

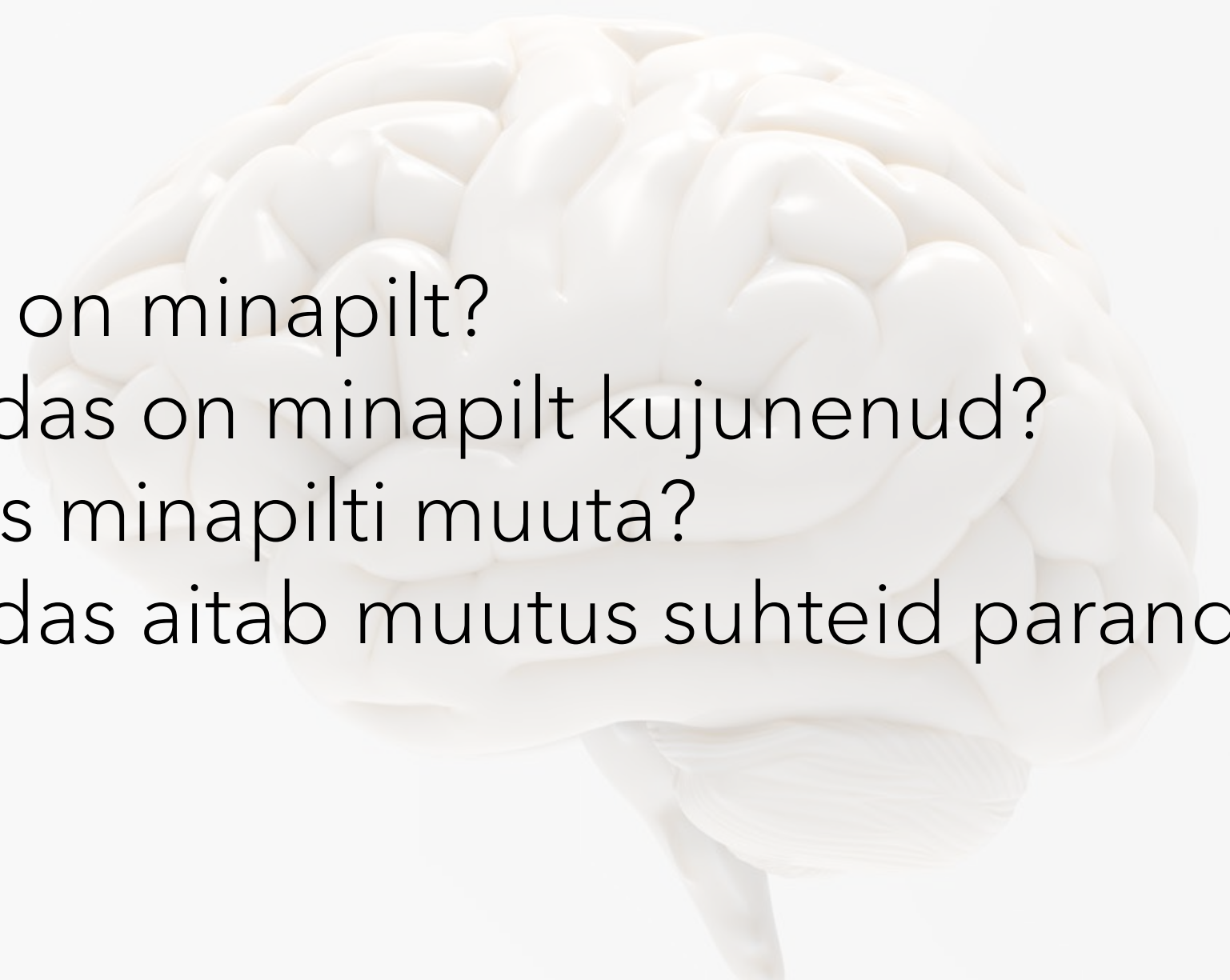
*Muuda oma aju, et muuta oma elu!*

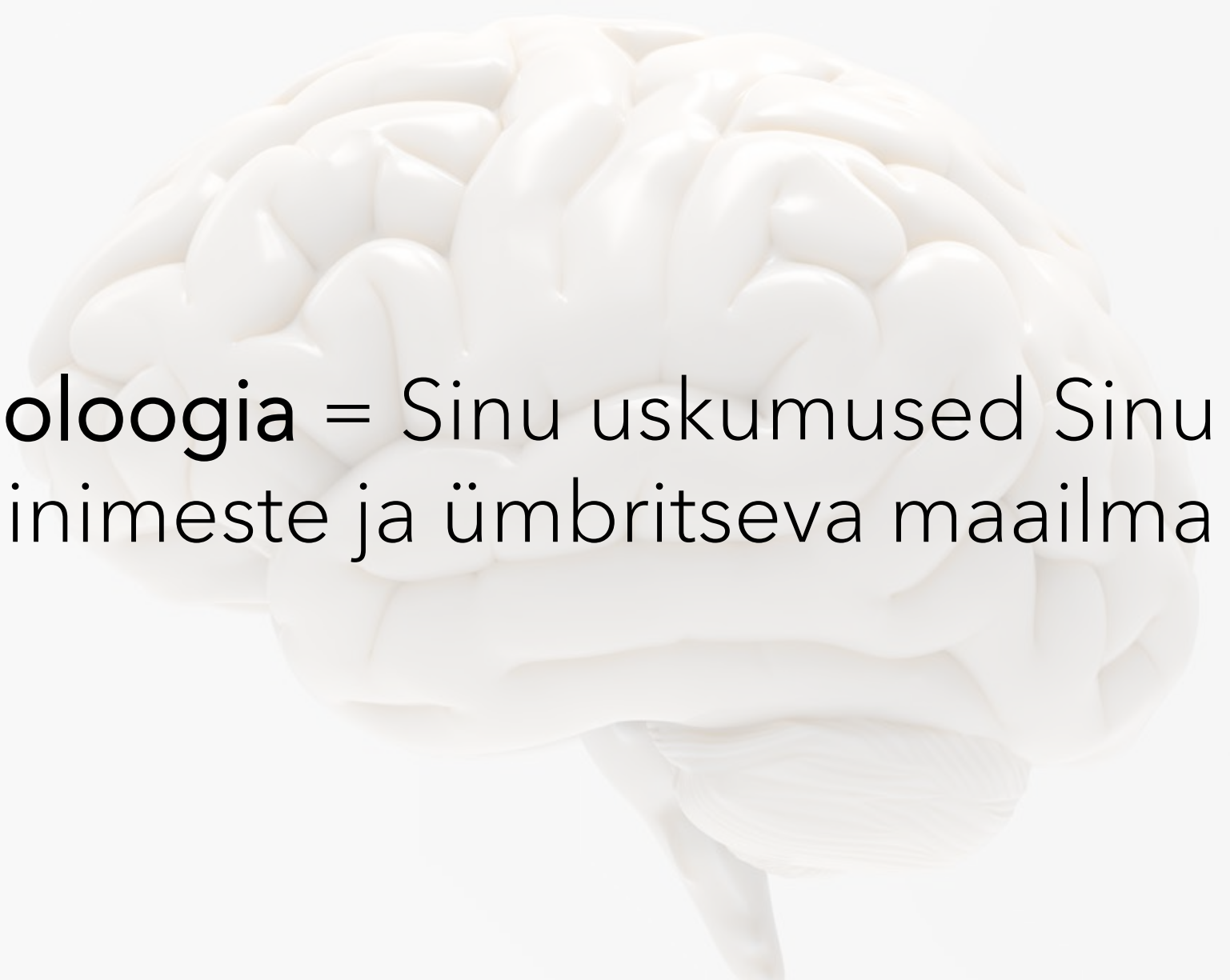


# Minapildi muutuse mõju suhetele

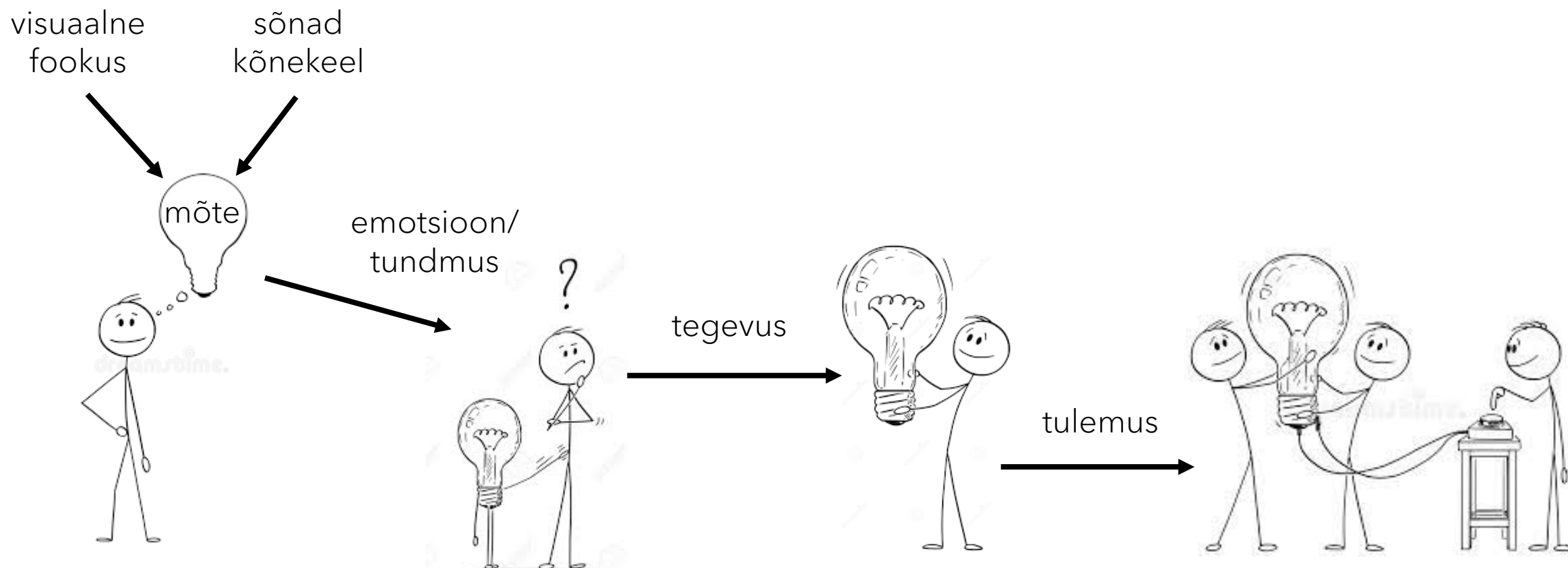
Evely Raudmets



- 
- Mis on minapilt?
  - Kuidas on minapilt kujunenud?
  - Miks minapilti muuta?
  - Kuidas aitab muutus suhteid parandada?



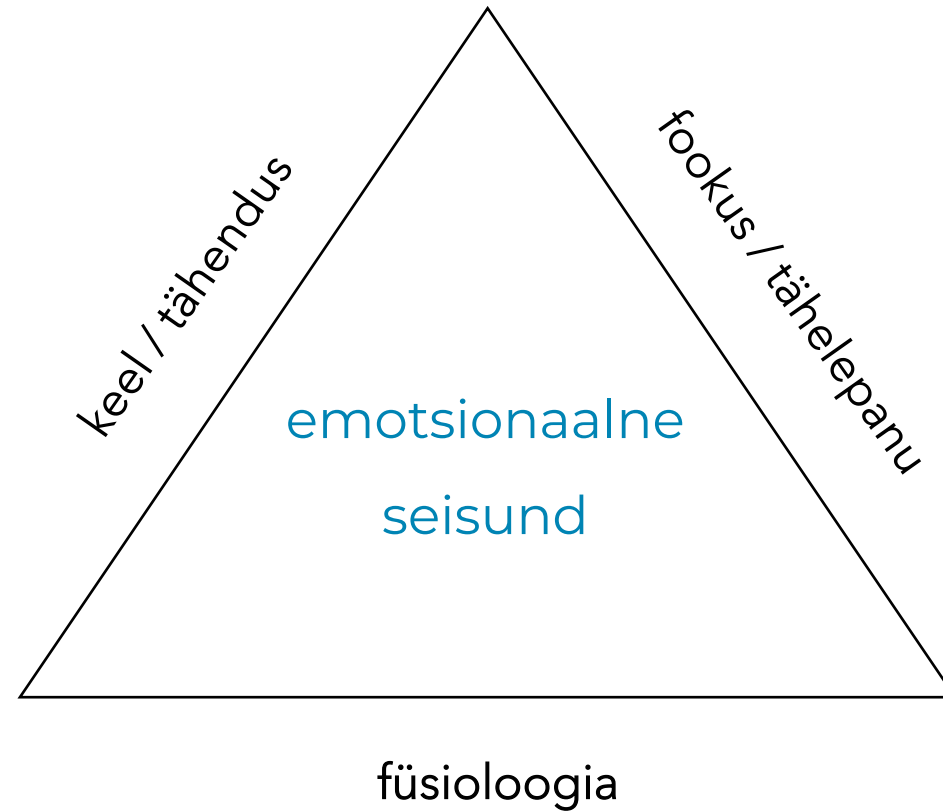
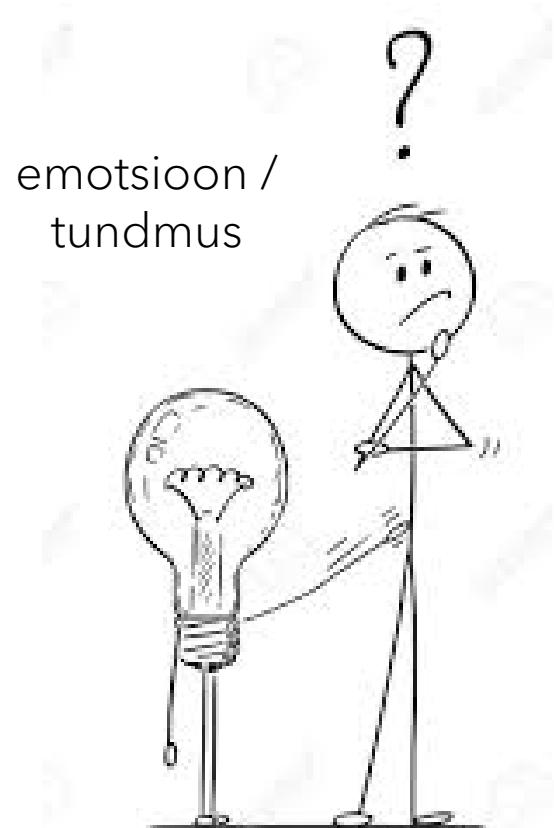
**Psühholoogia** = Sinu uskumused Sinu enda,  
teiste inimeste ja ümbritseva maailma kohta



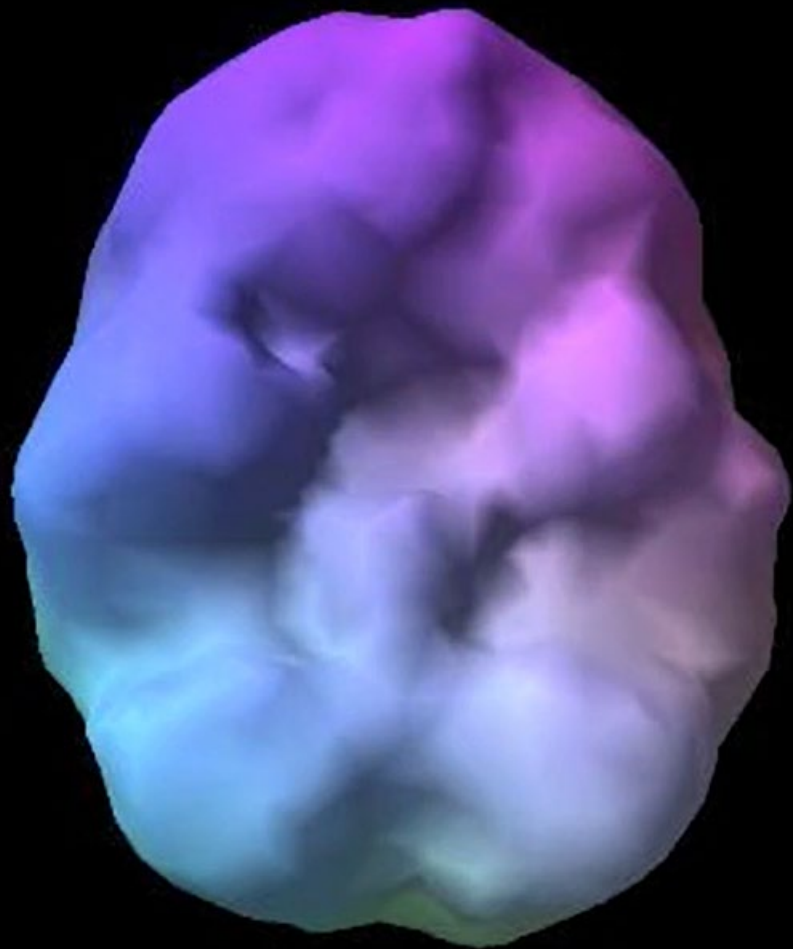


**Mõtted** = pildid ja sõnad Sinu peas

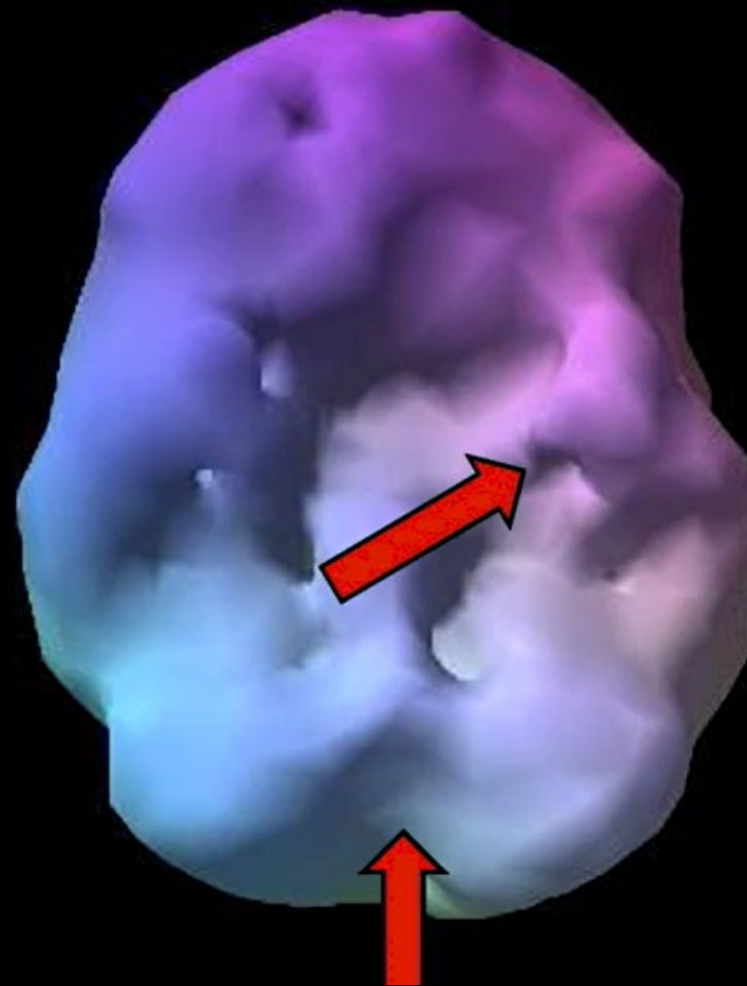
# Emotsionaalse seisundi kolmik



# Tänuikkus



# Hirm



**vähem aktiivsust**




# FOOKUS- KÜSIMUSED





MIS VIGA ON...?

MIS HEAD ON...?

A person in a blue jacket stands on a rocky peak, looking out over a vast valley. A winding river flows through the valley, and the sun is setting behind the mountains, creating a golden glow. The sky is filled with dramatic, layered clouds.

***Muuda oma aju,  
et muuta oma elu.***



ajutervis

ajutervis.ee

# Aitäh!

