

# مهارات التعامل مع الذات

1426/11/23 :

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saeed@asiri.net

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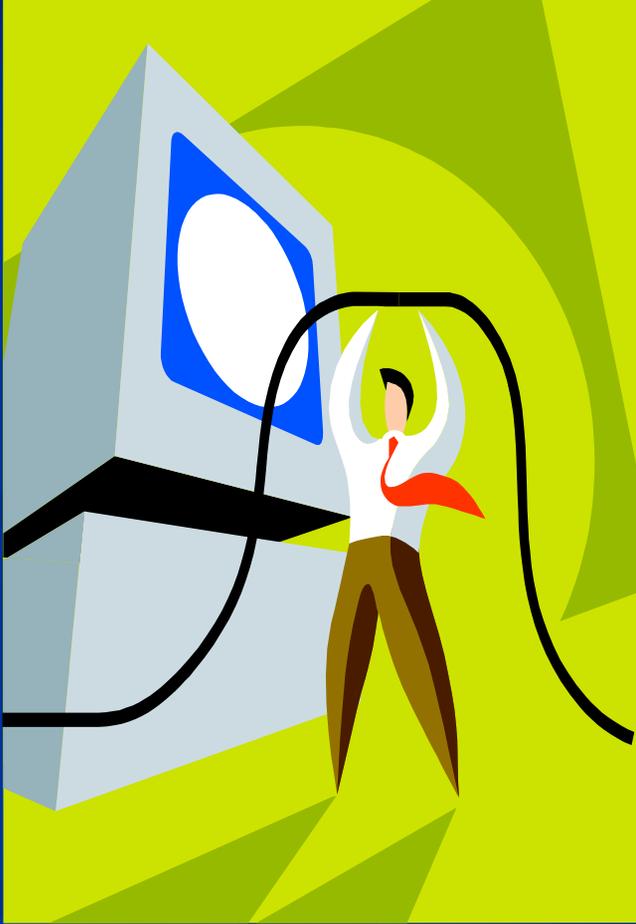
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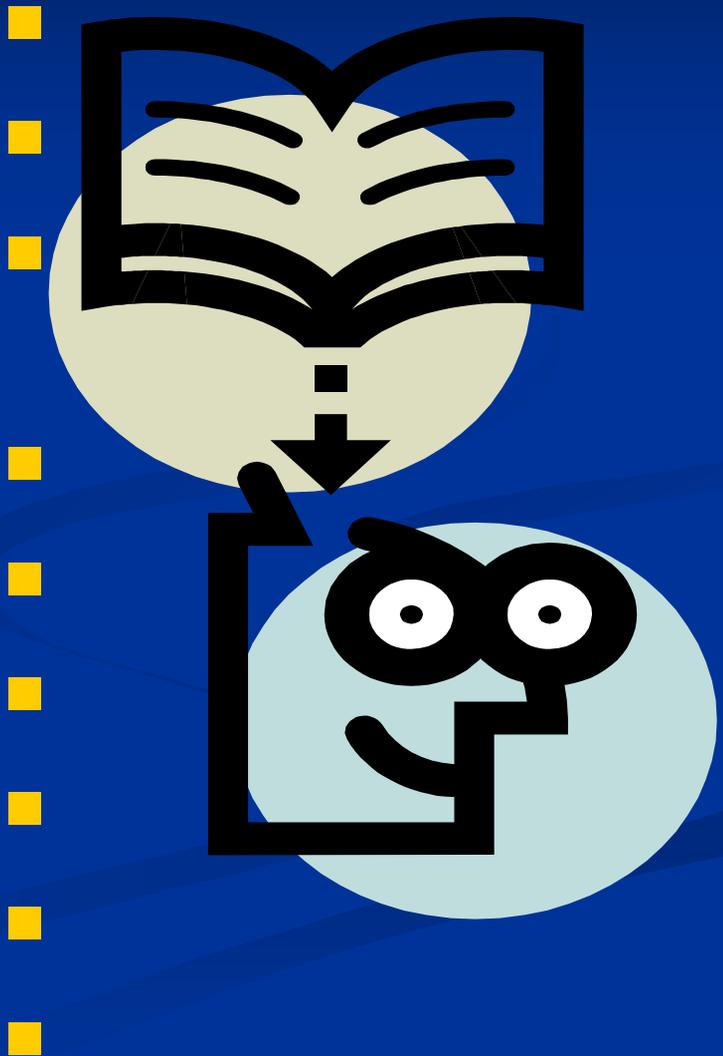
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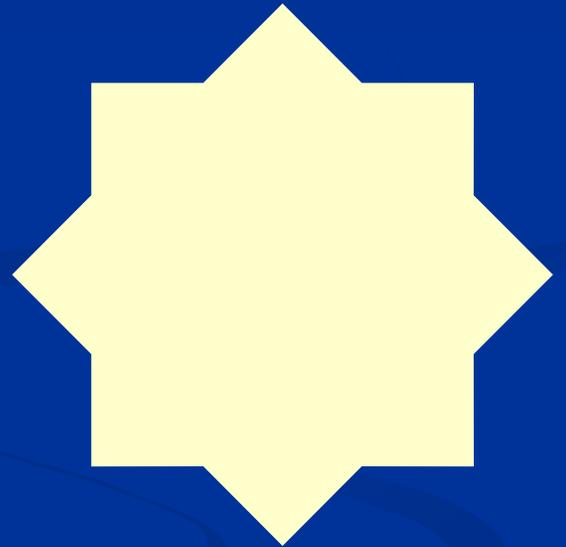
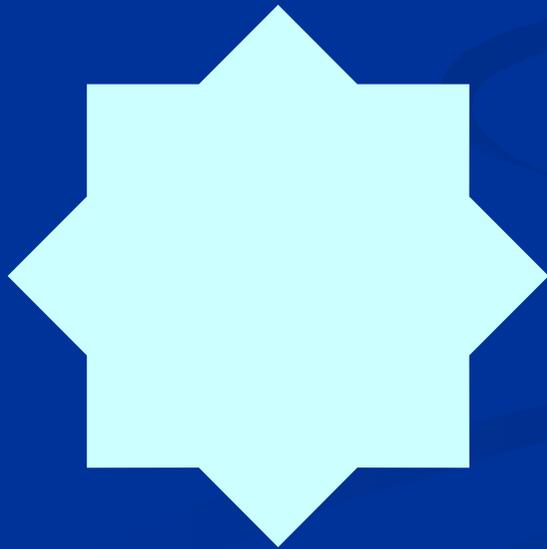
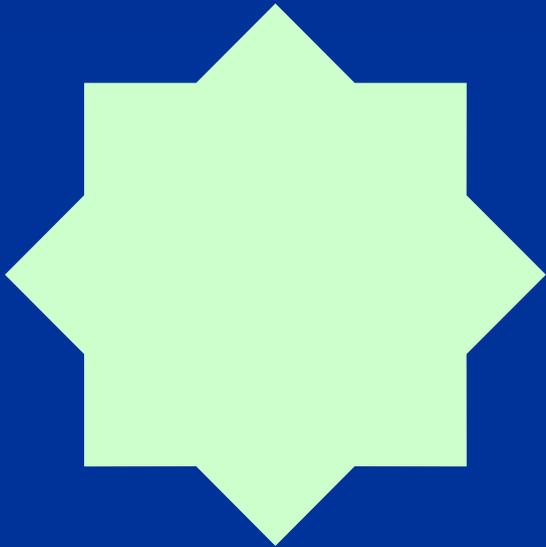
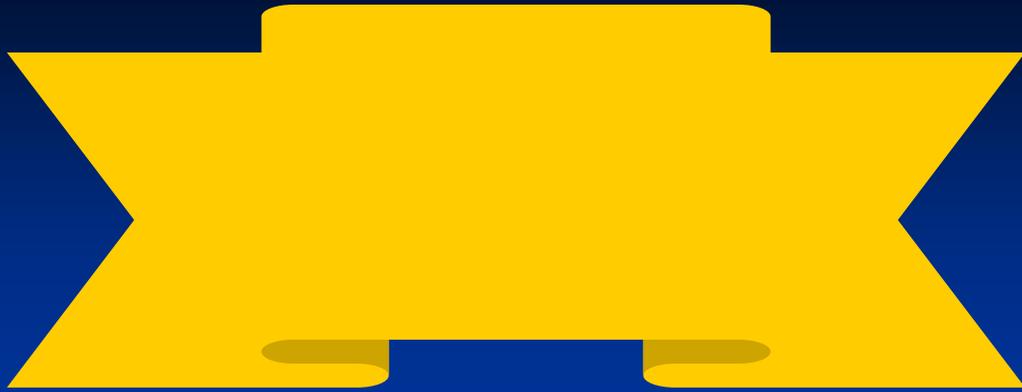
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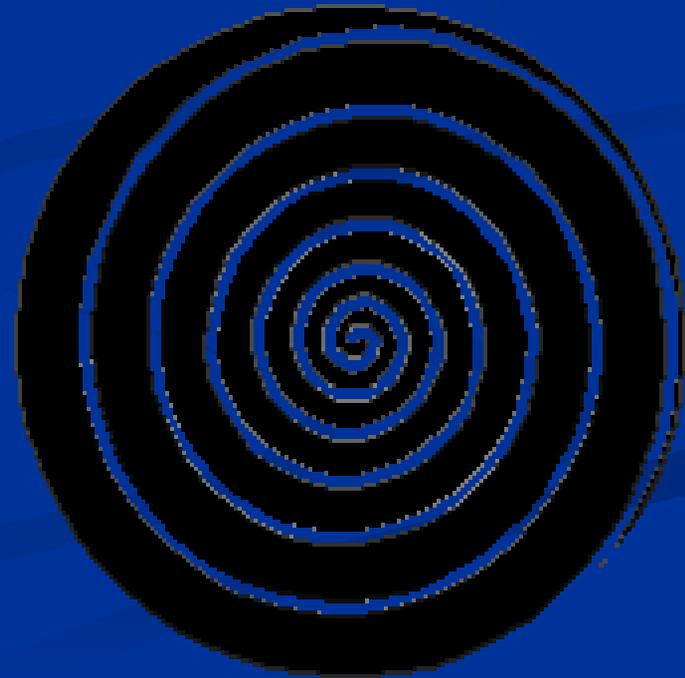
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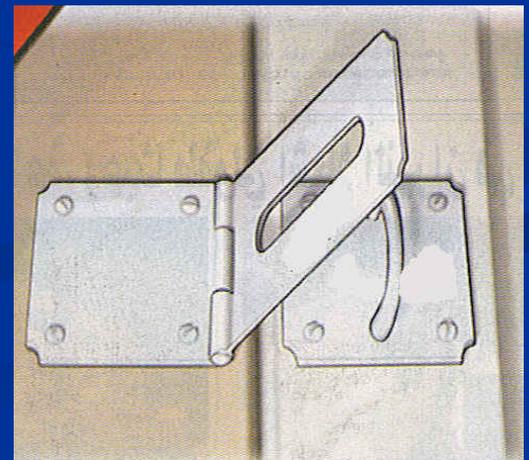


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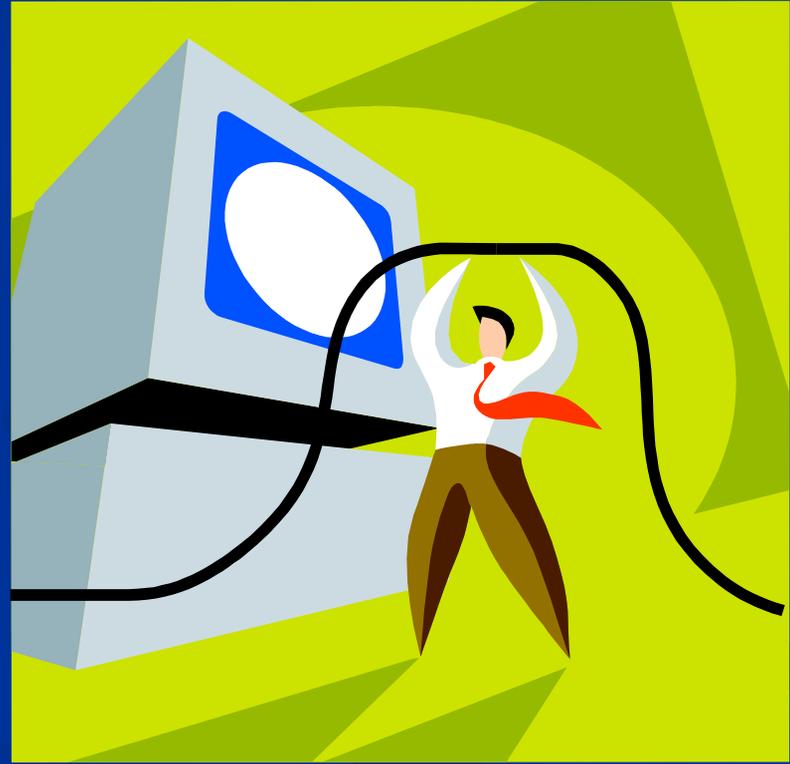
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If u always do what u've laways done

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# مهارات التعامل مع الذات

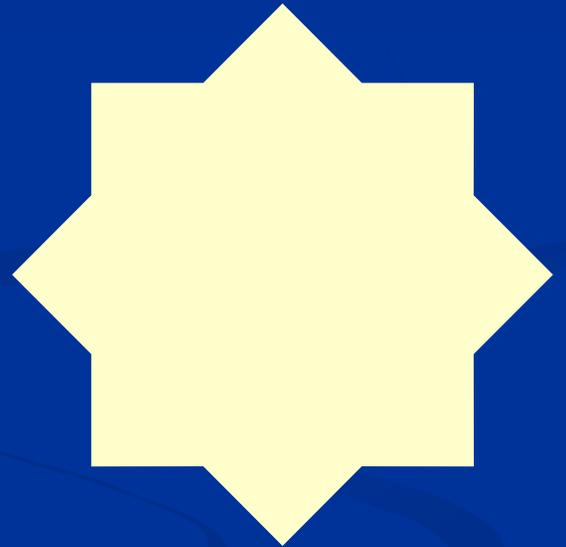
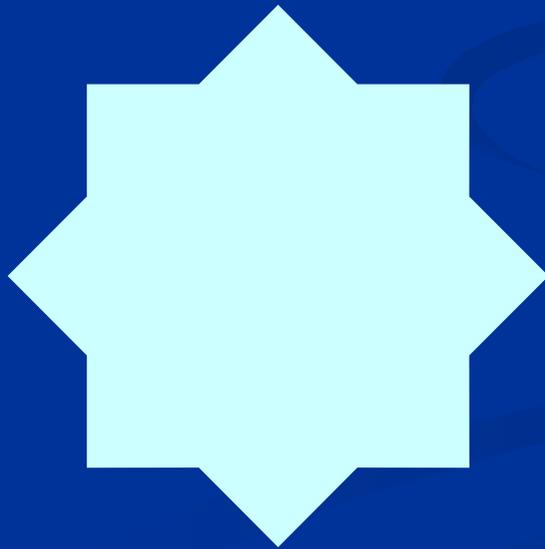
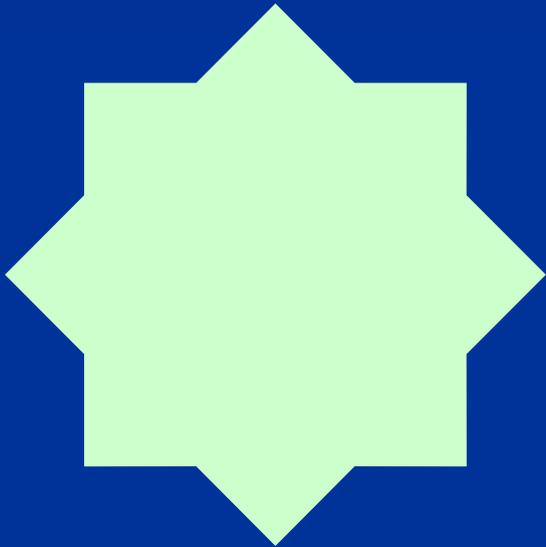
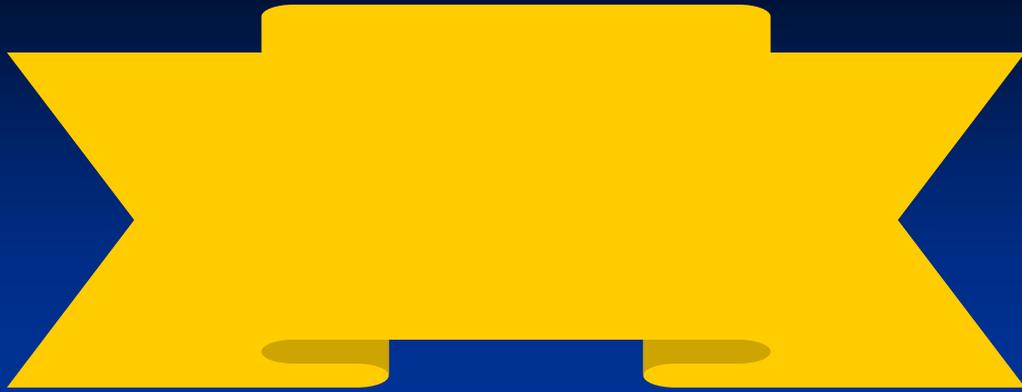
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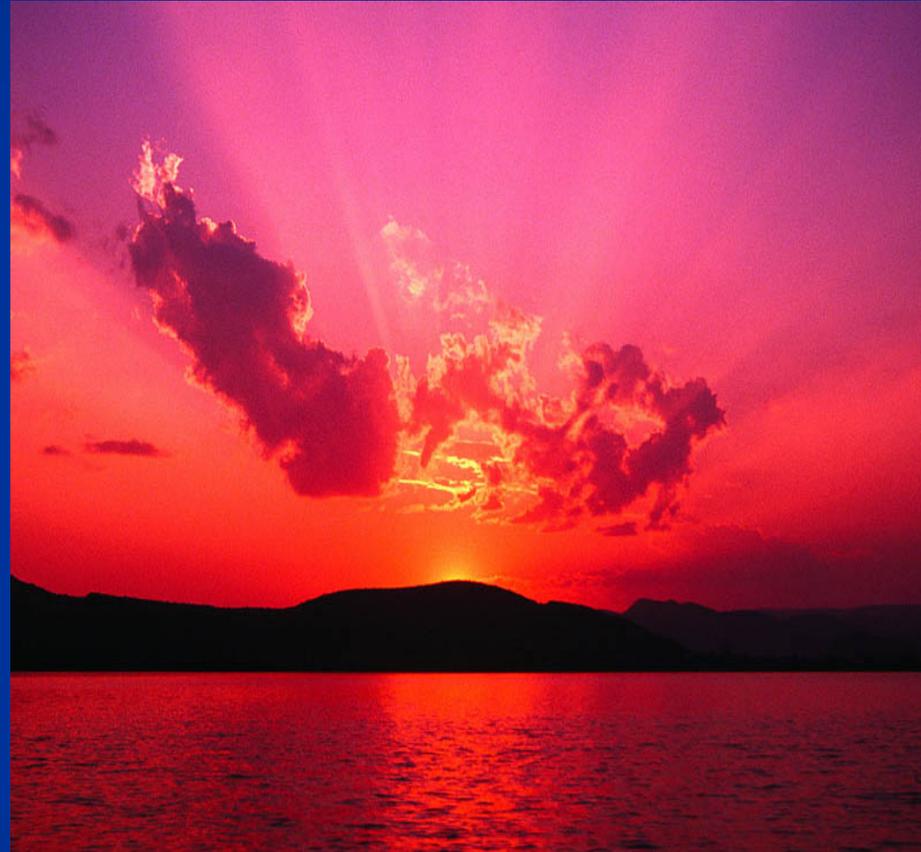
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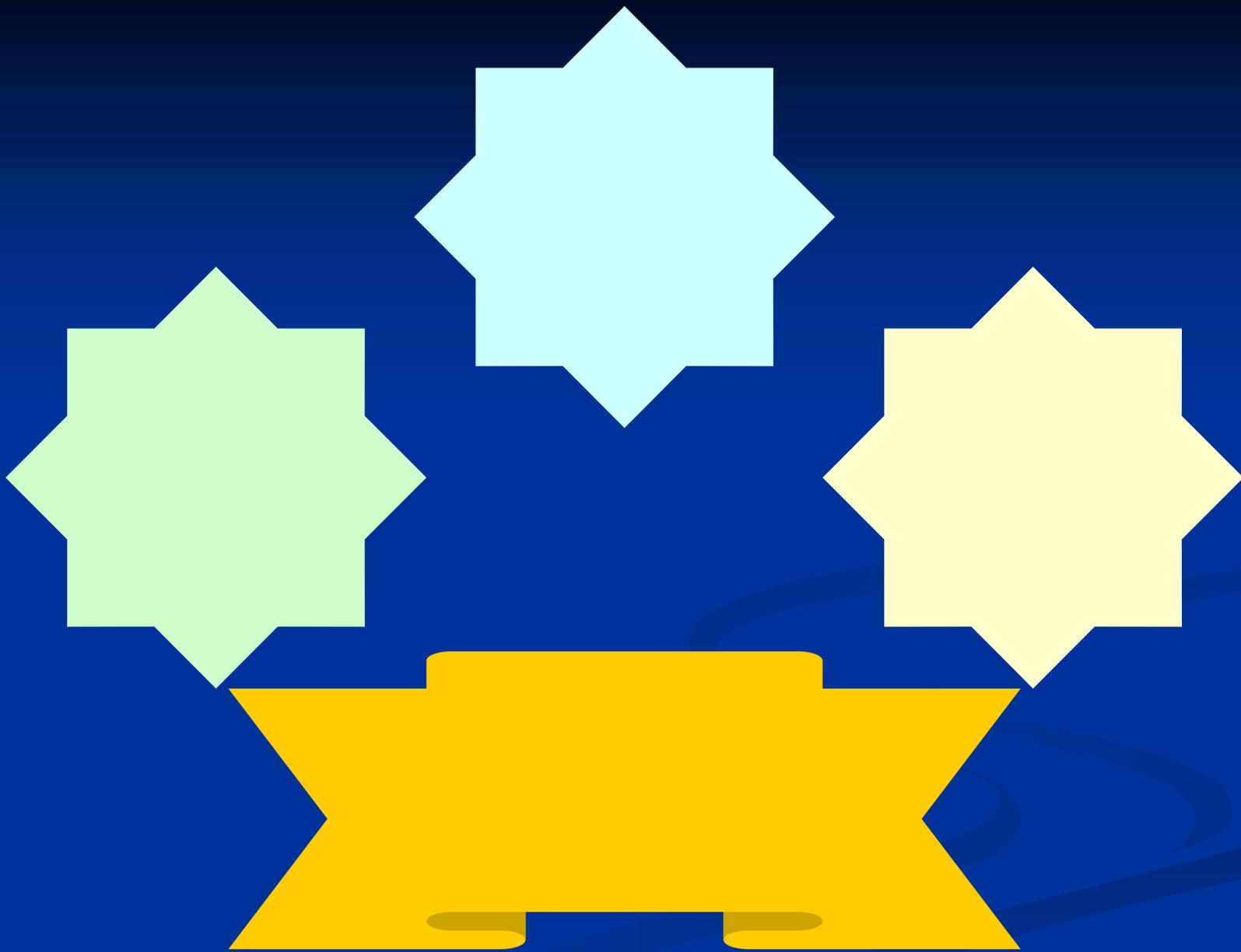


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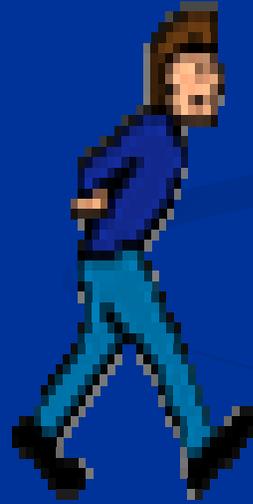
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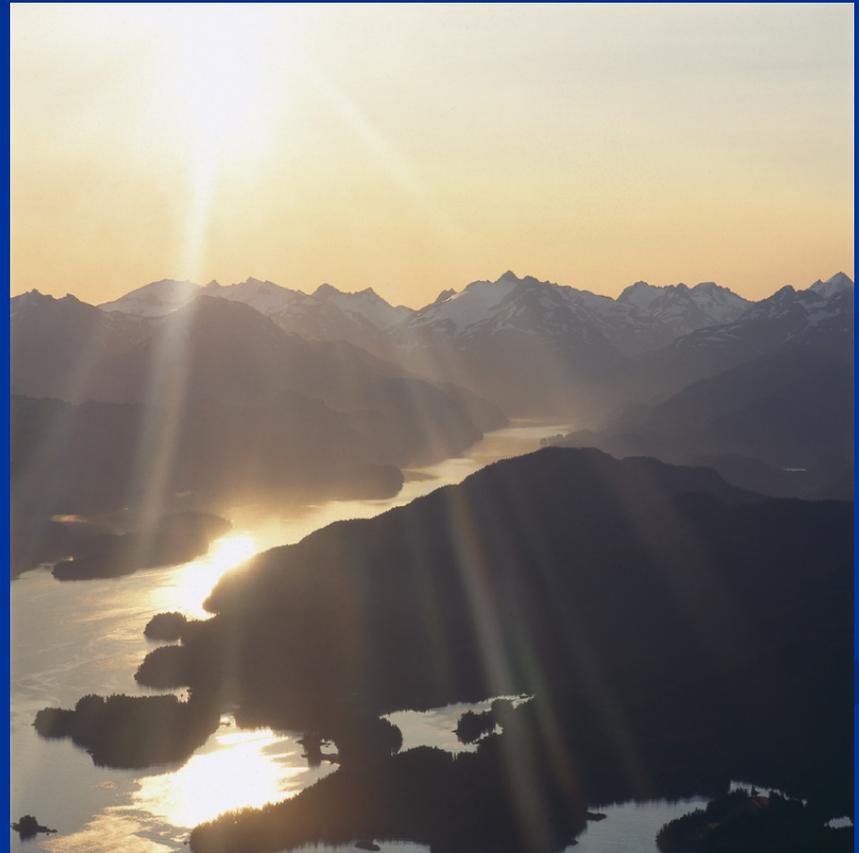
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تحديد الهدف إيجابيا : أنا متوكل على الله

■ التكرار : 14-5-3

■ الفيض الحسي:

■ الحقيقية :الصحة ، المشاهدة ، السماع ، القراءة

■ التخيلية

■ التطبيق :

■ التمثيل

■ على انفراد

■ مع من تحب

■ مع شريحة صغيرة



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شكرا لكم  
على الحضور والإتصات

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