

	MALADAPTIVE APPROACH	ADAPTIVE APPROACH
<i>VIEW OF "OBSTACLE"</i>	Seen as unattainable (or very difficult) to overcome	All Learning obstacles seen as a challenge
<i>FIRST THOUGHTS</i>	React with negative and distracting thoughts	Some Reaction with negative and distracting thoughts
<i>FIRST FEELINGS</i>	Stress, fear, panic, helplessness, etc.	Sometimes a limited amount of stress, fear, panic, helplessness
<i>FOLLOW-UP THOUGHTS</i>	Persist with these negative and distracting thoughts	Ability to screen out negative and distracting thoughts
<i>FOLLOW-UP FEELINGS</i>	Stress , fear, panic, helplessness, boredom	Excitement in finding strategies that will solve the problem
<i>THINKING STRATEGY</i>	Dwell on their negative feelings and lack of experience	Focus on Task demands and select strategies for solving them
<i>MINDSET</i>	Task or Challenge Avoidance	Task or challenge seeking
<i>WORKING MEMORY</i>	Occupied with negative thoughts. No room left to retrieve strategies from long-term memory and to think of problem solving .	Free from negative thoughts. Greater ability to retrieve information and strategies from long-term memory. Greater potential for creative problem solving .