



BETTER HEALTH FOR BUSY WOMEN

4 TOOLS FOR

*Mental Emotional
Stressors*

WORKSHEET

The Scramble *(from Tony Robbins — Awaken the Giant Within)*

1. First you will replay whatever event is upsetting you in your mind as a movie. Don't let it upset you, just watch it as if you were watching a movie that you aren't attached to.
2. Now take the same event and turn it into a cartoon. Now you are going to run the movie backward as a cartoon as fast as you can. You will keep running the movie backward and forwards at least 10-15 times. And each time go faster and make it sillier. You can make it as ridiculous as possible. Turn it into rainbow colors, If someone said something mean, watch them actually swallow their words cartoon style. Or have a tail or Mickey Mouse ears grow on their head. Turn their voice into a squeak. Or I like to pick something like the minions from Despicable Me to turn them into. This should change the sensation and the body response that you get from the event.
3. Now think about the situation again and watch your body. How do you feel? This can even work for events and traumas that have bothered us for years. Sometimes years of therapy or trying to understand WHY something happened can just only take you so far.



Walk the Block (Warrior Book)

1) What is the original story. What happened? Write out the original story in 1-2 sentences.

Example: My body failed me by not being able to get rid of my viral load.

Evidence: I try so hard. I study functional medicine. I drink elixirs. I have done herbal protocols, eliminated trigger foods. I do “everything” I should do and viruses still take me down. This is my life and my work that I look into EVERY day and it still isn’t enough.

2) Next you will flip the story into a ‘me’ story. This is 100% about you – no matter who the original story is about you will put your name there.

Example: I failed my body.

Evidence: Well actually yes this is true too. I refused to explore all options for my viral load such as a prescription antiviral because I was stuck in the mindset that I could fix it and I would only use natural substances and functional medicine.

Because of this I deal with 7 extra years of outbreaks, body take downs and then the mental emotional stress of how I felt I failed as a coach each time it happened.



Walk the Block (Warrior Book)

3) What is the opposite version? Write the complete opposite of the original story and explore if there is any truth to it.

Example: My body is doing exactly what it needs to be doing. Maybe getting rid of the viral load is not the goal.

Evidence: My symptoms from viruses have led me to change my career, my food, my daily detox tools, my awareness, my mindset. It has driven my in depth research and my desire to help other women in my shoes.

4) Desired story – What do you truly want? Come up with a solution

Example: Work with my body to keep viral outbreaks from causing physical and emotional stress.

Evidence: OK so at this point I could consider other options. I have explored that maybe my unwillingness to find other options could be stopping me. The actual goal is not that I need to only use holistic practices. I can combine holistic and conventional. It helps to reframe my thoughts that I believe I am a failure that I can't do this alone.



The Reset

With your eyes close focus on deep breathing for 5-10 minutes. Make sure to have a longer exhale than inhale. What works best for me is 5 seconds in and 7 seconds out. But play around with it.

- 1) Imagine a happy setting for you (for me it was the lake)
- 2) Think of an event that triggered you in some way
- 3) Pick the person involved (it can be you, and you can do a different reset for the same event with 5 different people)
- 4) Picture the person in your happy setting with you and charge them with - "you made me feel _____ when you did _____" Unsafe, abandoned, ashamed etc...
- 5) Experience the emotion that comes up and feel it in your body. Where is it in your body?
- 6) Then think of 1 gift or piece of gratitude that you have gotten from this situation no matter how small.
- 7) Walk in the other person's shoes (or your own). Imagine what they were going through and why they did what they did
- 8) Forgive. Forgive yourself or the person in front of you. Then check in with your physical body to see if you actually feel forgiveness or if you need to dig deeper. You can forgive someone for 1 thing, while still having 1000 other resets to do. This is not a broad - I forgive you for everything. Watch out for spiritual bypassing - when you "forgive" because you know that is what you should do.



Worst Case Scenario

Ask "So what?" After each scenario and keep digging deeper until you think of the worst possible thing you can think of. Then think of some way you would be grateful for that worst case scenario.