



# Rifka Schonfeld **STRATEGIES**

THE NEWSLETTER FOR OPTIMUM SUCCESS

TIPS ON SOCIAL SKILLS FOR ADULTS & CHILDREN

## **CHANGE YOUR MINDSET. CHANGE YOUR LIFE.**

Dear Readers,

**This week's newsletter includes two questions on the topic of mindsets...**

The way that we think about ourselves can have a tremendous impact on our lives and the lives of those dear to us.



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**QUESTION:**

# I keep hearing about mindsets.

What does this mean? Do you have any insights?

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**ANSWER:**

Carol Dweck, a professor of Psychology and author of *Mindset: The New Psychology of Success*, has an important theory about mindsets.

Dweck's research reveals that people have views about themselves that change the way they interact with others, respond to failure, and deal with challenges. These views about themselves are labeled mindsets: the view you adopt for yourself.

- **Fixed.** If you have a fixed mindset, you believe that your qualities are carved in stone. You believe that you have a certain amount of intelligence, a certain personality, and a certain moral character. This creates an urge to prove yourself over and over again.
- **Growth.** The growth mindset is based on the belief that your basic qualities are things that can cultivate through your efforts. This mindset is founded on the idea that you can change and grow through application and experience. This means your true potential is unknown and therefore anything can be accomplished through hard work and passion.

## **GUILT & SHAME: A WOMEN'S ISSUE?**

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**QUESTION:**

### **What's the connection between women and shame?**

Why does it seem like women have so much more guilt than men?

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**ANSWER:**

Brene Brown, the author of *Daring Greatly*, explains that women have a particularly difficult time with shame because there are different (often stricter) societal expectations for women as mothers, fashion figures, and careerists. Therefore, it's really important to recognize the negative effects of shame on your life and to transform yourself in an effort to

control it.

- **Courage.** Shame is an emotion that tunnels inside of us – it cannot survive being shared. The most damaging thing we can do when we experience shame is to bury the story and hide it from everyone around us. Instead, it's important to have **courage** and share the story with someone you trust. The root of the word courage actually comes from the Latin word for heart (*cor*). In that sense, courage can be about sharing your heart with someone else.
- **Compassion.** While it is important to share the story, it is equally (if not more) essential to share the shame story with the right person. There are multiple ways that well-intentioned friends can react that will not help assuage the shame. Some of those responses could be: anger at the person who did this to you, feeling bad for you, or only wants to make it better

[CLICK HERE TO REGISTER FOR THE DR. ROSS GREENE EVENT](#)

*Rifka Schonfeld Presents*

The poster features a blue background on the left with a photo of Dr. Ross Greene, a man with glasses in a white shirt and tie, gesturing with his hands. To his right are two book covers: 'LOST AT SCHOOL' and 'THE EXPLOSIVE CHILD'. The right side of the poster has a yellow background with the title 'RETHINKING CHALLENGING BEHAVIORS' in large, bold, purple and red letters. Below the title, the text 'OF CHILDREN | TEENS | ADULTS' is displayed in a smaller font. At the bottom, the date 'TUESDAY NOV. 14. 2017' is written in large blue letters, with the time '8:30AM-4:30PM' below it. On the far right, there is a photo of a young boy with blonde hair wearing a blue shirt and a black kippah, holding a book.

**Dr. Ross Greene**  
Ph.D.

**RETHINKING CHALLENGING BEHAVIORS**

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CHILDREN | TEENS | ADULTS

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