



LESSON 3: Slips & Self-Efficacy

TALKING POINT: Contrary to what you may think, most people, even those who change successfully, slip on average 3-4 times. The key to remember is that those who are successful treat themselves with respect **WHEN**, not **IF**, they slip. They also treat themselves with respect by taking small steps – and feeling good about small steps – rather than expecting giant leaps toward the goal. This builds high “self-efficacy”.

You have high self-efficacy when you believe you can make the change and low self-efficacy when you have serious doubts about your ability to succeed.

EXAMPLE: Week by week, you will be taking small steps toward successfully completing the Sun Run – not giant leaps. If you give yourself all due respect for taking each & every one of these small steps & if you slip during the program & don't do all the interim runs, even so, continue to respect yourself for staying at it. Remember, **MOST** people slip at least 3-4 times. If you are hard on yourself, you are less likely to succeed.

QUESTION: How well do you treat yourself when you have slipped in the past? Can you give an example?

OPTIONAL TALKING POINT:

Perfectionists have a very hard time with Slips & Self-Efficacy. Can you see why? They rarely give themselves credit & when they do, it is for having performed nearly perfectly – not in small steps but in giant leaps.

QUESTION: Do you have any of the signs of being a perfectionist? What are they?

TALK ABOUT DURING THE RUN

AND/OR HOMEWORK: Remember a time when you slipped. What did you do to let it go & move on?

READING from The Beginning Runner's Journal: Pp. 8 & 30

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