

Attacking Emotions

Awareness (Stepping Back)

What am I feeling?

Anger/Excitement/Sadness

Worry

Time/Place

Signal

Yes

No

Emergency

Noise

Make sure it
Stays within
The boundaries

Use Tools

Create a Plan

Have to make a decision

Evaluate if the
plan worked

Act

Don't Act
Use Tools

1. Welcome feeling
2. Say I want this (paradox)
Changes circuitry

3. Step toward the fear (fight)
Have Faith "I'm going to handle it"
Permit Failure; Invest your energy

4. Act As Though
It will work out because it usually does
Ignore content it is irrelevant
You have enough skill to do this

5. Elevate your left shoulder
Anxiety (scary image) on your right shoulder
Paradox voice (nice image) on your left shoulder
Make the paradox voice louder

6. Outcome picture
What do you want this to look like

7. Keep score
Compete with Anxiety
Your going to win