

Debugging Your Brain Reference

Resources

[Slides](#)

[CC0 Background Music Playlist](#)

[Handouts on website](#)

[Distortions List Handout](#)

[Distortions List on website](#)

Connect

Join [Mailing List](#) for updates - new free resources, videos, board game updates, public events

Add [Casey on LinkedIn](#)

Add [@heycaseywattsup](#) on Twitter

Send Casey a note at casey.s.watts@gmail.com

Come to [Office Hours](#) sometime, Fridays 1pm ET

Review

Enjoyed this workshop? Please consider leaving a review on LinkedIn, it would help me a lot! It could include: "I attended Casey's Debugging Your Brain Workshop" and share your biggest takeaways.

Add review to [Casey's LinkedIn](#)

Consulting Services

Your company might be interested in employee training, such as:

- Team Health and Psychological Safety Workshop
- Debugging Your Brain Workshop
- Matrix-Based Prioritization for Strong Organizational Alignment

If your team would be interested, your manager or HR can help you coordinate this.

Interested in individual career coaching? See LinkedIn testimonials for past coachees, and email Casey if interested.

Email Casey at casey.s.watts@gmail.com

Activities

Brainstorming

3 minutes

- A. Come up with **3 challenging experiences** from the past month when you had or almost had a downward spiral.
- B. **Choose one** to use for future activities.
- C. Share them in the chat.

Some ideas:

Work, Financial, Family, Social, Friends, Home, World Issues, News, Hobby, School, Health