

**tunnel vision - nebulaimg** - tunnel vision. i was focused on finding a light-colored lampshade, and that's ... her tunnel vision was gone, and her daughter's life changed for the better. the same can be true for anyone. what will it take for each of us to eliminate our tunnel vision and the harm that it engenders? first, recognize that you may be afflicted with tunnel vision! acknowledging the problem is the ... **18 ways to get focused and stay focused on the right goals** ... - 18 ways to get focused and stay focused on the right goals in your life 1. goals: when you're clear on your goals, you're less distracted. **beware of model tunnel vision** - **casnfex** - another development in both life and casualty is the rise of capital models, and ... insurers have focused on high face value policies written for people looking for wealth protection. but for people near the middle of the income spectrum, there's a lot less life insurance protection than **beware of model tunnel vision** think tank airroc matters / spring 2014 co-chair Leah Spivey and editor ... **tigers and tunnel vision - amazon s3** - tigers and tunnel vision is our biological reaction to stress maladaptive in an urban society? by Ralph Strauch it's a beautiful summer day. you're walking **bold strokes 03 - sourceeridancollege** - tunnel vision ... they are focused, hard working, and extremely talented. without their creativity and positive attitudes, this show would not be what it is, nor would i hold it so close to my heart. i have many people to thank for making this possible. firstly, whoever came up with bold strokes "good on ya! what a great way to let students explore their art from different angles and to ... **focus on the future " not the past** - thing and am still guilty of it, until i used what i learned through the grieving process and therapy to help me move forward the right way. each day i work to make sure i am **treatment of individuals with PTSD, complex PTSD, and ...** - treatment of individuals with PTSD, complex PTSD, and comorbid disorders: a life-span approach Donald Meichenbaum, Ph.D. Lisa Firestone, Ph.D. **the amended spirituality wheel** - my life and my work are my prayer. music 1. music and lyrics express praise to God and belief about God. 2. singing warms and unites us and expresses the soul's deepest worship. 3. music brings the soul to quietness and union with God. 4. singing can mobilize and inspire to greater effort and dedication. 2 preaching 1. the word of God, rightly proclaimed, is the centerpiece of worship. 2 ... **solution-focused lay pastoral care - Baylor** - perplexing problems people often develop a "tunnel vision" view of the issue in which they redouble their efforts at methods that are not working simply because they do not know what else to do. in a solution-focused approach, the counselor attempts first to understand the problem, from the perspective of the counsellee, and also the solutions he or she has tried. rather than offering expert ... **the 12 common automatic thinking mistakes** - tunnel vision: you only see the negative aspects of a situation. example: "my son's teacher can't do anything right. he's critical and insensitive and lousy at **mental workload while driving: effects on visual search ...** - interference phenomenon in which the entire visual field is equally affected, independently of eccentricity. according to Sanders and Donk (1996), the tunnel vision effect

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