

Maltz suggests a rational thinking process to combat the AFM:

1. **Realize that Negative Beliefs are Generalizations:** Mistakes are specific events. Just because you failed at something once doesn't mean you're a failure. It's essential to separate one-off incidents from your overall self-worth.
2. **Question the Belief:** Is it based on factual, objective evidence, or is it just a subjective interpretation? Often, we find that our beliefs about our own incompetence are not based on fact but on feelings.
3. **Practice Self-acceptance:** Maltz posits that everyone is inherently valuable. Mistakes don't diminish that worth. By accepting ourselves, flaws and all, we can focus on growth rather than dwelling on the past.
4. **See Mistakes as Feedback:** Instead of viewing mistakes as personal flaws, see them as feedback. They offer valuable information on where and how to improve.
5. **Mental Rehearsal:** Just as one can visualize success, they can also replay past mistakes in their "Theater of the Mind." However, instead of dwelling on the error, they should visualize a successful outcome. This process reconditions the mind to associate the once "failed" scenario with success.