holding you back from reaching your full potential."

12. Feel the World Owes Them Anything:

Developing a realistic and humble perspective on life's challenges and rewards is essential.

Focusing on giving back and practicing gratitude can counter entitlement.

"Increasing empathy for others can decrease your inflated sense of self-importance."

13. Expect Immediate Results:

Accepting that personal growth takes time and effort is crucial for sustained change.

Setting realistic expectations, practicing delayed gratification, and celebrating milestones along the way are essential.

"Don't allow inaccurate beliefs about your abilities to hold you back from becoming successful. Spend some time thinking about your beliefs surrounding failure. Look at your path to success as a marathon and not a sprint."

Conclusion

The book highlights the ongoing nature of building and maintaining mental strength, it emphasizes the importance of self-reflection, self-coaching, seeking support from others, and accepting imperfection in the journey of personal growth.

Maintaining mental strength requires ongoing effort and self-awareness.

Embracing the principles outlined in this book can empower individuals to face challenges with resilience, make conscious choices, and achieve their full potential.

Glossary of Key Terms

- **Mental Strength:**

The capacity to regulate emotions, manage thoughts, and behave positively despite challenging circumstances. It involves developing resilience, self-awareness, and a balanced perspective.

- **Self-Pity:**

Excessive dwelling on personal misfortunes and a tendency to blame external factors for negative experiences. It hinders personal growth and fosters a victim mentality.

- **Giving Away Your Power:**

Allowing others to dictate your emotions, behaviours, and self-worth. It often stems from a lack of boundaries and a fear of confrontation.

- **Behavioural Experiment:**

A structured approach to change where individuals try a new behaviour for a specific period to assess its impact and determine its feasibility for long-term adoption.

- **Calculated Risk:**

A decision involving potential gains and losses, where the probability and magnitude of each outcome are carefully assessed to make informed choices.

- **Delayed Gratification:**

The ability to resist immediate pleasures in pursuit of long-term rewards. It involves prioritizing future goals over present desires and exercising self-control.

- **Meditation:**

A practice that involves focusing attention on a single point, such as breath or mantra, to cultivate a calm and clear mind. It has numerous psychological and physical benefits.

- **Mindfulness:**

Paying attention to the present moment without judgment, observing thoughts, feelings, and sensations as they arise. It enhances self-awareness and promotes emotional regulation.

- **Entitlement:**

An inflated sense of self-importance and a belief that one deserves special treatment or privileges without earning them. It often leads to unrealistic expectations and interpersonal conflicts.

- **Failure:**

An event or outcome that does not meet expectations. Mentally strong individuals view failure as an opportunity for learning and growth rather than a reflection of their worth.