

IDIOTS **ARE INVINCIBLE**



The Funbook

A companion to the book and
e-course by the same name

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Designed by Gay Merrill

IDIOTS ARE INVINCIBLE

The Funbook

www.rodafinos.weebly.com

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Cartoons: Dr Lambros Lazuras & Kostas Papantoniou.

British spelling of most common words has been used.

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How to Use This Funbook

This Funbook is the companion to the free two-Part e-course, which you can take on DailyBitsof.com. The e-course is a bite-sized adaptation of Dr Ro's brilliant book [Idiots are Invincible](#) and covers the fool proof "Ro" method for solving problems, dealing with challenges, and enjoying the process.

By completing the lessons in this Funbook, you'll acquire and apply practical skills that will *improve your life or ... change your perception of your life!*



Dr Ro recommends you study one Lesson per day, which will allow you to complete the course in less than three weeks.

You can purchase your e-book or hard copy at Amazon.com and other book stores (just Google it) or from rodafinos.weebly.com

Join the [Idiots' Club](#) (a.k.a Boneheads' Academy) page, on Facebook, where you can share your stories and your ideas for dealing with idiots and adverse situations.

Part 1

Lesson 1. What is stress?



.....1.....

.....2.....

.....3.....

.....4.....

.....5.....



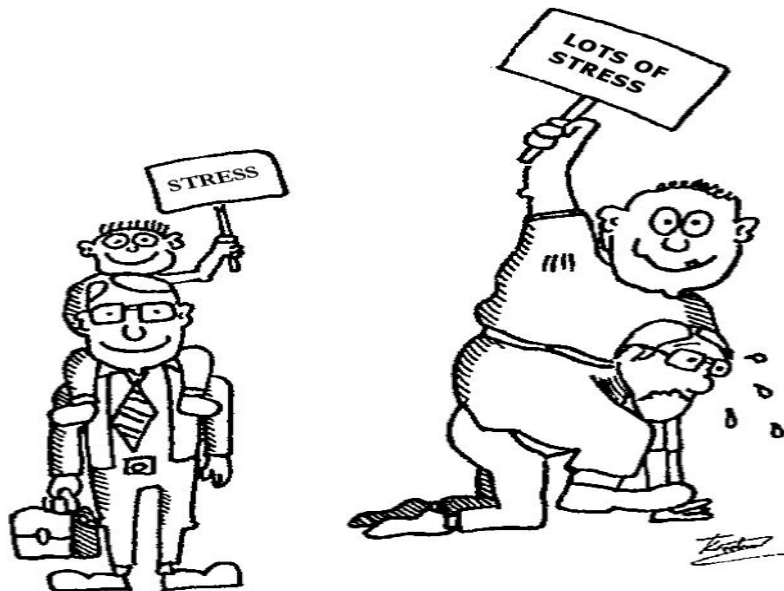
Exercise

List 3-5 common sources of stress in your life. Common responses include relationships, work, finances, traffic, health concerns, etc. Now rank them in order of importance.

Read Idiots are Invincible

Chapter 1: Stress? What is that?

Lesson 2. Sources and effects of stress



Exercise

1. We all know people who rarely get stressed and others who get stressed by everything or are constantly stressed. Which category do you belong in?
 Rarely stressed
 Constantly stressed
2. Can you think of certain periods or situations during which you surprised yourself with your responses? Write them down here.

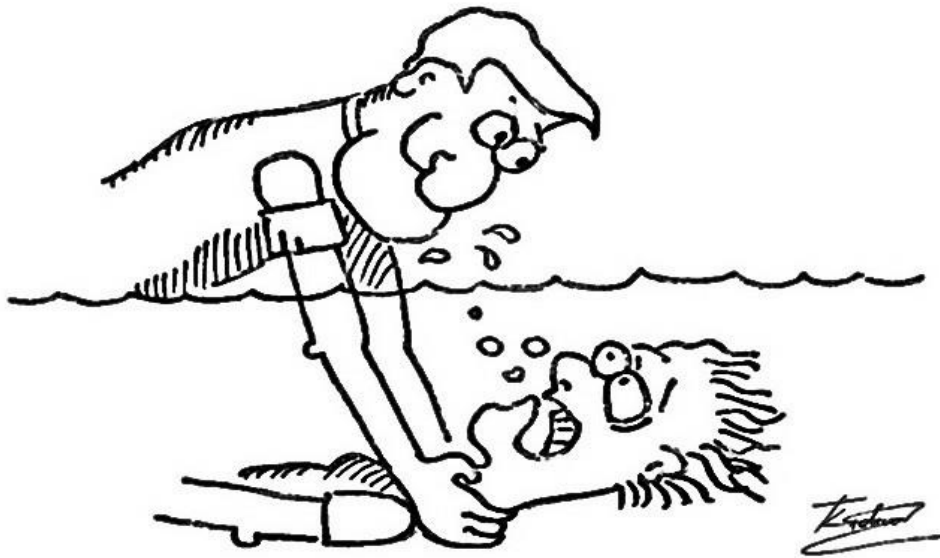
Read Idiots are Invincible

Chapter 2: Sources of stress

Chapter 3: Symptoms and effects of stress

Chapter 4: Stress and personality

Lesson 3. Coping with stress



Exercise

How do you manage your stress? What are your favourite coping responses? What are some healthier options?

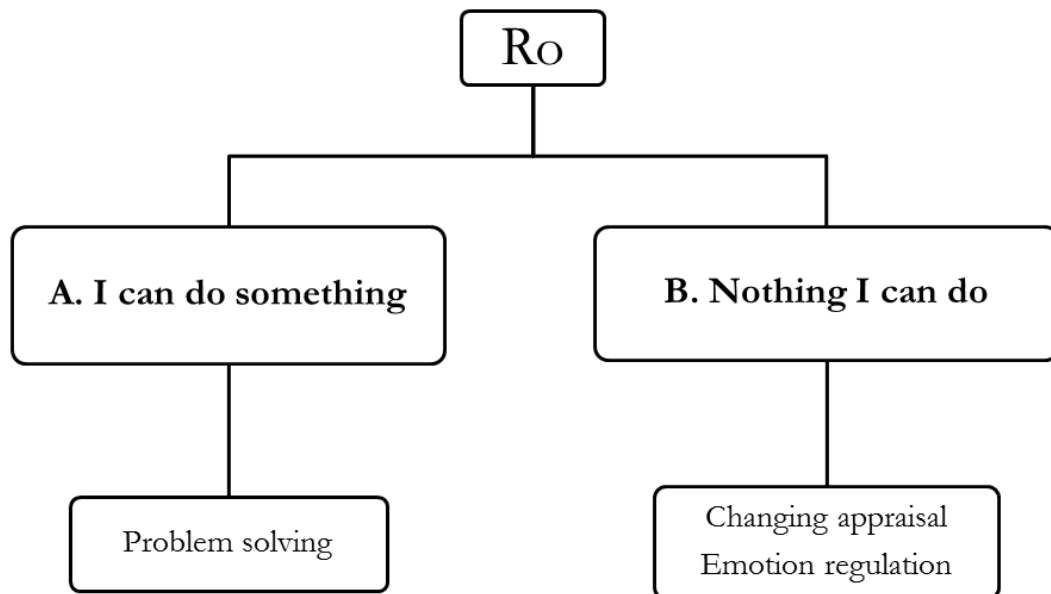
Read Idiots are Invincible

Chapter 5: How are you feeling?

Chapter 6: Prediction and prevention

Chapter 7: Responses to stress

Lesson 4. The “Ro” method



Exercise

Pick a problem, e.g., an issue you have been worrying about lately. Use the diagram above or the [“Ro” method infographic](http://rodafinos.weebly.com/infographic.html) rodafinos.weebly.com/infographic.html to examine whether there is something you can do or whether you need to accept the situation.

Read Idiots are Invincible

Chapter 8: The “Ro” method

Lesson 5. Option A: I can do something about it



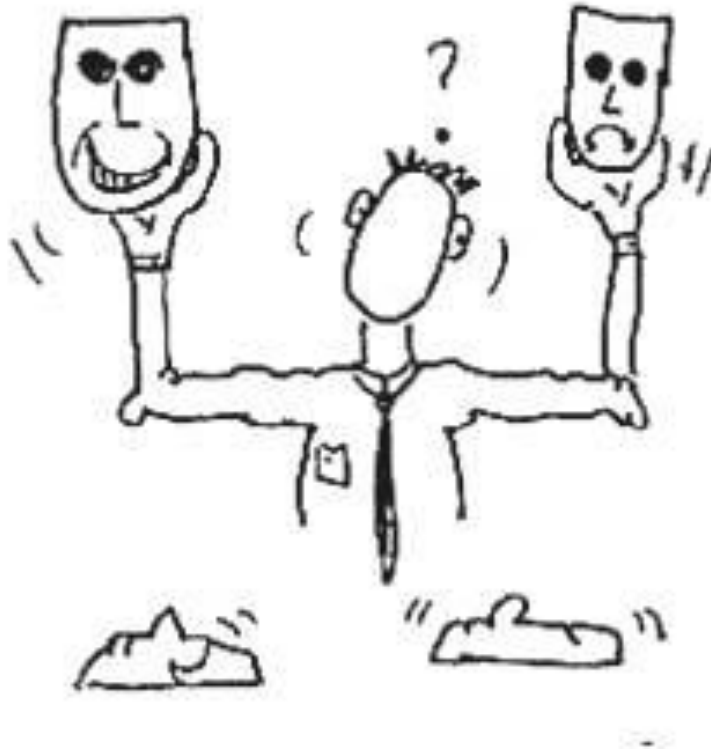
Exercise

Think of your number 1 problem. Use the six-step process. Select a solution and apply it. If it did not work, try another. Can you resolve the issue? If not, try another solution. Problem solved? If not, perhaps you should change the way you see it. Move to the next lesson.

Read Idiots are Invincible

Chapter 9: Scenario A - I can do something about it

Lesson 6. Option B: Nothing I can do right now



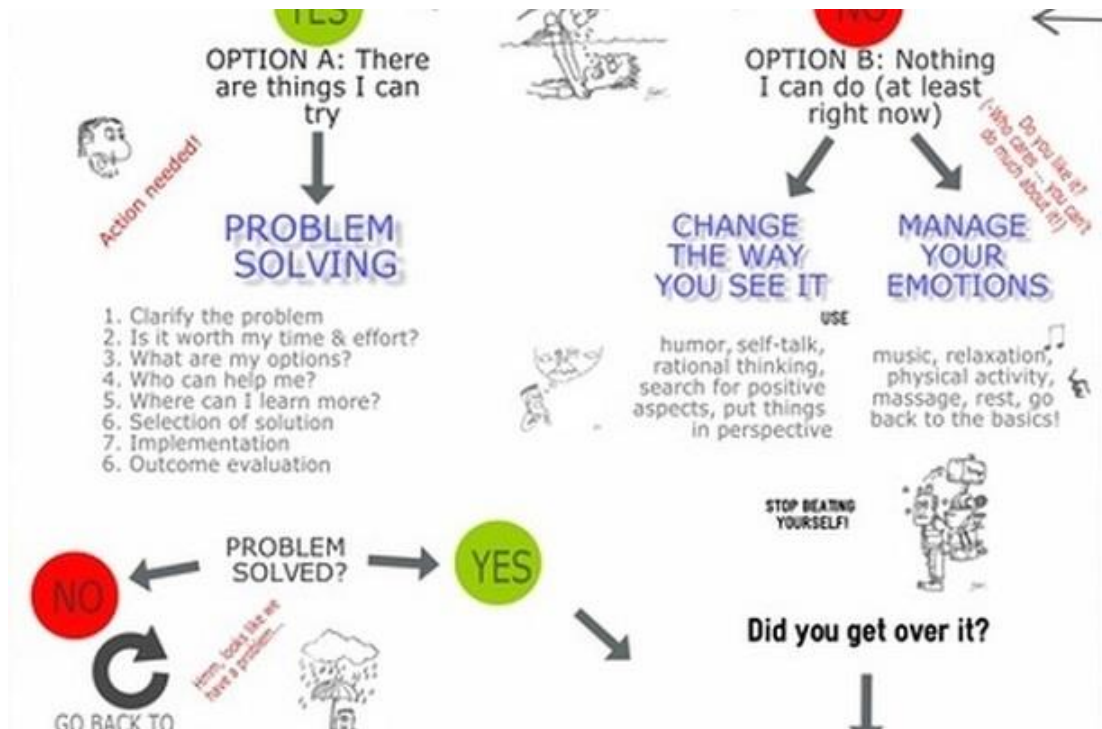
Exercise

Do you choose your fights wisely? Because we may well win a few battles, but end up losing the war. At the end of the day, spend 15 minutes to review which fights were worthwhile. Was the amount of resources you allocated to each appropriate?

Read Idiots are Invincible

Chapter 10: Scenario B - Nothing I can do right now

Lesson 7. Ro method template



Exercise

As you have probably realised, solving problems is a logical process. The Ro method describes simple steps for dealing with any type of problem. It is guaranteed to solve your number one problem. Oh, and your number 2, 3, 4, ... Print and use the Ro method template today - this time to help and solve someone else's problem.

<https://dailybitsof.com/courses/idiots-are-invincible-part-1/posts/5999/>

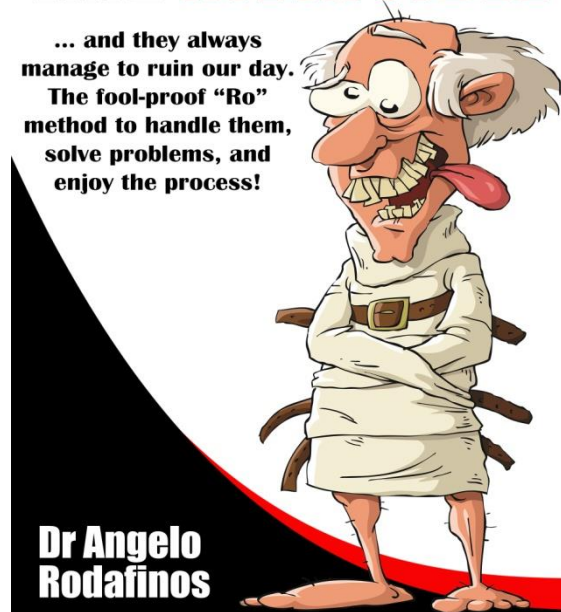
Read Idiots are Invincible

Chapter 11: From theory to practice

Lesson 8. Summary of Part 1

IDIOTS ARE INVINCIBLE

... and they always
manage to ruin our day.
The fool-proof "Ro"
method to handle them,
solve problems, and
enjoy the process!



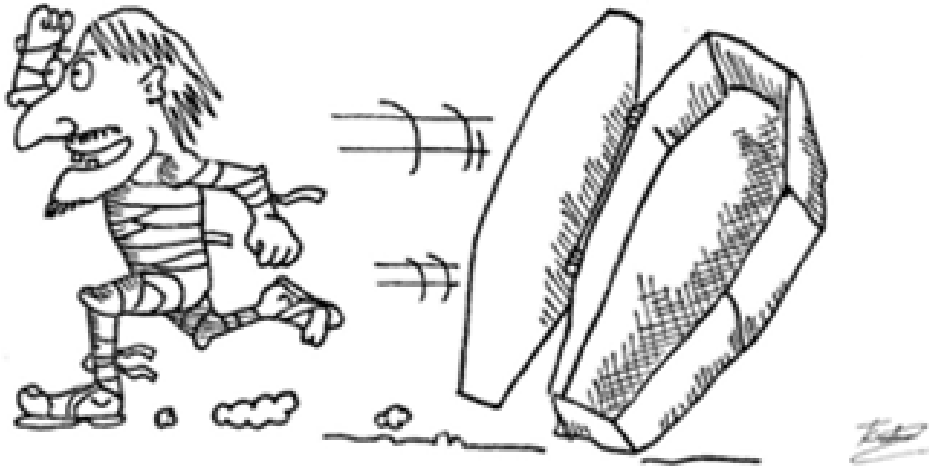
Exercise

To practice using the Ro method, pick two of the following scenarios: flight delay, failure to meet an important goal, financial problems, relationship issues, diseases, death of significant other. Discuss healthy and adaptive responses with your partner, a friend or a colleague.

Part 2

Lesson 1. Morning work-out

LAZARUS



Exercise

Examine what you can do to change the things you find unsatisfactory. Start with what annoys you when you wake up.

Read Idiots are Invincible

Chapter 12: Morning work-out

Lesson 2. On your way



Exercise

Check out the [Sentimentable](http://rodafinos.weebly.com/apps.html) app at rodafinos.weebly.com/apps.html. Use the random word you'll receive for the rest of the day. Study the reactions of those you greet. Be prepared to explain the theory behind the drill.

Read Idiots are Invincible

Chapter 12: Morning work-out

Lesson 3. S&M rubber drills



Exercise

Record the number of occasions you “punish” yourself daily. Aim to reduce the incidents during the course of the week. Engage in a competition with a buddy of yours, and set a symbolic price for the winner.

Read Idiots are Invincible

Chapter 13: Street Drills

Lesson 4. Angry exercises



Exercise

Lucky you! Today you get two tasks.

“When someone throws the ball to you, you don’t have to catch it”, suggests Anthony Robbins.

a) Mull over this idea. Check its validity next time someone throws a bitter comment. Remove judgment and you remove emotions. Remember, it is your thoughts that offend you.

b) Ask for a time out. Don takes a deep breath and counts to 10 (thousand). Suggest a cease-fire for an hour and continue the argument exactly from where you left it.

Read Idiots are Invincible

Chapter 14: Angry exercises

Lesson 5. Love your job?



Exercise

List 10 benefits your job offers you. Payment is just one of them.

Read Idiots are Invincible

Chapter 15: Work drills

Lesson 6. Work drills



Exercise

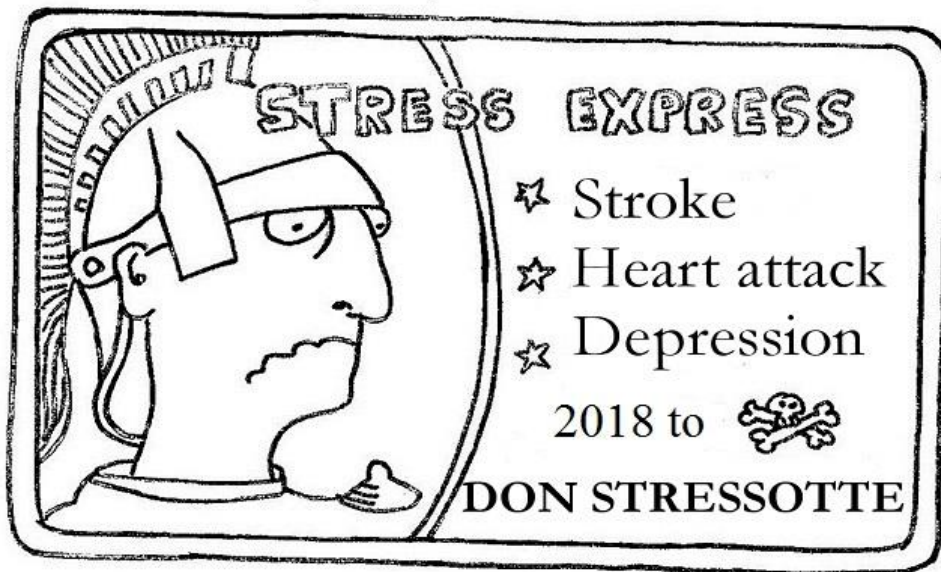
Do try the above drill at the office. Start small: test it for a week. Then, consider adding this little extra rule. In case of a repeat offence, the fine doubles.

Note: You may need to organise credit card payments as well, because a person fined a dozen times on a single day will have to pay €2,048. Fines for two dozen misconducts amount to €8,388,608.

Read Idiots are Invincible

Chapter 15: Work drills

Lesson 7. The Stress-Visa



Exercise

Next time an “Idiot” upsets you, tilt your head on one side and say out loud: “Isn’t this interesting?” Try to see the other person’s perspective rather than getting tense and uptight.

Read Idiots are Invincible

Chapter 16: On the way home

Lesson 8. On the way home



*Nothing tastes as good
as being thin feels!*

Exercise

Select a fitness or weight loss application of your preference. For example, [better me](#) or the “Virtual nagging wife” (or a similar “nagging husband” app). In the latter, the wife-avatar will pop up at key times (e.g., before lunch) to remind you: “Watch what you eat honey, you did promise to lose weight, didn’t you. I love you.” Share the experience with a friend.

Read Idiots are Invincible

Chapter 16: On the way home

Lesson 9. Epilogue: the beginning?



Final drill

I guarantee you will face problems and setbacks. Expecting otherwise is insane. Accept problems unavoidable elements of life. Every now and then remind yourself of a truth that will comfort you:

This too shall pass!

Read Idiots are Invincible

The Beginning (Epilogue)

If you enjoyed the material, check out the book [Idiots are Invincible](#) and join the [Idiots Club](#).

Oh, and tell your friends to do the same!

Praise for the book

*Your books have changed my life! –
E. Tzavara*

*Following extensive tests, I believe
this book is the best sedative and
antidepressant no-side-effects drug
in the market! – G. Lagogiannis, Geo
Energy Solutions*

*A scientifically-based integrative
approach to dealing with stress,
written in the most accessible way!
The best of both worlds! – Prof. G.
Sideridis, Harvard Medical School*

*If you could cast a spell on Angelos Rodafinos, what would it do?
Make him write a third book. –P. Megremis*

More reviews: <https://rodafinos.weebly.com/reader-comments.html>

Connect with Dr Ro

To organize a book show, a lecture, or a workshop for your company, club, association, high school, etc., view Dr Ro's schedule or to download free eBooks and presentations visit the official site rodafinos.weebly.com

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- LinkedIn: <https://au.linkedin.com/in/rodafinos>
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