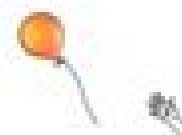


Ce que je peux contrôler et ne peux pas contrôler : exemple



Situation	Ce que je peux contrôler	Ce que je ne peux pas contrôler mais que je peux influencer	Ce que je ne peux pas contrôler et que j'accepte
<p>Description de la situation stressante ou anxiogène :</p> <p><i>Je dois prendre la parole en public dans le cadre du travail/ de l'école.</i></p>	<ul style="list-style-type: none">• Le contenu de mon discours• La préparation de ma présentation	<ul style="list-style-type: none">• L'attention de l'audience• L'engagement de l'audience	<ul style="list-style-type: none">• La réaction des auditeurs
<p>Quelles actions puis-je entreprendre ?</p>	<ul style="list-style-type: none">• Répéter plusieurs fois• Préparer des supports visuels clairs• Demander du feedback à mes proches	<ul style="list-style-type: none">• Poser des questions à l'audience• Varier l'intonation et le rythme de ma voix• Rendre la présentation interactive	<ul style="list-style-type: none">• Accepter que certaines personnes puissent ne pas être réceptives ou intéressées par le sujet• Ne pas prendre cela personnellement

Je Peux Etre Tout Ce Que Je Veux Etre

Jiyuan Zhang



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