

Why don't we learn from our mistakes?

Workshop by Nermine Naguib

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What is my own, personal, learning process?

- It is like a mini research filled in with all the data about my life
- It is taking a step back
- It is isolation
- It is silence
- It is time for contemplation & meditation



While taking the time, I try to:

- Take full responsibility (otherwise, it is a time wasted)
- Stop blaming others (crucial!)
- Shut ALL the voices inside of my head down
- Take my power back

Why is the process sometimes long?

- Because of guilt
- Because of the influence of others (specially close ones)
- Because of the pressure of society and its demands
- Because of living life to fast
- Because of living life like others want us to
- Because of being exceedingly outgoing
- Because of looking for the answers in the wrong places...

My relationship and interpretation of «failure»

There are 3 ways of learning:

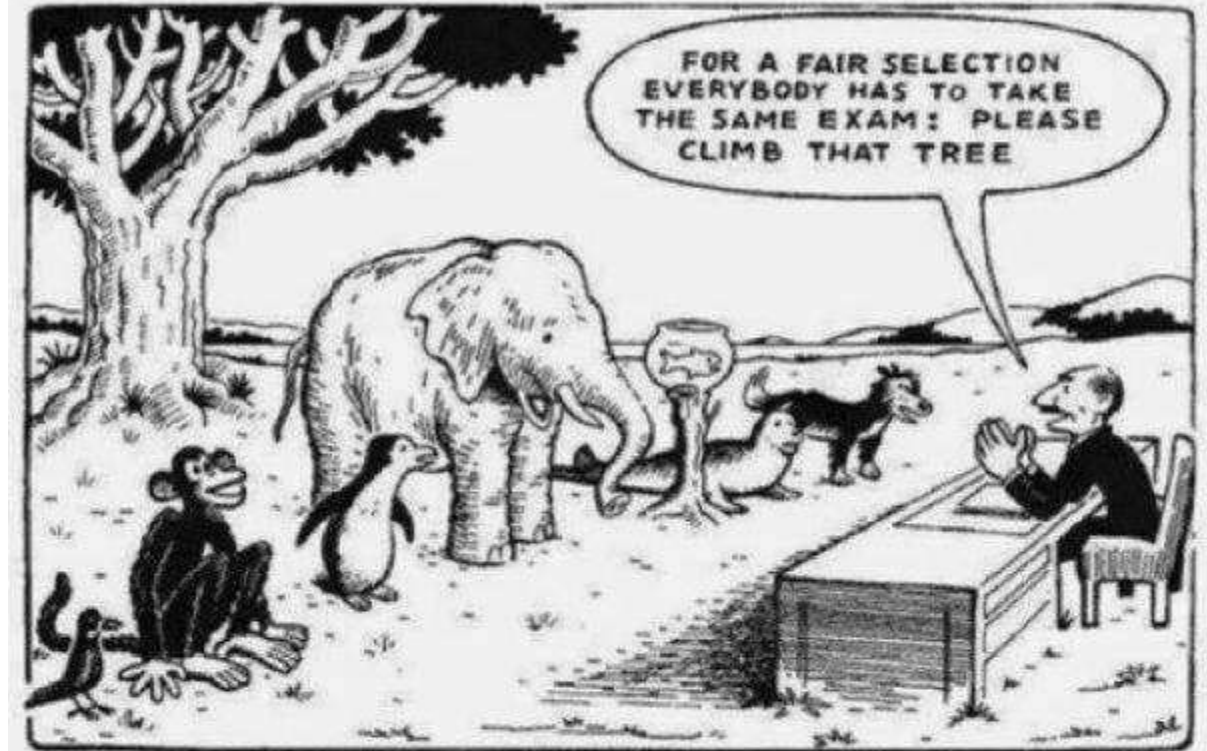
1. By direct experience
2. By direct experience and training
3. By training and education only

Which one do you think society values more ?

Which one do you value more?

Trying to fit instead
of doing what I am
supposed to!

- Makes the recovery time impossible...
- Makes us insist on something instead of opening another door...



Our Education System

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

- Albert Einstein

As far as attraction is concerned...



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1. Sometimes, we are attracted to things, people and situations for the wrong reasons, e.g.:
 - We unconsciously repeat a pattern
 - We choose things or situations because of habit (we become unefficient to learn)
2. Stay with a person, an idea or a situation for a few days, or weeks and see how it feels
3. Remember if we want different results, we should change the way we do things

What can speed up the process?

- Feeling a healthy «rage» instead of guilt
- Stop comparing with others
- Not taking any data from the outside for a while (shutting the voices down)
- The amount of «contrast» I have in life.. If you are a person who, not necessarily goes out a lot, but when you do, you observe a great deal. You mix with different kinds of people and have been exposed to different cultures, beliefs, religions and ways of thinking.. Then, you are more likely to "heal" faster...

Discuss with your fellow friends!

Think about a situation that repeated itself several times in your life and try to find out with your friends...

1. Why did it come back several times?
2. What was I not paying attention to?
3. What is my outcome of it?
4. How can I start changing it?



How can I start changing it?



- Find out the outcome that I want (and not that others want for me)
- Not put the outcome too far
- Focus on it
- Take the closest steps I can do TODAY
- Take a step each day

Changing is not necessarily acting !

But changing the way I THINK!

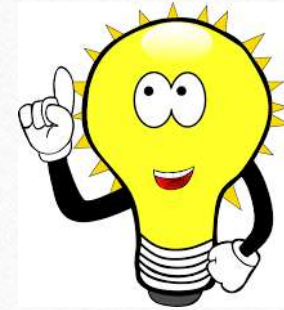
Henry David Thoreau (early 19th c., US)

“I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.” ...“Rather than love, than money, than fame, give me truth.”

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The way I SEE «it» is key



- My beliefs shape my vision of the world:
 - I can see the situation as a punishment (repentance, low profile, fasting, ...)
 - I can see the situation as a challenge that I am going to win
 - I can see the situation as a sign that tells me YES/NO
 - I can simply acknowledge that I will become better at it with practice and repetition

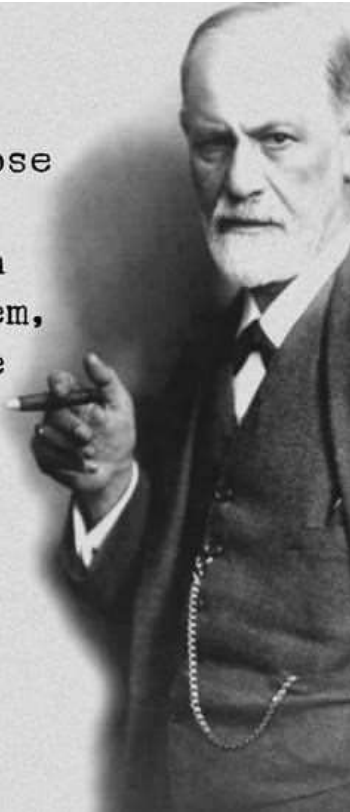
Time factor is everything...



- For nothing is a failure if I just consider it «not fully done yet»
- If we do not have an expiration date, then nothing is a big deal and all is just in the process of becoming...
- The way the universe or God sees time and life is not the way society sees it
- This spiritual belief will be crucial in the way we take things and in the way we react
- If we see ourselves like souls in a body, with an eternal life for the soul, then urgency is not part of the game anylonger...

Before you diagnose
yourself
with depression
or low self-esteem,
first make sure
you are not,
in fact,
surrounded
by assholes.

- Sigmund Freud



Who I surround myself with?

- Do the people around me tend to blame me?
- To drag me down when a «stone» comes in the way?
- Or do they uplift me and encourage me?

Social Psychology

- How we behave, perceive and believe is shaped by our social circles
- Therefore, the process of learning is also shaped by it
- If one FEELS one is moving on very slowly and heavily, then the social circle is not helping, but hindering

How can we know and react?

- Again, through research...
- How do I feel in a parc alone?
- How do I feel clearing my head of it and watching people pass by, sitting in a cafe?
- How do I feel talking to someone and which someone?
- How do I feel not talking and simply figuring it out by myself?

Careful whom you seek advise from!

- Our unconscious mind often leads us to go to the people that will, precisely, confirm our failure so that we keep standing in our comfort zone...
- We all know the saying, «if one keeps doing things the same way, one cannot expect them to change!»
- So if you see that the same topic, on and on, is still not reaching the point that you wish or that it is supposed to have reached, then you know you need to change the people you lean on or take advice from



Watch people's life
and you will know

For it is easy to talk...but
the energy, or the
vibration a person emits, is
like her finger prints...so
facts are not necessarily
important but how you
feel around that person. Is
it mainly peace and
brightness?



Why bother with one thing that is not a match when millions of others are, or can be???

Why try to make something happen or fix it when I can just focus on something else???

Make a promise, keep the secret!



You do not need
to tell your friend

Just find a life
buddy to help
you keep track of
it

Questions and Comments?



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