



CAROL MARZOUK
THE EXECUTIVE LION TAMER®
FALSE ASSUMPTIONS



Select all areas that you might want to work on and then take note of the ONE MOST creating problems in yourself or your organization that you can work on!

- ☐ All or nothing thinking: always/nothing/everyone/no one/everything: "We always do this poorly"
- ☐ Jumping to complaints, negativity, and cynical conclusions: "This is a waste of time, as usual"
- ☐ Myopia: seeing and focusing only on one single detail instead of on the big picture
- ☐ Moralizing something neutral as good or bad: "The evil HR Director"
- ☐ Sweeping personal judgements and labels or focusing on evaluations as if they were absolutely true and not subjective: "He is sloppy." "She is of no help whatsoever"
- ☐ Writing off or minimizing the positive and focusing on the negative. Going even further, sometimes we magnify the negative and draw extreme conclusions. "This is horrible", "This is a disaster", "It's over", "There is no hope!"
- ☐ Getting stuck in the past: "This has never worked before, so it won't work this time!"
- ☐ Bringing in unrelated issues as if they were relevant: "Plus, don't forget that time you made a typo on that report and made me look dumb."
- ☐ Reading another's mind: "I know he hates me."
- ☐ Rushing to conclusions or drawing hasty conclusions with little or no data: "The market is definitely saturated."
- ☐ Predicting the future like a mind reader, without the data: "This will not end well."
- ☐ Thinking based on guilt or what you SHOULD do instead of outcomes and data: "I should be working this weekend."
- ☐ Magical thinking, or assuming more control over a situation than one has.
- ☐ Perfectionist thinking or relying on standards no one or nothing can realistically meet.
- ☐ Either/Or vs. AND thinking: Creating false dilemmas when both options are possible.
- ☐ Our tendency to think WE are righteous, and THEY are evil.

Are you struggling in a new role, stressed, unable to coach or lead? Is your team frustrated, unable to communicate, angry, disengaged? Never fear, Carol Marzouk the Executive Lion Tamer® is here!

www.ExecutiveLionTamer.com

Stop waiting for it to resolve itself!

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