

Reclaim Your Power: Break Free
from Anxiety, Stress, and Worry

**Overcome
Overthinking**

In Just Six Simple Steps

STOP IT

Your Roadmap to **Mental
& Emotional Freedom**

Includes
Free Audio
Downloads
and
Workbook

Overcome Overthinking
Release Resistance
Gain Clarity

Carolyn Barnes, CHt

DISCLAIMER



Please Read Before Continuing. Welcome to our program. Before we begin, it's important to address your well-being:

- ✘ **Program Purpose:** This is a mental health education session that provides valuable skills to boost your well-being, acting as an additional resource if you are already seeing a therapist. It can also be a helpful tool if you're supporting a friend with mental health challenges, but it is not a replacement for medical help.
- ✘ **This Program Is Not Therapy:** Our content is designed to help you navigate tough emotions and improve your mindset. However, it is not a substitute for professional therapy. If you're feeling unsafe or need personalized guidance, please consult a therapist.
- ✘ **About the Information You'll Receive:** The insights from Carolyn Barnes are to share knowledge; they are not professional medical or mental health advice. Carolyn's certifications are impressive, yet her guidance is not meant to replace consultation with healthcare professionals. Always discuss significant health decisions with your doctor.
- ✘ **Your Role:** You are not in a therapist-client relationship with Carolyn unless formally established. Always consult your doctor or a mental health professional before starting any new health exercises, especially if you have a history of trauma.
- ✘ **This audio program is intended for adults aged 18 and older.** If you are not comfortable continuing, feel free to pause here.

STOP IT: Overcome Overthinking, Release Resistance, and Achieve Clarity
By Carolyn Barnes

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Prologue



PLAY AUDIO: Prologue

A lot of people ask how I came up with the title **STOP IT**. Well, it actually comes from my own life. Growing up, whenever I got upset, my mom would shout, “Stop it, Carolyn! Go put your feelings in a drawer.” She was a huge Bob Newhart fan, and me being a literal kid, I’d actually try sticking my head in my underwear drawer, wondering how that was supposed to help!

While it did stop me from expressing my emotions, but it didn’t resolve them. Those feelings got trapped, eventually turning into anxiety, severe hypertension, and even ulcers. As a sensitive kid, you can imagine how tough it was to hide my emotions like that. Over time, I learned to suppress them, but this only weighed me down with self-limiting beliefs.

It wasn’t until later that I realized **emotions are energy in motion**—and a form of intelligence, carrying helpful information. They’re not something to fear or hide, but something to lean into, learn from, and process. That insight was liberating, but I still needed more. I needed a clear, step-by-step plan to move from ‘crappy

to happy.' That's when I created the **STOP IT** formula, transforming a phrase that once silenced me into a roadmap toward freedom.

This formula didn't just help me break negative thought patterns—it completed a circuit in my brain, helping me overcome overthinking, anxiety, and severe hypertension. I've shared it with clients, and the results have been incredible. Now, I'm thrilled to share it with you because it releases stuck emotions, rewires stress responses, and brings real emotional freedom.

Most people try to leap from 'crappy to happy' without addressing resistance, but this program guides you through that process in a real, lasting way.

■ The STOP IT Acronym

- ✘ **S:** Stop the negative stories in your head.
- ✘ **T:** Tune into your body instead.
- ✘ **O:** Observe the emotion.
- ✘ **P:** Permission—let the feeling exist and process.
- ✘ **I:** Access your Inner wisdom.
- ✘ **T:** Thank—shift to gratitude.

These steps are simple, but they take practice. Throughout this program, I'll share personal stories—mine and my clients'—to engage your conscious mind (the 5-10% of your thinking). The mind training exercises will also work with your subconscious mind (the 95% that controls most thoughts), where real change happens. You'll learn to:

- ✘ Release resistance
- ✘ Rewire thought patterns
- ✘ Break negative loops

- ✘ Master your emotions
- ✘ Free yourself from limiting beliefs

To my kids, Sophie and Jack, and my partner, David—thank you for teaching me resilience, love, and vulnerability. And to my mom, thank you for instilling strength, integrity, and perseverance.

■ Welcome to STOP IT

This program transformed my life, and I truly believe it can do the same for you.

Ready to Dive Deeper?

If my story resonates with you, and if you're anything like me—a former avoid-aholic and overthinker—you know how tough it is to take control of your journey. That's why I invite you to join my exclusive membership program, where you'll get:

- ✘ Mind training audios, videos, and worksheets to rewire your mindset.
- ✘ Personal access to me and support through our private community.
- ✘ A library of tools to unlock your potential, with fresh content added monthly!



DIVE DEEPER—Join Today

HOW TO APPROACH THIS PROGRAM: LISTEN, INTEGRATE, AUTOMATE



01. LISTEN

Listen and Follow Along:

- ✘ **What to Do:** Listen to each lesson carefully and follow along with the content.
- ✘ **Why It's Important:** Each lesson builds on the previous one to give you a complete understanding.
- ✘ **Interactive Elements:** Take the pop quizzes to deepen your insights and reinforce learning.

02. INTEGRATE

Download the Workbook:

- ✘ **What to Do:** Download the workbook to complete exercises and record your thoughts.
- ✘ **Why It's Important:** The workbook includes exercises to help you apply what you've learned.

[CLICK HERE TO DOWNLOAD](#)

03. TAKE ACTION PAGES

- ✘ **What to Do:** Use the "Take Action" pages to apply the lessons and do the mind training exercises.
- ✘ **Why It's Important:** These exercises help create lasting change by integrating the lessons into your daily life.


04. AUTOMATE

Practice to Automate:

- ✘ **What to Do:** Regularly practice the techniques until they become second nature.
- ✘ **Why It's Important:** Consistency leads to lasting change.
- ✘ **Tracking Progress:** Use the workbook to track your progress and reflect on your improvements.



Table of CONTENTS



Welcome	11
Step Into a New Journey.....	11
Introduction	16
From Overwhelm to Empowerment:.....	16
Part 1	24
Calming the Stress Response.....	24
Part 2	38
Your Mental Gps.....	38
Part 3	53
Beliefs and Perceptions.....	53
The Mind, Body and The Belief System	58
Part 4	71
Understanding Emotions	71
Part 5	86
The Steps.....	86
Step 1	89
Stop the Story.....	89
Step 2	102
Tune Into The Tension.....	102



Step 3.....114
Observe..... 114

Step 4..... 126
Permission.....126

Step 5..... 139
Inner Wisdom139

Step 6 154
Thank154


Home Stretch..... 168
Let’s Recap 168



Welcome

Step Into a New Journey

◇ "Between stimulus and response there is a space. In
◇ that space is our power to choose our response. In our
◇ response lies our growth and our freedom."
◇ - Viktor Frankl

 **PLAY AUDIO:** Welcome

Do you want to stop worrying, feel calm, relaxed, and in control so that you can experience more happiness and joy, no matter what life throws at you?

■ Imagine a Stress-Free Life

If you're anything like me, you do. Welcome to a program that's about to change everything. Let me ask you: Can you imagine a life where you face problems and challenges without all the stress, anxiety, worry, or pressure? Well, I've discovered an approach, a process, that allows you to overcome overthinking, let go of tension, and achieve clarity much quicker..

And it all starts with two powerful words: **STOP IT**

This simple phrase isn't just a mantra; it's your ticket to mental and emotional freedom—a roadmap broken down into six simple steps. This Mind Training program is the ticket to resetting your nervous system and rewiring your thoughts and behaviors.

I'm confident it can liberate you from anxiety and overthinking—because if I can do it, so can you! And guess what? I'll be with you every step of the way.

■ Join me on a Transformative Journey

Together, we'll embark on a transformative journey where you will learn to rewire your response to stress. Where you'll discover how to:

- ✘ Identify and interrupt negative thinking patterns that cause anxiety.
- ✘ Work through, resolve, and release uncomfortable emotions.
- ✘ Transform your Inner Critic into Inner Wisdom.



And because anxiety, worry, fear, and self-doubt are controlled by the subconscious mind, I'll guide you through research-proven mind training exercises tailored to your learning style. These exercises will reprogram your subconscious mind, helping you train your mind and body, step-by-step, to control feelings of anxiety and experience deep peace within yourself, so that you'll naturally and automatically feel more in control.

You will quickly learn to no longer feel overwhelmed by stress, worry, fear, and panic, so you can feel more in control and live a happier life on your terms!

Get ready to dive into this audio training book with over 20 audio techniques that you can download, so I can really support you. It's like having me in your back pocket to support and comfort you, 24/7.

Each section is filled with audio recordings of my own experiences and those of my clients, along with exercises and downloadable worksheets to retrain your brain for calmness, relaxation, and control.

For some people, they might notice immediate changes, and for others, it happens a little bit more each time they practice. Either way, it's important to understand: the more you practice, and the more you put in, the more you progress, and the better you become at anything you practice!

Having walked this path myself, I'm here to share my insights, wisdom, and compassion so you feel safe, in control, and fully supported on your journey.

And for those truly committed, we've got extra tools to help you along the way! Are you prepared to reclaim control of your overthinking mind and embrace uncomfortable emotions with ease, so you can think clearly and feel good in all the various situations in life, without anxiety and panic-free?

In the past, you may have dreaded the future, but imagine waking up looking forward to every day feeling in control and happy. Because once you do, I guarantee you'll unlock greater confidence and invite more joy, happiness, and success in pretty much any area of your life!





Introduction



Remember, you have been criticizing yourself for years and it hasn't worked. Try approving yourself and see what happens.

-Louise Hay





Introduction

From Overwhelm to Empowerment: My Transformation Journey



By the end of this section, you will

- ✘ Understand My Why
- ✘ Grasp the Mind-Body Connection
- ✘ Recognize the Power of Acknowledgment
- ✘ Learn about Response-Ability
- ✘ Gain Practical Steps for Freedom



PLAY AUDIO: Introduction / My Story

Hey, I'm Carolyn, and let me be real with you—I'm a recovering **AVOID-AHOLIC**.

It's not easy to admit, but for the longest time, I was stuck in this cycle of anxiety, struggle, and unhappiness, without even realizing it. MOST PEOPLE DON'T.

Ever looked around and felt like everyone else had their life together while you were just putting on a show? Yeah, that was me.

I spent years caught up in overthinking, stress, and self-doubt, like I was in a never-ending mental tug-of-war. Does that sound familiar?

I mean, think about those times when you have an argument with somebody, and you know you're right, and they're wrong. But then, of course, they think that they're right, and you're wrong, and then the more you try to prove your side, the more defensive they become. And then the two of you go back-and-forth in this tug-of-war between who's right and who's wrong, which is exhausting, right?

Well, did you realize the same thing happens between you and your own mind?

Between your conscious mind (which is your logic, your reasoning, it's what you want) and your unconscious programming (which is your stress response, everything that's automated, and your belief system).



And if what it is that you want isn't supported by those beliefs that you have about yourself, well, now you're in a tug-of-war between you and you, activating your stress response and defending your limitations!

Here's the thing: did you realize that since the pandemic, about 75% of people in the US are living in a chronic state of survival without even realizing it? And nearly 40 million people in the U.S. suffer from an anxiety disorder! And almost 90% of all illness and disease stem from stress.

I know this firsthand to be true, because 10 years ago I was a statistic. I nearly lost my life to the "silent killer" chronic stress.

But what if there's a way out?

What if we could dial down the overthinking, ease up on the stress, and find some peace of mind? That's what I'm here to explore with you.

Because if I found my way out, so can you. See, once I understood the difference between worry, stress, and anxiety, and how the mind and body work, I was able to hack the system, and change my response to my stress response. And let me tell you, it's unbelievable. Talk about mind power! I was able to heal both my mind and body quickly, which is shocking, considering what I had been through!

Ten years ago, while I was starring as a health coach for ABC television, I was struggling with anxiety. One day on set, I had a massive attack. I kept this pretty hidden, trying to push down all my feelings and pretending like everything was fine. You know, deep down inside, I was completely falling apart. My blood pressure skyrocketed to 210/180!



Doctors were throwing around words like heart attack and stroke. I'm freaking out, but not about whether I was going to live or die. I was freaking out about what people were thinking of me. I was worried that people would think that I was a total screw-up for ruining everyone's day on the set. So instead of listening to the doctor, I went back to work the next day so I wouldn't upset anyone. This was not the smartest move.

It took a few more close calls and trips to the hospital for me to wake up and realize I couldn't keep ignoring the toll stress was taking on my body. Now, I'm not saying you'll end up in the hospital like I did, but what I will say is true: holding onto stress and negative emotions does NOT protect a person. It hurts your body, it's not safe, and it messes with your thinking! So, it's safer to acknowledge how you feel, so your body can let go.

■ Understanding Emotions and Stress

On my journey to healing, I became a clinical hypnotherapist and got obsessed with understanding how our minds and bodies work and some key differences between stress, anxiety, and worry. I used to lump it all together, calling it stress, but then I realized that worry is what happens when your mind dwells on negative thoughts, building up fear with uncertain outcomes. I pretty much checked

those boxes—I was ruminating about everything and anything that could possibly go wrong, having these repetitive, obsessive thoughts.

Once I understood that worry only happens in your mind and not in your body, I began to dive a little deeper into how worry works. I mean, worry has a very important function in our lives. Think about it—when we're faced with uncertain



or unpleasant situations, like not being able to pay rent or doing badly on a test, our brains get stimulated, and worry calms the brain down. I learned that worry is likely to cause us to problem-solve or take action, but this can also get in our way, which is what happened to me.

Some worries can be healthy because it's important for your brain to be able to handle problems to feel safe in the world. But the problem arises when we get stuck in a thinking pattern about a problem and keep worrying about it, becoming dysfunctional. So, there I was, dysfunctional and completely stressed out.

Stress, on the other hand, is a physiological response that happens in our bodies, usually based on something outside of ourselves. So, for the cycle of stress to begin, there needs to be a stressor. It's basically our reaction to the environment we're in.

■ Emotions: Energy in Motion

Once I understood this, something hit me—emotions aren't good or bad; they're just our body having a response. Emotions are energy in motion—get it? E-MOTION! And here's the thing: feeling those emotions? Totally not your fault! Your body's just doing its thing. In fact, the more uncomfortable you feel, the more the emotion is leaving your body.



But here's where it gets tricky. We mess it all up with our judgment, right? We tell ourselves we're fine or that we shouldn't feel a certain way, or we ignore how we feel completely. But guess what? You ARE feeling that way, and it's totally okay! Yeah, it's uncomfortable, and let's be real, it sucks. But you know what's cool? It passes quicker when you just let yourself feel it and lean into it. Trust me

on this one. Understand this: you don't have to figure out how to change your feelings. All you've got to do is let yourself feel them, and your body does the

rest. Pretty amazing to know, right? We don't have to do any work. We just have to get out of the way. Now, I know admitting you're feeling vulnerable is kind of hard. But you want to know what's tougher? Trying to think your way out of problems while holding onto your breath and all that tension because you're making it worse. Head-tripping leads to more anxiety. So, I started getting comfortable with being uncomfortable and embraced this whole idea of radical acceptance.

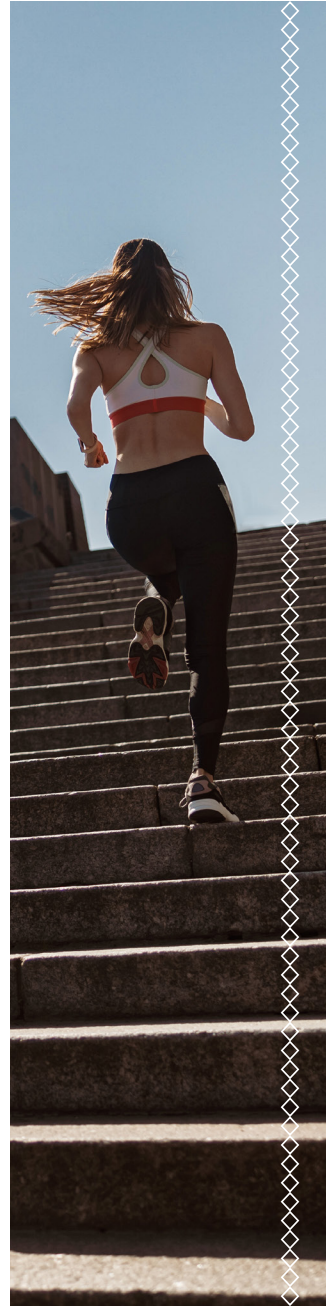
■ My Commitment

I made a commitment to myself, and instead of getting caught up in the argument in my head or ignoring my feelings completely, I acknowledged my emotions first. I allowed myself to really feel them fully, and you know what? They stopped signaling me so strongly, and they passed a lot quicker. It's kind of weird how just giving yourself the space to feel can bring about real, serious change, right? I basically was able to reverse-engineer my response to my stress response.

And this shift gave me the power to take responsibility for my mental, physical, and emotional well-being.

■ Response-Ability

Know what's interesting? We all have this thing; it's called response-ability. Get it? We have the 'ability' to choose how to respond. Having that choice is a powerful realization. If we want things to change in our lives, we must change how we handle things.

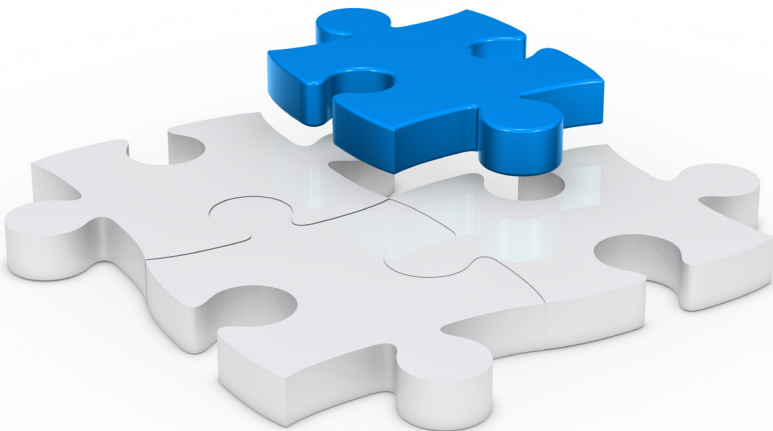


THE SOLUTION



So, I created a solid action plan, a step-by-step process, which really helped me overcome overthinking, let go of this resistance, and tap into new energy and clarity. But before we dive into the steps and all the details of this roadmap to mental and emotional freedom, there are a few important things.

Most people out there are going through life with the most advanced piece of technology on the planet, the human body. They don't have a clue where the keyboard is. Which is crazy, right? So, get ready because we're about to access the key to our internal keyboard and control panel, so we feel calmer, relaxed, and in control.





Part 1

Calming Your Stress Response



Remember, you have been criticizing yourself for years and it hasn't worked. Try approving yourself and see what happens.

-Louise Hay





Part 1

Calming the Stress Response

- ◇◇ **Rewire Your Stress Response:**
- ◇◇ Mastering Calm



Thank you for joining me. In a moment, I'm going to give you a very important suggestion: you're about to unlock a new way of experiencing life—a life where you're no longer at the mercy of stress, but in control of how you respond to it. And when you do, things will work out in every area of your life. You may try to doubt this, but that's okay, because the harder you try, the more these suggestions affect you profoundly.

I understand how crippling stress and anxiety can be—because I've been there. My mind used to race, overthinking everything, causing tension to build up like a shaken soda bottle in the backseat of a car. I was stuck on autopilot, unaware of my thoughts and behavior patterns. Then one day, I realized that how I feel actually mattered.

Caring for how you feel isn't selfish—it's essential. Our feelings and emotions drive everything we do (or don't do), and what we do most of the time, creates our results in life. Which means, if you want to change those results, it starts with learning how to respond to stress instead of reacting to it.

In the past, instead of facing my emotions and fears, I'd dive face-first into the pantry, eating my feelings, and washing it all down with wine. Of course, this only made things worse. And let's be real—my butt wasn't getting any smaller, and my body wasn't thanking me either!

Many of us move through life completely unaware of these automatic patterns, rushing through our days, relying on habits that don't serve us, either numbing our feelings, dismissing our emotions or being completely consumed by them. This creates what I call "emotional plaque," which wears down the nervous system. At the time, I didn't know what was happening inside me; I just felt uncomfortable most of the time.

So, let me ask: **what do you turn to when stress hits?** It's important to understand that these coping mechanisms work... in the short term; otherwise, you wouldn't do them, right? So, don't beat yourself up for doing what your body has learned as an automatic response.

But here's the real question: **Are you open and willing to change your response?** What if I could show you a way to feel good now and see even bigger payoffs in the long run? **Would that be valuable to you?**

Before I share with you the biggest secret that can change everything...

■ How Early Programming Shapes Your Mind: Your Computer-Like Brain

Imagine receiving the most advanced computer in the world, but without a manual—how would you even begin to use it? Most of us would stick to the basics, missing out on its incredible power and features. Your mind works the same way. It's the most powerful system on the planet, yet we were never fully taught how to use it.

Built into the hard drive of our **"computer-like" mind** is the **primitive mind**—the part responsible for the **fight, flight, or freeze response**, which is our natural stress response. Back in caveman days, survival meant escaping real threats like lions. In those moments, cortisol and adrenaline flooded our bodies, giving us added strength, power, and energy to either **fight** the lion, **run away**, or **freeze** to avoid detection.

Today, we don't face lions, but we do have thoughts that trigger the same response. But because your mind can't tell the difference between real danger and a stressful thought, your body reacts the same way—as if it's under attack. This is because we're all hardwired for survival, which is why we like to play it safe and stay in the comfort zone.

But when you learn to **master your stress response**, recognizing that you are SAFE and that FEAR is simply "false evidence appearing real," overcoming challenges can become exciting. And when you do, you become stronger and wiser.



Can you imagine a time when you took a risk? How does it feel knowing that you are still here, alive and breathing today?



Not only are we wired for survival, but we are also **hardwired to conserve energy**, which is why we automate many things—like our heartbeat, breathing, habits, walking, talking, and even our thoughts. Because of these automatic patterns, change can feel uncomfortable, even scary, as if a lion is chasing you. This is why it's easy to fall back into habits, even those that don't serve you. The key is learning how to **work with your stress response**. But before we learn how to hack the system, it's important to understand that from birth to about age 8, your brain was **downloading programs**—patterns that shape how you see the world and respond to it. These programs form your **self-concept**—how you see yourself and how you perceive the world around you. This self-concept influences every thought, emotion, and response to stress.

Imagine you're trying to make a change, like losing weight. You use your **conscious mind**—the part that handles logic and decision-making. You're excited and ready to go! You stock up on healthy food, join a gym, and start working out. But here's the thing: your conscious mind only makes up 5-10% of your brainpower.

So, the moment life gets stressful, **bam**—you slip back into old habits, making excuses to stay comfy and cozy. That's because your **subconscious patterns**, which control 90-95% of your mind, are much stronger. These programs want you to stay the same, to conserve energy—especially under stress, when your body's focused on survival. But survival from what? The boogeyman?

Recognizing these early programs is the first step in **reprogramming your mind** for lasting change.

■ Becoming Aware of Your Stress Patterns

Before you can change how you respond to stress, you first need to **recognize what needs changing**. Without awareness, change isn't possible. But this can be tricky—becoming aware of your own habits is like trying to smell your own bad breath; often, others notice before you do.

I remember an argument I had with my son. He called me a hypocrite, and I immediately got defensive. It wasn't until I chose to **pause, observe myself**, and admit that he was right that I recognized my behavior pattern. In the past, I would have denied it, because **shame** often keeps us from seeing our own shortcomings. But by acknowledging the shame I felt, I was able to make the changes I needed.

So, the question is:

Are you open and willing to notice your own “stinky breath,” let go of the shame, and face your patterns?

■ Decoding Stress, Worry, Anxiety, and Apathy

Let's break down your mind's built-in defense mechanisms:

- ✘ **Stress:** Stress is physical—it's your body's response to a perceived threat. You might feel pressure, tension, or a rapid heartbeat. In small doses, stress can be helpful, like when you're trying to meet a deadline. But it becomes a problem when your body holds onto it for too long, causing blockages.

A quick way to release stress is through your **breath**: simply elongate your exhale to be twice as long as your inhale. This activates your body's

natural calming system. Adding a **hum** to your exhale stimulates the **vagus nerve**, calming the body almost immediately.

Let's give it a try! It might feel a little silly, but that's all the more reason to practice. As you hum, notice the vibrations soothing your body—feel the instant relief.

- ✘ **Worry:** Worry is mental—it lives in your thoughts. It can be useful for problem-solving, but many people get stuck in the loop, creating more problems that feel bigger. The key is to become aware of your thoughts. Instead of trying to get rid of them, focus on how you hear them. A quick technique is to change the speed of your thoughts: try speeding them up or slowing them down. (We'll explore this technique more in a later section.)
- ✘ **Anxiety:** Anxiety is when stress and worry team up, throwing a party in both your mind and body. It's helpful if you're in a jungle at night and need to stay alert—but you're not, so learning to manage it is a skill. The first step is to accept anxiety's presence and remind yourself that you are SAFE.
- ✘ **Apathy:** Apathy is the "meh" feeling—a protective mechanism that shields you from emotional burnout or disappointment. To overcome this, try setting small, doable tasks and completing them. Because when you do, you release dopamine, your "feel-good" neurotransmitter.

■ The Biggest Secret to Change: Respond vs. React

Think of your mind like a car. **Reacting** is like slamming on the gas without looking at the road ahead, while **responding** is like steering the wheel with awareness of where you're headed.

I used to get anxious about being anxious, which only made things worse. But once I realized that **"what you resist, persists,"** everything changed. The key was acceptance—acknowledging my anxiety and recognizing that I was safe.

One of my clients, Sarah, struggled with overthinking and anxiety. After practicing this approach for a few weeks, she described feeling 'lighter, clearer, and in control' for the first time in years.

When you start **responding** instead of **reacting**, you regain control over your choices. It's hard to solve problems when you're in survival mode, as stress clouds your thinking. The first step is to **engage your calming system**: acknowledge the anxiety, remind yourself that you're safe, and then allow your mind to settle.

Now, let's talk about **prevention**—because once my clients understood this approach, **half the battle** with stress and anxiety was already won.

■ **Prevention Rx: Stop Stress Before It Starts with HALT**

The best thing I can offer you is a simple way to care for yourself, like you would a child who's upset. You probably already know that if a child is crying, you'd check if they're hungry, tired, or just need comfort. The same goes for you, doesn't it?

Imagine what could change if you started using the **HALT** method: **Hungry, Angry, Lonely, Tired**. The more you become aware of these needs, the more control you'll regain over your stress.

Anytime you feel tension building, ask yourself: **Am I hungry, angry, lonely, or tired?**

- ✘ **H: Hungry** – The best thing you can do to stabilize your mood is to eat small, protein-rich snacks every 3-4 hours. Can you imagine how much better you'd feel?
- ✘ **A: Angry** – If you try to resist anger, it only grows. But if you say, "I feel angry," you start to release it. A person is able to calm down faster when they simply acknowledge their feelings, can they not?

- ✘ **L: Lonely** – Feeling disconnected can add stress. What happens when you offer yourself some compassion or reach out to someone? Sooner or later, that loneliness starts to fade.
- ✘ **T: Tired** – Fatigue lowers your resilience. If you commit to a consistent sleep schedule, then your energy and mood will naturally improve.

The more you use HALT, the more you'll realize how much power you have over your stress. Next time you feel overwhelmed, HALT and ask yourself: Am I hungry, angry, lonely, or tired? The answer might surprise you.

Remember, **nothing and no one controls how you feel—you do**. How you feel is **self-generated**. By learning to recognize your response to stress and consciously change it, you naturally access your **internal control**, where you unlock your **POWER!**

The more you change your response to stress, the less it controls you. You're not just learning techniques—you're **rewiring your brain**.

Imagine taking the quiz and working through the worksheet—what happens when you increase your awareness? You'd be surprised at how much control you can regain.

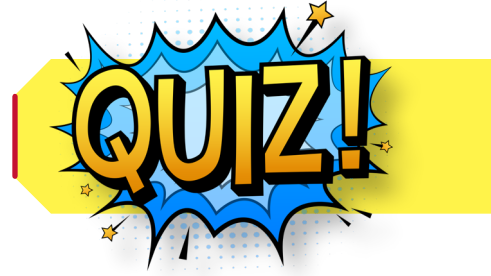
I'm not telling you to listen to the audios now, but when you do, you'll feel the shift. All learning happens in the subconscious, so keep engaging for stronger results.

When you're ready, try Heart Coherence, a technique that can instantly calm your nervous system. Follow these steps:

- ✘ Place your hand over your heart.
- ✘ Take two deep breaths through your nose.
- ✘ Exhale slowly, making your exhale twice as long as your inhale.
- ✘ Visualize a peaceful place or memory.

This practice helps activate the vagus nerve, signaling safety and creating a sense of calm.

Stress Smarts: How Well Do You Know Your Stress?



◇◇ **Pop Quiz:**
◇◇ Discover Your Stress Style!

At the end of every chapter, you'll see these boxes. Don't think of it as a test! I simply pose these questions to help you bring out your awareness and find your motivation. These "quizzes" will help you think, focus, act, and embrace the **STOP IT** process. They're also a mini cheat sheet to applying the principles covered in each chapter. The best way for you to become aware of any negative patterns that are holding you back is to keep a tally!

Q 1. How do you typically react when faced with a sudden stressful situation?

- a) I immediately start to worry and think of all possible negative outcomes.
- b) My heart races, and I feel a physical response in my body.
- c) I try to distract myself and ignore the stress.

Q 2. When you feel overwhelmed, what's your go-to coping mechanism?

- a) I talk to a friend or loved one about my problems.
- b) I notice my physical symptoms and try to relax my body.
- c) I escape into a bottle of wine, hobby or activity to take my mind off things.

Q 3. Which statement best describes your relationship with anxiety?

- a) My mind constantly races with anxious thoughts.
- b) I feel a mix of mental and physical symptoms of anxiety.
- c) I experience occasional anxiety, but it doesn't affect me too much.

Q 4. When you think about managing stress, what's your first thought?

- a) I need to figure out what's causing my stress and fix it.
- b) I need to calm my body and slow down my breathing.
- c) I need to take a break and do something enjoyable.

Q 5. How often do you practice mindfulness or breathing exercises to manage stress?

- a) Rarely, I usually focus on my thoughts instead.
- b) Often, I find physical relaxation techniques very helpful.
- c) Sometimes, but I prefer other methods of relaxation.

Q 6. What's your typical response to feeling anxious about an upcoming event?

- a) I dwell on the potential problems and outcomes.
- b) I feel physical symptoms like a racing heart or shortness of breath.
- c) I try to distract myself until the event is over.

Q 7. Which activity sounds most appealing to you when you need to calm down?

- a) Journaling about my thoughts and worries.
- b) Doing a guided breathing exercise or meditation.
- c) Engaging in a hobby or physical activity.

■ What's Your Score

- ✘ **Mostly A's:** You are a **Worrier**. Your stress response is largely driven by your thoughts. Remember, worry can be a signal to take action, but when it becomes obsessive, it's important to find ways to calm your mind.
- ✘ **Mostly B's:** You are a **Stresser**. Your body's physical response to stress is prominent. Techniques like the 4-7-8 breathing exercise can be especially beneficial for you.
- ✘ **Mostly C's:** You are a **Distraction-Seeker**. You manage stress by diverting your attention. While this can be effective, combining it with mindfulness and breathing exercises can enhance your resilience.

Take a moment to reflect on your responses and consider integrating the daily practices and audios recommended in this chapter to help you better manage your stress response. Remember, this is simply a guide, not an absolute truth.

Take Action To Calm Your Stress Response



COMPLETE THE WORKSHEET

- ✦ Download **Worksheet #1: Rewire Your Response to Stress** to identify and understand your unique stress triggers. This worksheet will help you transform your reactions, building greater resilience and well-being.

[CLICK HERE TO DOWNLOAD](#)

Take the time to complete the worksheet—it's the first step in rewiring how you respond to stress.

LISTEN TO THESE AUDIOS:



Stress is a normal part of life, but how you respond to it makes all the difference. These audios are designed to help you break old stress patterns and step into a state of calm and clarity:

- ✦ **Rewire Your Response to Stress Mind Training Audio:** This audio focuses on creating lasting change, helping you retrain your mind and body to respond to stress in healthier, more empowering ways.



Listen to Audio: Rewire Your Response to Stress

- ✘ **Rapid Stress Relief:** Provides instant relief in moments of tension or pressure, helping you quickly reset your nervous system and regain clarity.



Listen to Audio: Rapid Stress Relief

- ✘ **Heart Coherence:** Developed by the HeartMath Institute, this quick, research-proven technique (less than 5 minutes) helps balance your thoughts and emotions, reducing stress and promoting calm and focus.



Listen to Audio: Heart Coherence

PRACTICE THE HALT METHOD



Stress can sneak up on you when basic needs are unmet. Use the HALT method daily to prevent stress from building:

- ✘ **H: Hungry** – Fuel your body with balanced meals to stabilize your mood and energy.
- ✘ **A: Angry** – Acknowledge anger when it arises; simply naming the feeling helps diffuse it.
- ✘ **L: Lonely** – Recognize when you feel disconnected and take steps to reconnect, either with yourself or others.
- ✘ **T: Tired** – Prioritize rest. A consistent sleep routine helps reset your resilience.

By using HALT, you address your core needs and stop stress before it starts. Incorporate this quick self-check into your daily routine to stay grounded and in control.



Part 2:

Navigating Your Mind: The Mental GPS



“Imagination is everything. It is the preview of life’s coming attractions.”
- Albert Einstein





Part 2

Your Mental Gps

- ◇ Navigating Your Mind:
- ◇ The Mental GPS



By the end of this section, you will

- ✘ **Understand** how the mental GPS works.
- ✘ **Use powerful phrases** to transform the mindset.
- ✘ **Recognize** the emotional impact of thoughts and images.
- ✘ **Manage** emotions and mental movies with the Rewind Technique.



AUDIO: Understanding Your Mental GPS

■ Rewire Your Focus: Direct Your Mental GPS for Success

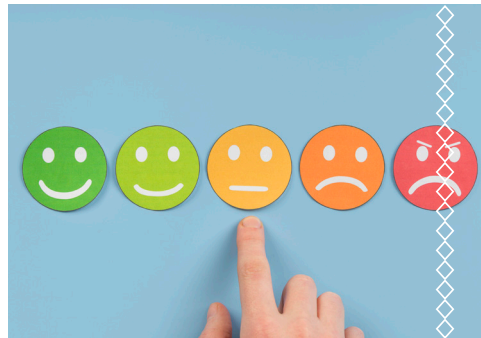
Let's be real—life can feel overwhelming. Maybe you're constantly juggling everything thrown at you, yet deep down, it feels like you're barely holding on. I've been there myself, stuck in a loop of stress, exhaustion, and frustration. Just like many of my clients, I didn't realize I was making things worse by unconsciously repeating phrases like:

- ✘ "I'm so stressed out."
- ✘ "I don't know why I'm tired all the time."
- ✘ "I hate feeling overwhelmed."
- ✘ "I'm so frustrated—people are annoying."
- ✘ "Why do I worry so much?"
- ✘ "I just feel stuck."

If any of this resonates with you, know that you are not alone. It's not your fault. The brain is naturally wired for survival, constantly scanning for threats. But the mind is very literal—it focuses on what you tell it, whether you realize it or not.

A lot of people don't realize just how powerful their mind really is. Your thoughts? They're like little forces of energy, driving what you do—or don't do. And what you choose to do most of the time? That's what shapes your life.

Here's the thing: you always have a choice. You can create thoughts that push you toward success, or you can run on autopilot, stuck in old patterns that hold you back. The greatest power you have is your ability to choose who you want to be in any given moment, and it all begins with your thoughts.



When you become more aware of your thought patterns, you gain access to that power. The more you pay attention to your thoughts, the more control you have over your mind. So, don't doubt yourself. Instead, take time to really understand how your mind works—like a GPS—so you can choose the destination you want and get there.

■ GOLDEN RULE:

Your mind, just like a GPS, will guide you toward what you focus on, even if it's something negative like stress or anxiety. Whatever you focus on, whether it's positive or negative, you get more of it. That's just how your mind works—basic, simple, and literal. Your mind can either be your best friend or your biggest nightmare because what you focus on expands. This is a universal law and a principle that never changes. You've probably heard the saying, "When it rains, it pours." Well, it's the same idea—once you focus on something, more of it tends to show up, whether it's good or bad.

Think about a time when you felt overwhelmed or stressed. What were you focusing on at that moment? How did that focus affect your mood and actions?

■ Words and Mental Pictures Shape Your Experience

Your mind is powered by two key forces:

1. The words you say to yourself (or out loud).
2. The mental images you create.

These are like the addresses you plug into your mental GPS. Whatever words or images you feed your mind, that's where it will lead you. So, if you keep saying things like, "I'm so stressed," or if you keep imagining worst-case scenarios,

guess what? You'll get more stress and anxiety to focus on. Before you know it, you're spiraling deeper into the very emotions you're trying to avoid.

That's why choosing your words and mental pictures is so important. Instead of getting caught up in the drama of negative self-talk or worrying images, remember—you have the power to choose where you want to focus.

■ Key Words Matter



Once you understand how your mind processes words, you can also explore how it filters other forms of information. Your brain is constantly sifting through a flood of stimuli, focusing on whatever aligns with your current thoughts and beliefs. By learning to direct your mental focus, you can train your mind to notice more of what you want and less of what you don't.

Here's the tricky part: your mind doesn't process words like "no" or "don't" the way you might expect. It's kind of like a Google search—it locks onto the key words. So, when you say, "I don't want to feel anxious," your mind zeroes in on "anxious," as if you just typed that into your mental GPS as the destination.

Instead, try to reframe your focus. Rather than saying, "I hope I don't get anxious," ask yourself, "How can I notice the part of my body that feels most calm?" The word most is key because it lowers resistance and gives your mental GPS a clear, positive direction—even if the calmest part is just your big toe. Focusing on that sensation helps guide your mind toward calm instead of anxiety, and as you focus, calm naturally begins to expand. Get it?

Using phrases like “most calm” or “most relaxed” reduces resistance because it gently encourages your mind to find what’s already there, even if it’s small. This simple shift rewrites your mental GPS from anxiety to calm. And when you consistently focus this way, you’d be surprised at how quickly it opens new doors of possibility.

What are some common phrases or words you say to yourself when you’re feeling anxious or stressed? How could you reframe these thoughts to guide your mental GPS toward a more positive state.

■ **The Mind’s Filtering System: Exercise Your RAS (Reticular Activating System)**

Let’s explore how your mind filters information. Here’s a quick exercise:

1. Look around the room and notice everything that’s brown.
2. Now, close your eyes and try to remember what’s blue.

It’s tricky, right? Your mind was focused on brown. This is how our minds work—they focus on what we direct them to, often missing other details. If you focus on problems, more problems will pop up. It’s not that positive things aren’t happening; it’s just that you’re not tuned in to notice them.

Whenever you catch yourself in a negative thought, instead of getting pulled into the drama and letting negativity expand, pause and shift your attention to something neutral—something there’s no argument about. A quick way to do this is by engaging your physical senses. Try saying, “I notice what I see, I notice what I hear, I notice what I feel!” This simple act grounds you in the present and separates overthinking from the facts, giving you more control over your thoughts and emotions.

To make this even more effective, try using a different voice—something that helps you step back and see things more objectively. I like to use my “reporter voice,” where I’m just stating the facts. For example, I’ll notice five things I see, four

things I hear... you get the picture. It turns the act of observation into a neutral, fact-based moment instead of being consumed by emotions or thoughts.

What have you been focusing on lately—problems or solutions? What are some positive things in your life that you might be overlooking because your focus has been elsewhere?

■ Client Examples

Nina's Story: Rewriting Her Mental GPS

Take my client, Nina, for example. She struggled with nighttime anxiety for years. Every time she woke up in the middle of the night, her immediate thought was, "Oh no, here I go again!" This negative self-talk fed into her anxiety, creating an ongoing loop of worry that stretched from the night into the day. The more she thought about it, the worse it got—leading her to start her mornings already drained and anxious.

I helped Nina break free by first identifying the exact words she was saying to herself during those anxious moments. For Nina, it was the phrase "Oh no, here I go again." Each time she repeated this, she unconsciously reinforced her anxiety.

I taught her to change her internal dialogue. Instead of saying "Oh no, here I go again," Nina began saying, "In the past, I would panic waking up, but now I am CHOOSING to focus on which part of my body is MOST calm." This simple shift in language changed everything for her. By reframing her thoughts, Nina was able to direct her mental GPS toward calm instead of panic.

Each night, when she woke up, she practiced this new way of thinking, gradually training her brain to seek out calm rather than feeding into anxiety. She began noticing small sensations of calm in her body, whether it was the steady rhythm of her breathing, the warmth of her blanket, or the stillness in her legs. Over time, this practice rewired her response to waking up at night, and the anxiety loop was broken.

As a result, Nina began sleeping more peacefully and experienced less anxiety during the day. She realized that she had the power to change her internal state just by shifting her focus and using words that guided her mind in a more supportive direction.

Ryan's Story: Breaking Free from Self-Doubt

Just like Nina, my client, Ryan faced his own mental roadblocks, but in a different way. Ryan struggled with self-doubt and procrastination, often thinking, "I'll never figure this out." These thoughts reinforced his belief that he wasn't smart enough, leading him to avoid tasks and feel even worse about himself.

What really helped Ryan was learning to identify his thought patterns and interrupt them with empowering questions. Instead of repeating, "I'll never figure this out," he began asking, "What am I avoiding? How can I make this easier? Am I willing to do it?" This simple shift in focus helped Ryan take his power back, giving him a choice he could act on. By deciding whether he was willing to take action, he built his confidence and regained control over his situation.

Jen's Story: Overcoming Perfectionism

Jen, another client, struggled with perfectionism. She believed that anything less than perfect was a failure. Despite her success, she felt drained from constantly over-delivering and always trying to prove herself. I encouraged Jen to ask, "What am I willing to let go of?" and "What can I delegate to someone else?" These questions sparked curiosity and helped her focus on what truly mattered, allowing her to regain control of her workload and avoid burnout.

■ **Mind Hack Magic: Transform Resistance with Three Simple Phrases**

I introduced Nina, Ryan, and Jen to three powerful phrases using words to evoke curiosity. By incorporating these phrases into their daily lives, they were able to make massive changes, simply by shifting their mindset.

The next time you're feeling stuck, doubtful, or anxious, try these phrases. You might be surprised by the positive impact they can have on your life. Here's your mind hack magic to transform resistance:

1. "I wonder how I..." – This phrase encourages curiosity and opens possibilities for finding solutions.
2. "Am I willing to..." – This question invites choice, and the mind loves choices and options. It helps challenge limiting beliefs. If you're willing to learn how, it means you're able to overcome it.
3. "What if?" – In the past, you may have said, "What if this never works out?" But ask yourself, "What if it did?"

By using these phrases, you can begin to shift your mental GPS toward empowerment and curiosity instead of resistance and doubt.

■ **Take Control of Your Mental Images: The Rewind Technique**

When it comes to the mental images and pictures your mind creates, there are a few powerful ways to work with them. After a skiing accident, I struggled with PTSD, and my mind would constantly replay anxious images, recreating the fear. But I found a technique that helped me take control of those mental pictures while allowing my body to process the emotions—the rewind technique.

This technique works by disrupting the intensity of the mental image, making it less vivid and emotionally charged.

When you manipulate the image in your mind, you also influence the flow of energy in your body. By draining its color, rewinding the scene, or pushing the image farther away, you soften its emotional impact. This allows your mind to process the emotions more effectively, freeing your body to release and transform the energy.

This simple act of manipulation helps your brain shift from a reactive state to a more controlled, calm response. You could check out the exercise in the Take Action section called **The Rewind Technique** for step-by-step guidance on how to release negative emotions and take control of recurring mental movies.

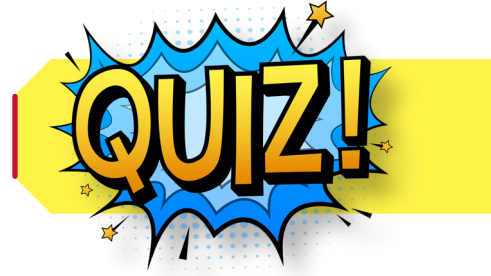
■ Remember, You Have the Power

You have the power to choose where your mental GPS leads you. It's not about resisting old patterns, but about rewiring your focus to create new possibilities. Each time you consciously shift your thoughts, you're not just changing your mindset—you're programming your mind for the future you want.

It's easy to fall back into familiar subconscious patterns because they require less energy. But real growth happens when you decide to reprogram your mind and explore new directions. Will you take the easy path of autopilot thinking, or will you empower yourself to create new possibilities? The choice is yours, and every choice shapes your journey. Make it count.



Navigate Your Mind: What's Your Mental GPS IQ?



◇◇ **Pop Quiz:**
◇◇ How Well Do You Navigate Your Mind?

Q 1. When you catch yourself in a negative thought loop, what's your first response?

- a) I get stuck and feel overwhelmed.
- b) I recognize it and try to shift my focus.
- c) I distract myself with other activities.

Q 2. How do you typically handle emotions that arise from your thoughts?

- a) I let them dictate my actions.
- b) I acknowledge them and try to manage them.
- c) I suppress them and move on.

Q 3. Which of the following best describes your view on thoughts and their impact?

- a) Thoughts are random and uncontrollable.
- b) Thoughts shape my emotions and actions.
- c) Thoughts are important but can be ignored.

Q 4. When you visualize your future, what kind of images come to mind?

- a) Negative scenarios and potential failures.
- b) Positive outcomes and goals.
- c) A mix of both, but mostly neutral.

Q 5. How often do you consciously use empowering phrases to shift your mindset?

- a) Rarely, I don't think much about my self-talk.
- b) Often, as it helps me stay positive.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling anxious about a situation?

- a) I dwell on the anxiety and let it affect me.
- b) I use techniques to calm myself and reframe my thoughts.
- c) I avoid thinking about it and hope it goes away.

Q 7. Which activity do you find most helpful for shifting your focus and awareness?

- a) Watching TV or browsing social media to distract myself.
- b) Practicing mindfulness or using empowering phrases.
- c) Engaging in physical activities or hobbies.

■ Reflection:

- ✘ **Mostly A's:** You tend to **Get Stuck**. You might struggle with negative thought loops and let them affect your emotions and actions. Consider practicing techniques to shift your focus and use empowering phrases to navigate your mind more effectively.
- ✘ **Mostly B's:** You are a **Mind Navigator**. You recognize the impact of your thoughts and actively work to manage your emotions. Continue using your strategies to shift your focus and guide your mental GPS toward success.
- ✘ **Mostly C's:** You are a **Practical Shifter**. You often distract yourself from negative thoughts but could benefit from deeper reflection and use of empowering phrases to enhance your emotional intelligence.

Reflect on your answers and think about how you can apply the strategies discussed in this chapter to navigate your mind more effectively and enhance your overall well-being.

Take Action: Empower Your Mental GPS



Complete the Workbook Exercise

- ✦ **Download Worksheet #3: The Rewind Technique:** Access this powerful tool to desensitize and release negative emotions and recurring mental movies. Follow the step-by-step guide to regain control over your thoughts and emotional patterns.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Listen to Audio: The Rewind Technique

Use this technique to take control of recurring mental movies and bad memories, rewiring your emotional response.



Listen to Audio: Breakthrough With Curiosity

Unlock new perspectives and overcome obstacles by harnessing the power of curiosity.

PRACTICE DAILY



Curiosity-Driven Questions: Spend a few minutes each day asking:

- ✘ "I wonder how I can..."
- ✘ "Am I willing to..."
- ✘ "What if?"
- ✘ Shift your focus and open your mind to positive possibilities.

Mindfulness Practice: Dedicate 5–10 minutes daily to mindfulness or meditation. Reflect on your thoughts and feelings without judgment to strengthen awareness and emotional clarity.

YOUR DAILY COMMITMENT



With consistency, these practices will help you reprogram your mental GPS, creating lasting change and unlocking your full potential.



Part 3

Beliefs And Perceptions



“The mind is everything. What do you think you will become.”

-Buddha





Part 3

Beliefs and Perceptions

- ◇ **Shifting Perspectives:**
- ◇ Reframe Your Reality



By the end of this section, you will

- ✘ Learn to identify limiting beliefs.
- ✘ Recognize and rewire your response to triggers.
- ✘ Break the cycle of overthinking.
- ✘ Navigate your mental GPS with greater clarity and confidence.
- ✘ Feel more empowered by understanding your beliefs and perceptions.



PLAY AUDIO: How We Automate Our Thoughts Based On Our Beliefs

■ How Beliefs, Automate Our Thoughts

Not only are we hardwired for our survival, but we're also designed to conserve energy. Which means during the ages from 0-8 we're soaking up everything and anything from learning new skills like walking, talking, and riding a bicycle, to understanding how to be in the world. We're like sponges.



Now, here's the cool part. Once we've mastered those basic skills—like riding a bike without training wheels—our brains switch gears. They go into autopilot mode, making everything from walking to talking feel like second nature.

Think about it. Do you really want to waste energy and brain power every time you need to get up to use the bathroom, just figuring out how to walk there? Right foot, left foot... I don't. Our brain's got bigger fish to fry. So, it automates things, from regulating your heartbeat to reading, writing, and riding a bike.

And here's a mind-blowing fact: our thoughts get automated too. 95% of the time you're having the same thoughts, experiencing the same emotional response, 24/7. Ever noticed how you're stuck on repeat with the same old thoughts, day in and day out? It's all based on our belief system, running in the background like a well-oiled machine.

■ Your Beliefs and Perceptions

Picture this: during those early years from birth to around 8, we're like sponges, soaking up everything around us. It's like we're downloading programs into our brains, shaping how we think and act as we grow up. We look to authority figures like parents, teachers, and doctors to tell us how to navigate the world.

Now, some of these programs are like little boosts of confidence, helping us feel good about ourselves and giving us the courage to chase our dreams. But then there are those other programs—the ones that hold us back. They're like little roadblocks, keeping us from reaching our full potential.

Think about it this way: imagine growing up with a pet. If you had a positive experience with a dog, you might grow up loving dogs and feeling comfortable around them. But if you had a scary encounter, like getting bitten, that fear could stick with you, even into adulthood. It's like your brain hits the panic button whenever a dog comes near, all because of one bad experience.

These early beliefs and experiences shape how we see ourselves and the world around us, influencing our decisions and actions as we move through life.

Let's dive in a bit deeper while I give you a peek into my childhood—it's a bit cringeworthy, but here it goes. I distinctly remember the first time I did something completely absurd: I duct-taped my thighs in a desperate attempt to make them skinnier. I was eight years old, and my parents were in the middle of a messy divorce.

Dad's new lifestyle package included three things: a cat, a condo, and a new girlfriend Karen, who had long skinny legs. In my 8-year-old mind, I thought if I could somehow morph into Karen 2.0, my dad might pay more attention. But as luck would have it, my plan backfired, pretty badly. Instead of waking up in the morning with long skinny legs, I wound up with a rash, from the tape and an allergic reaction from the cat.



And deeper than that, I carried away from that experience a belief—from the experience, the emotional chaos of feeling overlooked and not good enough. The problem was I never processed all the emotion around this belief, and no one ever said, “You know, your dad really loves you but he’s just lonely.” Childhood memories like these can leave a real lasting impression.

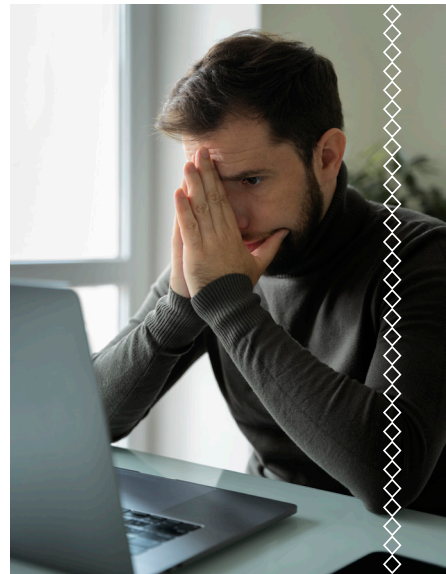
And that’s the beauty (or the beast) of emotions and convictions—they’re the foundation of our beliefs and produce our thoughts, whether they lift us up or hold us back. These beliefs can really shape our lives, leading us down different paths or keeping us stuck in the same old rut.

But the good news is, we have the power and the ability to really untangle and reshape those beliefs. Choosing to insert different thoughts can open us up to possibilities. We have the ‘ability’ to choose, and it’s all part of the beautiful, messy journey of life.

■ Now, let’s talk about the problem

Imagine you’re excited to make some changes—maybe get healthier, shed a few pounds, or whatever it may be. You’re committed, motivated, and ready to rock! So, what’s your game plan? You start making conscious decisions, right? You head to the market to grab healthier food, maybe hit the gym or go for a run.

But here’s the thing: while your excitement and determination make up only a fraction of your thinking, in the back of your head, there’s this sneaky little voice—the subconscious, if you will—whispering, “Hey, it’s been a tough day, where are the chips and cookies?” And that’s when the real challenge kicks in.



It's like a tug-of-war between your conscious decisions and those deep-seated beliefs you've picked up along the way—the ones that say you're not good enough or that failure is lurking around the corner, or when the shoe is going to drop. On one side, your conscious mind is pushing for change, while on the other, your subconscious is pulling you back with doubts and fears. It's like your brain's stuck in this never-ending battle, leaving you feeling all wound up and tense.

■ Breaking the Cycle of Overthinking

And that, my friend, is what we call overthinking. It's like running a marathon in your mind, except there's no finish line in sight. It's exhausting, draining, and leaves you feeling wound up tighter than a drum. Does this sound familiar?

But here's the thing—what if every sign of tension in our minds, bodies, or thoughts is an invitation to engage in the **STOP IT** process? Picture every trigger as an opportunity to release the idea of who we think we “should” be, so we can relax into who we truly are. Imagine making decisions from this place of authenticity. That's the ticket to feeling truly limitless!

Now, get ready because I'm about to reveal the **STOP IT** process. But first, let's delve a little deeper into understanding how our minds and bodies operate.





The Mind, Body and The Belief System

◇◇◇ **Mind-Body Connection:**
◇◇◇ Understanding Beliefs

*"We don't see things as they are, we see them as we are."
-Anaïs Nin*



By the end of this section, you will

- ✘ Understand how to break the cycle of overthinking.
- ✘ Rewrite your responses to align with your conscious desires.
- ✘ Recognize and address self-limiting beliefs.
- ✘ Appreciate the power of choice in changing your beliefs.
- ✘ Identify and manage emotional triggers.
- ✘ Feel empowered to let go of outdated beliefs and adopt supportive ones.

**AUDIO:** The Mind, Body, And Belief System

■ How To Break the Cycle of Overthinking

I wonder if you might be thinking about how overthinking stems from self-limiting beliefs that clash with our conscious wants and desires. When our conscious mind wants something, but our belief system doesn't support it, our thoughts can spiral out of control, leading to anxiety and a sense of being stuck.

The best thing I can tell you is that every trigger is an opportunity to let go of self-limitation. Once you get the hang of noticing your triggers, you'll find it easier to let go of the emotions and beliefs associated with them. The more you can spot and let go of triggers now, the more control you'll have in the long run, turning off these defense mechanisms.

You probably already know that you formed these beliefs when you were a kid. Do you really want that younger part of you to dictate how you see yourself and the world for the rest of your life? Imagine being able to appreciate why that part of you made those beliefs in the first place.

What is it like when you imagine being able to let go of the shame, fear, and doubt you held onto as a child? The more you practice new beliefs that serve you, the quicker you can learn a whole new way of thinking and believing. Can you imagine how freeing that would be?



It's important to recognize that our defense mechanisms aren't at fault; they're simply unconscious patterns of behavior, developed from our child-self who was trying to get their needs met. You probably already know that when needs don't get met, that part of us may have held onto the emotion, thinking it somehow

protects us. This means that the younger part of us formed certain beliefs to make sense of the world at the time.

Sooner or later, you realize that you don't have to continue feeling scared, hopeless, or unlovable. That was then, and this is now. Now you can choose, because it's all a choice. And although we, in the past, unconsciously created our beliefs, it simply means we can consciously choose to let go of our limitations and adopt a whole new belief system that serves us. That's the power that we all have.

■ The Power of Choice

The more you understand that our beliefs shape our thoughts, and our thoughts produce an emotional response, the more you see that response drives our actions or inaction. What happens when you change your beliefs? You change your entire experience.

When I was younger, I loved dancing and was a star in my theater company. I got so much attention and felt on top of the world. But then, the studio moved far away, and my mom couldn't drive me there anymore. So, I joined another studio.



There, I was surrounded by other talented dancers who, let's face it, were better than me. I couldn't find my place, and as a result, I started believing I wasn't good enough. This belief stuck with me and became a lens through which I viewed everything. Anytime I went after something, I would self-sabotage or become lazy and not even try. It was much easier to say I didn't put in the effort than to fail after working so hard.

But one day, I decided to put in the effort. I auditioned for a role and got it. I was back at the top again. But then I swung to the other extreme. I

became a perfectionist and an overachiever, constantly striving for flawlessness to avoid self-criticism and rejection. I wanted to be accepted, so I pushed myself excessively, seeking approval and recognition. All of this stemmed from my fear of not being good enough.

I was also a huge people-pleaser, constantly seeking approval and validation from others at the expense of my own needs because I thought, "I have to please everyone to be loved." This led to anxiety, insecurity, and fear of rejection.

Feeling unworthy of love means believing one doesn't deserve affection. I really struggled with the idea that "I'm not lovable and don't deserve to be loved," which led to neediness, loneliness, and self-doubt.

Core beliefs are those deeply held assumptions that shape how we see ourselves, others, and the world around us. Think of them as invisible lenses that color our interpretation of every experience we have. By identifying these core beliefs, you can start to challenge and change them.

Core Beliefs Unveiled: Common Mindsets and Their Impact

Beliefs about Goodness: "I am good" or "I am bad."

Views about Others: "People are mostly good" or "People are mostly bad."

Beliefs about Likability: "I am lovable" or "I am unlovable."

Beliefs about the World: "The world is dangerous" or "The world is fundamentally unfair."

Beliefs about Competence: "I am intelligent and resourceful" or "I will fail if I try."

Defense Mechanisms Decoded: Unmasking Core Beliefs

What happens when you identify what your core beliefs are, and how they influence your behavior? What happens when we sabotage ourselves in other ways?

- ✘ **The Control Freak:** Do you know anyone who's a total control freak? They try to micromanage every aspect of life to avoid failure or disappointment because they believe, "I need to control everything to feel safe." This usually results in a delightful cocktail of anxiety, frustration, and fear.
- ✘ **The Hermit:** Then there are those who go full hermit mode, withdrawing from social interactions to avoid rejection, thinking, "If I show my true self, people won't like me." This leads to loneliness, sadness, and, you guessed it, more fear.
- ✘ **The Defensive Person:** Have you ever met someone who is defensive? You know, the type of person who reacts to feedback with hostility? They're just trying to protect themselves from feeling inadequate because they may have formed a belief that "Criticism means I'm not good enough," which results in anger, shame, and insecurity.
- ✘ **The Black-and-White Thinker:** They stick to strict routines for a false sense of safety. They believe, "If I stick to what I know, I won't fail," leading to frustration, anxiety, and fear.
- ✘ **The Hyper-Independent Person:** They think, "I can't rely on anyone but myself," leading to loneliness, pride, and fear—and eventual burnout.

Remember, these beliefs were often formed when you were very young, around 0 to 8 years old. Do you really want that part of you dictating how you see yourself and the world for the rest of your life? These core beliefs start forming early in life and play a big role in how we behave and feel about ourselves. Some of these beliefs are positive and helpful, but others can be pretty limiting. The more you recognize and challenge the negative ones, the more you grow.

It's like this: If you believe the world is a dangerous place, you might always be on guard, missing out on opportunities to connect and enjoy life. On the flip side, if you see yourself as capable and resourceful, you're more likely to take on challenges and grow from them. The best thing I can tell you is that we can change these beliefs. It's about becoming aware of them and then questioning them, are they really true? Or are they just stories we've been telling ourselves for years?

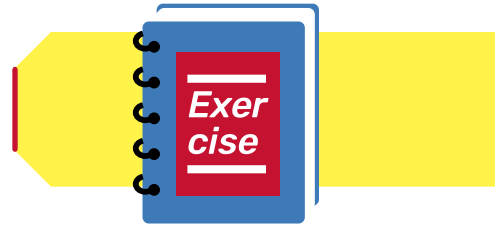
I want to share a powerful tool that I learned that's been a game-changer for me. The idea is that any negative emotions are simply signals, and they don't need to be held onto once you are paying attention. They are always trying to leave the body. If we interrupt this natural process with our self-judgment, it can spiral out of control.

But here's the good news: you don't have to stay stuck in that cycle. Try to resist the urge to judge yourself for feeling negative emotions, and you'll find it's much easier to observe them and let go. Imagine the freedom you'll feel as you let go of outdated beliefs and empower yourself with new, supportive ones.

Now that you've gained insight into self-limiting beliefs, it's time to take action.

EXERCISE

Self-Discovery Challenge:

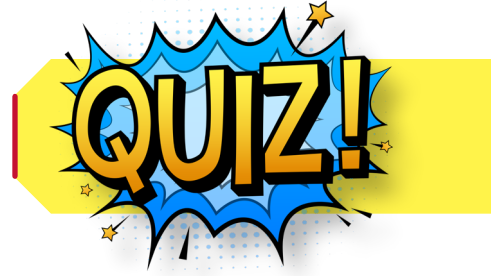


- ◇ Identify Your
- ◇ Defense Mechanisms

Check off the ones that resonate with you:

- ✘ Perfectionism
- ✘ People-Pleasing
- ✘ Avoidance
- ✘ Over-Achieving
- ✘ Control
- ✘ Isolation
- ✘ Self-Sabotage
- ✘ Defensiveness
- ✘ Hyper-Independence
- ✘ Negative Self-Talk
- ✘ Overthinking
- ✘ Procrastination
- ✘ Rigid Thinking
- ✘ Feeling Unworthy of Love

Belief Breakthrough: What's Your Mind-Body IQ?



◇ **Pop Quiz:**
 ◇ How Well Do You Understand
 ◇ Your Beliefs and Their Impact?

Q 1. When faced with a challenging situation, how do you typically respond?

- a) Overthink and worry about all possible outcomes.
- b) Stay calm and try to understand my initial reaction.
- c) Take immediate action without much thought.

Q 2. How do you handle moments of self-doubt or criticism?

- a) I get defensive and shut down.
- b) I reflect on the feedback and assess its validity.
- c) I brush it off and move on.

Q 3. Which of the following best describes your view on beliefs?

- a) Beliefs are fixed and hard to change.
- b) Beliefs are shaped by experiences and can be altered.
- c) Beliefs are important but don't significantly impact my life.

Q 4. When you notice a negative thought, what's your first action?

- a) I let it spiral and affect my mood.
- b) I acknowledge it and try to understand its origin.
- c) I ignore it and focus on something else.

Q 5. How often do you reflect on and challenge your core beliefs?

- a) Rarely, I don't think much about my beliefs.
- b) Often, as I find it helps me grow.
- c) Sometimes, when I feel particularly stuck.

Q 6. What's your typical response to feeling emotionally triggered?

- a) I react impulsively and regret it later.
- b) I take a moment to understand why I'm triggered.
- c) I avoid the situation or person triggering me.

Q 7. Which activity do you find most helpful for managing emotional triggers?

- a) Distracting myself with other tasks.
- b) Journaling or meditating to explore my feelings.
- c) Talking to a friend or therapist about my emotions.

■ Reflection:

- ✘ **Mostly A's:** You tend to Resist Change. You might struggle with overthinking and self-limiting beliefs. Consider practicing self-reflection and challenging your core beliefs to improve your mental well-being.
- ✘ **Mostly B's:** You are a Belief Transformer. You see beliefs as changeable and work to understand and improve them. Continue using your strategies to rewire your responses and align with your conscious desires.
- ✘ **Mostly C's:** You are a Practical Adapter. You often take action and move on quickly but may benefit from deeper reflection on your beliefs and emotions to enhance your emotional intelligence.

Take a moment to reflect on your answers and think about how you can apply the strategies discussed in this chapter to enhance your belief system and overall well-being.

Take Action To Break Free From Self-Limitations



COMPLETE THE WORKSHEET

- ✦ **Click to Download the Workbook and access Worksheet #2:** Follow this worksheet to release self-limiting beliefs and unlock your true potential.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Audio: Worksheet #2: Letting Go of Limiting Beliefs

After you download Worksheet #2, "Letting Go of Self-Limiting Beliefs," follow along with this audio to break free from self-imposed limitations.



Audio: Mind Training: Letting Go of Limiting Beliefs

Integrate the practice of letting go of self-limiting beliefs, release resistance, and break free to unlock your full potential.

PRACTICE DAILY



Identify and Release Limiting Beliefs:

Reflect on your self-limiting beliefs for a few minutes daily. Use the workbook to note any beliefs that hold you back.



Audio: Mind Training: Letting Go of Limiting Beliefs

Listen ½ hour before bed to practice letting go of self-limiting beliefs, release resistance, and unlock your full potential.

Mindfulness Practice: Spend 5-10 minutes each day practicing mindfulness or meditation to become aware of your thoughts and feelings without judgment.

Journaling: Keep a daily journal to track your progress, noting any triggers, thoughts, and how you responded to them.



Part 4

Understanding Emotions



“Feelings are much like waves, we can’t stop them from coming but we can choose which one to surf.”

- Jonatan Mårtensson





Part 4

Understanding Emotions

◇◇◇ **Emotional Intelligence:**
◇◇◇ Master Your Inner Messages



By the end of this section, you will

- ✘ Understand the function of emotions.
- ✘ Learn to let go of trapped emotions.
- ✘ Recognize emotions as feedback and messengers.
- ✘ Develop strategies to decode emotional messages.



PLAY AUDIO: Understanding Your Emotions

■ Emotions: Signals from Within

We've all heard parents telling their kids to "Stop crying," or asking, "Why are you so upset?" You probably already know how common that is. Growing up, I believed emotions were a sign of weakness and that I was somehow bad and wrong for having them. For me, showing emotions felt like wearing a big "kick me" sign on my back, and as a sensitive kid, imagine how challenging that was.



Whenever I got upset, my mom would shout, "Stop it, Carolyn, go put your feelings in a drawer, and then come talk to me." Being so literal, I would. I'd go to my room, and put my head in my underwear drawer, wondering how that was supposed to help, it never did, it just confused me. Sooner or later, I got good at hiding my feelings and emotions. I would tuck them into tiny little drawers, storing them in my body, which later resulted in anxiety, severe hypertension, and ulcers.

But once I understood this concept that emotions are called emotions for a reason—they're energy in motion—I started viewing them differently. You probably already know that emotions aren't inherently good or bad, right or wrong; they're simply the body's response to something. This idea was liberating because I no longer felt like it was my fault or that something was wrong with me, which meant I could let go of the shame or judgment around my stress and emotions.

■ Decoding the Messages in Our Emotions

As I started digging deeper into understanding my emotions, I realized they're more than just feelings—they're like little messengers, trying to tell me something important. You see, emotions are signals telling us to pay attention. If you don't know what to do with these emotions, they can take over your mind and body,

making you act in ways you may not like, to ensure their need is met—whether you're aware of it or not.

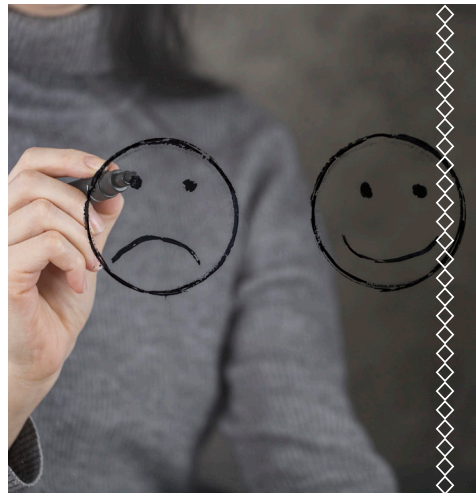
When we learn to read these emotional signals, we can start decoding what they're really telling us. Understanding these messages helps us see that our emotions aren't random or irrational—they're our body's way of communicating with us.

■ Do Something

Sometimes, emotions are like nudges, telling us to take action. For example, if you're feeling anxious before a big presentation, that might be your mind and body saying, "Hey, let's make sure we're really prepared for this." I've definitely been there. I remember feeling super anxious the night before a big presentation. Instead of letting the anxiety take over, I recognized it was just a reminder to double-check my notes and make sure I was ready. Once I did that, the anxiety eased up. It was like my body was saying, "Okay, we're good now."

A client of mine, Robert, was a high-powered lawyer who spent his days in a constant state of stress. He would push through, ignoring his emotions, just powering through the day. By the time he got home, he was like a soda bottle that had been shaken all day, just waiting to explode. And explode he did—every evening. It was a vicious cycle: stress, shame, and more stress.

One day, I shared a simple idea with him: "Robert, it's actually simpler than you think. Just acknowledge your stress and feelings, and your body will take care of the rest." He looked skeptical, so I broke it down further: "You can keep holding onto all that stress, tension, and negative emotion, or you can choose to let it go. By acknowledging what you're feeling, your body



gets a whole new message. You can feel the pressure, recognize it, and then release it.”

Here’s the thing: Robert was so caught up in his work that he often forgot to eat, and his stress response would go into overdrive. By ignoring his body’s signals, his agitation only worsened. But once Robert started paying attention to his emotions, he noticed a huge difference in how he felt—and how he acted.

He realized that by simply fueling his body properly, his stress levels decreased significantly.

■ **Accept Something**

Other times, emotions arise to help us accept something about ourselves or our situation. For example, a client of mine, Danielle, was in a relationship where her boyfriend had cheated on her. She was in denial, making excuses and obsessing over figuring out the truth, which led to a lot of anxiety. But deep down, she had a hunch about what was going on. Once she finally came to terms with the fact that the relationship was over, she was able to process her emotions and learn from the experience for the future. Accepting something doesn’t mean you have to like it, but it does allow you to move forward.

■ **Understand Something**

Sometimes, emotions come up to help us understand something deeper about our lives or relationships. Take sadness, for instance—it might be telling us that something in our life needs to be acknowledged or accepted.

I had a client, Natalie, who felt a lot of guilt and deep shame after a fight with her mom. I introduced her to the Neutralizer exercise. I said, “Natalie, the first



thing you can do when you feel strong emotions is to ask yourself, 'What am I feeling?'" She paused and replied, "I'm feeling guilty and angry, but I'm not sure why."

I guided her further: "Now ask yourself, 'What am I choosing to believe is true for this feeling to exist?'" After reflecting, she realized, "I'm choosing to believe that I did something bad, that I'm bad and wrong, even though I don't have any evidence for it."

Finally, I asked her to consider, "What am I afraid of for this feeling to exist?" She thought deeply and said, "I guess I'm afraid of getting into trouble or being rejected."

By simply acknowledging these beliefs and fears, Natalie saw that her emotions were based on assumptions rather than facts. She was so wrapped up in her own feelings that she didn't consider her mom's perspective. But once she did, she realized she had a part in the situation too. She apologized, made things right, and guess what? The guilt lifted. That emotion was there to guide her to make things better. The exercise gave her the clarity and confidence she needed to navigate her emotions without getting lost in them.

If we sit with these emotions and explore what they're trying to say, we can gain clarity and maybe even move toward acceptance. That way, we can release the emotion and embrace whatever wisdom it has to offer.

■ Feeling Triggered and Defense Mechanisms

Feeling triggered can make us defensive, right? Can you imagine what happens when we're triggered? We might want to run and hide, fight back, or if you're

like me, freeze like a deer in headlights. The most important takeaway is that recognizing when we're in defense mode is crucial for initiating change. Once we acknowledge that we're behaving defensively or thinking negatively, we realize we're in survival mode.

And here's the powerful part: when we recognize this, we can choose to let go. It doesn't mean we have to like the situation; it just means we don't need all that tension or to hold our breath, we don't have to carry that heavy emotional load. You can let go of the emotion and still not like the situation, can you not? We don't live in a world where clowns with machetes are chasing us, or lions are lurking around every corner. We're safe, and in that safety, we can afford to let go of our defenses.

When we hold onto negative emotions, we're not protecting ourselves—we're actually putting our bodies under more stress.

The safer choice, believe it or not, is to relax first, release that pent-up emotion, and then listen to the message it's trying to send us. By doing so, we access the inner wisdom that the emotion was signaling us to pay attention to in the first place.

■ Embracing the Wisdom of Emotions

When we start paying attention to the messages our emotions carry, we often find that they don't need to signal us so strongly or persistently. Imagine how liberating it is when you realize that emotions are simply messengers—once acknowledged, they can gently pass by. It's like a child tugging on your sleeve—once you acknowledge what they're trying to tell you, they stop pulling so hard.

The same is true with emotions: the more we listen to their wisdom, the less intense and overwhelming they become.

Imagine learning from your emotions, understanding what they're telling you, and then letting go of the pain they might be causing. When we do this, we not only release the emotional burden but also gain valuable insights that help us navigate our lives with greater ease and wisdom. We move from reacting to our emotions to responding to them with understanding and intentionality.

Remember, emotions are released once we acknowledge and accept them. They are not meant to be held onto, and they release once we accept something, do something, or understand something. Holding onto emotions means you are choosing to suffer. By embracing this process, we can release the pain and hold onto the wisdom instead.

Here's the deal: This journey is about letting go of what blocks you from your natural state of being and by acknowledging and accepting your emotions you are essentially giving yourself permission to exist, fully and completely in the wholeness of who you truly are. And that is the ultimate liberation.



THE NEUTRALIZER: 4 STEPS TO TRANSFORM YOUR FEELINGS



Step 1: Acknowledge Your Feelings

- ✘ Start by saying, "I am feeling _____." Fill in the blank with the specific emotion you're experiencing.
 - *Example: "I am feeling anxious."*

Step 2: Own Your Choice

- ✘ Next, say, "I am feeling _____ because I am choosing to believe..." Recognize that your emotional state is a conscious choice.
 - *Example: "I am feeling anxious because I am choosing to believe I can't figure it out."*
 - *Example: "I am feeling anxious because I am choosing to believe I am unsafe."*
 - *Example: "I am feeling anxious because I am choosing to believe I'll be rejected."*

Step 3: Feel and Observe

- ✘ Allow yourself to feel and observe the negative emotion as it begins to neutralize. Simply experience the emotion without judgment or trying to change it. Just notice it; you don't have to like it.

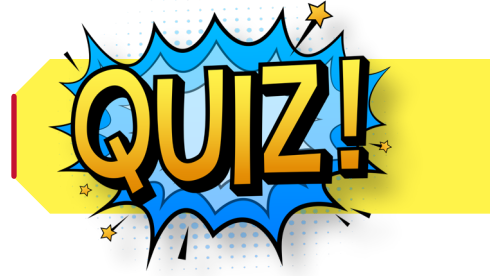
Step 4: Let Go of Judgment

- ✘ Let go of judgment by simply observing and noticing your emotions, rather than analyzing or overthinking them. Acknowledge the emotion without attaching further meaning or criticism to it.

By following these steps, you are synchronizing both hemispheres of your brain and giving a direct command that naturally desensitizes the negative emotion. This process helps in quickly neutralizing negative emotions, making it easier to manage and overcome them.



Emotional Insights: What's Your Emotional IQ?



◇◇ **Pop Quiz:**
◇◇ How Do You Handle Your Emotions?

Q 1. When you feel a strong emotion, what's your first reaction?

- a) I try to ignore it and move on.
- b) I acknowledge it and try to understand why I'm feeling this way.
- c) I express it immediately, often through talking or writing.

Q 2. How do you typically deal with feeling triggered or defensive?

- a) I react quickly and often regret it later.
- b) I take a moment to understand my feelings before responding.
- c) I avoid the situation or person triggering me.

Q 3. Which statement best describes your view on emotions?

- a) Emotions are a sign of weakness.
- b) Emotions are important feedback from my body and mind.
- c) Emotions are annoying but inevitable.

Q 4. When you experience negative emotions, what's your approach?

- a) I suppress them and hope they go away.
- b) I try to decode the message they're sending me.
- c) I distract myself with other activities.

Q 5. How often do you practice acknowledging and processing your emotions?

- a) Rarely, I usually bottle them up.
- b) Often, I find it helps me stay balanced.
- c) Sometimes, when they become too overwhelming.

Q 6. What's your typical response to feeling anxious in social situations?

- a) I avoid social situations altogether.
- b) I acknowledge my anxiety and try to understand its root cause.
- c) I power through it and try to focus on others instead.

Q 7. Which activity sounds most appealing to you when you need to process emotions?

- a) Watching TV or playing games to distract myself.
- b) Journaling or meditating to explore my feelings.
- c) Talking to a friend or therapist about my emotions.

■ Reflection:

- ✘ **Mostly A's:** You tend to **Avoid Emotions**. Your first instinct is to suppress or ignore your feelings. Consider practicing acknowledgment and gentle exploration of your emotions to improve your emotional well-being.
- ✘ **Mostly B's:** You are an **Emotion Decoder**. You view emotions as important feedback and work to understand them. Keep using your strategies to decode and process your emotions effectively.
- ✘ **Mostly C's:** You are a **Practical Processor**. You often express and process emotions through activities and conversations. Enhancing your emotional intelligence can help you better navigate and understand your emotional landscape.

Take a moment to reflect on your answers and think about how you can apply the strategies discussed in this chapter to enhance your emotional intelligence and well-being.

Take Action to Neutralize Negative Emotions



LISTEN TO THESE AUDIOS



LISTEN TO AUDIO: The Neutralizer

Learn to instantly neutralize negative emotions and release resistance, restoring balance and inner peace effortlessly.

DAILY PRACTICE



Step 1: Acknowledge Your Feelings:

- ✘ Start by saying, "I am feeling _____." Fill in the blank with the specific emotion you're experiencing.

Step 2: Own Your Choice:

- ✘ Next, say, "I am feeling _____ because I choose to believe...." Recognize that your emotional state is a conscious choice.

Step 3: Feel and Observe:

- ✘ Allow yourself to feel and observe the negative emotion as it begins to neutralize.

Step 4: Let Go of Judgment:

- ✦ Let go of judgment by simply observing and noticing your emotions, rather than analyzing or overthinking them.



LISTEN TO AUDIO: The Neutralizer

Learn to instantly neutralize negative emotions and release resistance, restoring balance and inner peace effortlessly.



Part 5

The Steps



“If you change the way you look at things, the things you look at change.”
- Wayne Dyer





Overcome
Overthinking
In Six Simple Steps

STOP IT

Your Roadmap to
Total Freedom

Part 5

The Steps

- ◇ **Transformative Steps:**
- ◇ Your Path to Peace



PLAY AUDIO: Intro To The Steps

Now that you have a better understanding of how your mind works, it's time to put that knowledge into action in your everyday life. Are you ready for the big reveal? Together, we're going to dive into the STOP IT framework, and by using the acronym STOP IT along with research-backed proof and psychological techniques, you'll learn how to rewire your mindset, stop overthinking, release tension and stress, and achieve clarity and confidence more quickly. So, let's uncover what STOP IT stands for:



Stop the Story: What stories are you telling yourself? Learn how to interrupt negative thought patterns and break free from those recurring negative thoughts.



Tune into the Tension: Discover how to release and let go of the tension, you know, that grip that's been holding you back so that you can move forward with more ease.



Observe: Develop the skill of observing your thoughts and emotions without judgment, gaining insight into your inner world.



Permission to Process: Grant yourself permission to fully feel those feelings so that your body can process them, because the energy is coming up for a reason, so it can leave your body.



Inner Wisdom: Did you realize you already have all the internal resources and answers that you need in order to move forward? You'll learn how to tap into this and it's very powerful when you do.



Thank: Cultivate an attitude of gratitude, acknowledging and appreciating the abundance in your life, big and small.



■ Your Mindset and the Software of Your Mind: Mastering Pattern Recognition

To make changes in your life, you've got to change how you use your mind. Think of it like this: you can't plant both flowers and weeds in the same garden. We're going to pull out those weeds and plant the seeds of positive change so that you can watch it grow at the rate and speed that's appropriate for you.

Remember, your mind and body are a pattern recognition device, patterned in certain ways of thinking and behaving. So anytime you find yourself frustrated in the process, remember, it's simply your mind and body learning something new, which means you're getting closer to what it is you actually want, which is to feel calm, relaxed, and in control, wouldn't you agree?

During this process, understand you're updating your coding of thinking and behavior, which is very powerful. Remember, wherever we focus, we get more of it, good or bad. It's about redirecting that mental energy and focusing on what it is we want to grow in our lives.

As we begin this journey together, remember each step of this **STOP IT** method comes with a worksheet and an audio recording to practice. The more you invest in it, the more you'll get out. It's important to practice each step before moving on to the next because they build upon one another. It's your secret weapon against overthinking.



By taking the time to jot down your answers, feelings, and thoughts, and really engaging in the process and the exercises, you're linking your subconscious mind and rewiring it, setting the stage for real transformation.



Overcome
Overthinking
In Six Simple Steps

STOP IT

Your Roadmap to
Total Freedom

Step 1

Stop the Story

- ◇ **Pause the Narrative:**
- ◇ Tame Your Inner Critic

"The greatest weapon against stress is our ability to choose one thought over another."

-William James

What's the false story you keep telling yourself? In this section, we'll explore practical techniques to quiet your inner critic and cultivate a more supportive internal dialogue. You'll learn to stop those negative stories and replace them with empowering ones, setting the stage for a more positive and motivated mindset.



By the end of this section, you will

- ✘ Learn how to stop overthinking.
- ✘ Interrupt negative self-talk.
- ✘ Work effectively with your inner critic.
- ✘ Meet your emotional and psychological needs.
- ✘ Stop negative thought loops.
- ✘ Quiet your inner critic and cultivate supportive self-talk.
- ✘ Replace negative stories with empowering ones.

STEP 1 - STOP THE STORY



PRESS PLAY AUDIO: S-Stop The Story

In a moment, I'm going to share a very important secret that will get rid of 75% of the battle with your negative thoughts! But before I do, let's start with a bizarre question: How is the desk the mother of the chair? Take a moment to think about it.

Some might say it's because the desk is bigger. Others might say it's because the desk is older and can cover the chair. But here's the answer: It isn't. The desk is not the mother of the chair. The desk is a desk, and the chair is simply a chair. Yet, your mind started searching for an answer, didn't it?

That's because your mind is a story creator. It automatically creates connections between things, trying to figure out how the world works. And when it doesn't know why something happens, it makes its best guess. The problem is these guesses don't feel like guesses; they feel like the truth.



What's crazier is the fact that 80% of our thoughts are negative, and 95% are repetitive. It's like being stuck in a loop, replaying the same negative thoughts and feelings 24/7. No wonder people are anxious and depressed, right?

We do this over and over, and these stories create our reality. Because our unconscious mind interprets every experience, our beliefs about ourselves and the world

around us shape our reality. This means that to change our reality and results in life, we must first change our beliefs to ones that serve us. When we do this, we begin producing new thoughts that move us towards different results.

Did you realize that paying attention to negative thoughts means you are choosing to keep your self-limitations? But imagine shifting your focus from something negative to something factual, like noticing a tree with 10 leaves on a particular branch. When you state facts or observe the world through your senses—what you see, hear, touch, taste, and smell—there's nothing to argue with, and you eliminate the battle of the minds.

This is much easier than trying to change your crappy thoughts to happy thoughts, wouldn't you agree?

■ **Catching Negative Thoughts**

It's important to understand that negative thoughts gain more power over you the more you focus on them. The best advice I can give you is to STOP IT and simply state the facts anytime you catch yourself focusing on negative thoughts. The moment you give attention to negative thoughts, the more power they have and the more important they become, leading to overthinking.

The key is to catch negative thoughts before they build momentum. If you're overthinking, you've built some momentum in negative energy. What you want to do is interrupt the thought and acknowledge any resistance or negative emotion. This signals your mind and body that you are paying attention differently. This new pattern will allow the body to let go of the resistance and the mind to shift focus more easily.

Now you might be thinking, "Okay, well, how do I do this?" That's what we're going to cover in this section. Once you can recognize that a thought is simply a thought and isn't real—a hologram of either the past or the future—you can reclaim your power by shifting into the present moment, simply by tuning into your senses or stating facts.

Take my client Jeff, for example, who was a huge movie buff. He really struggled with anxiety, especially in the middle of the night when he would get panic attacks. We found a gateway to calm his nervous system and interrupt this pattern. Because he knew all the Academy Award-winning movies, directors, and actors, he would recite each movie by year and the actors involved. This simple act interrupted his negativity, causing his anxiety and panic, and replaced the thoughts with something factual and unarguable.

Another client of mine struggled with anxiety, and we found her gateway through jellybeans. Her granddaughter had brought over a big bag of jellybeans one day, and she loved eating them one by one, focusing on the unique flavors. For her, I suggested eating one jellybean at a time and describing the texture, flavor, and smell, really dialing into her senses.

For me, making my negative thoughts sound ridiculous or singing them really changed things. It's hard to feel negative when you're singing a song about something absurd. I would even give my negative thoughts a funny voice or an accent. Did you realize that the more ridiculous and absurd something is, the less important it becomes? Who knew this ridiculously powerful tool could stop my overthinking thought loops?

Other people might decide to recite recipes or lyrics to a song. I wonder which ways you might choose to refocus your attention more easily—ways that are unarguable—so you can snap out of the negative thought pattern. This takes practice, but the more you practice, the easier it becomes. Now it's simply automatic for me.



■ Turning Your Inner Critic into Your Greatest Advocate

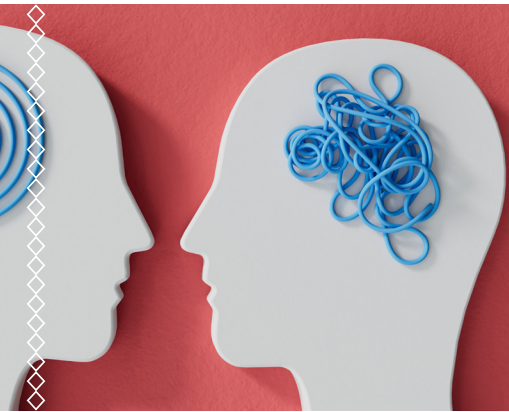
Have you ever caught yourself saying things to yourself that you would never say to a friend—or even to a stranger?

I remember when I found myself in a cycle of negative thoughts for about three years, slowly sinking into a deep depression. On my off days, anxiety would creep in. I had just moved in with my then-boyfriend and kept telling myself, “Why is he with me? I need to get it together before he realizes what a mess I am and leaves.” This constant loop made me feel inadequate, stuck in an anxious, self-deprecating spiral. I turned to overeating, overdrinking—over everything. I was so over myself that I would beat myself up, and the shame kept me feeling anxious, hopeless, and lost.

Then one day, while walking my dog, I randomly started singing show tunes. A song from *West Side Story* popped into my head: “Something’s coming, something good,” but I didn’t know the rest of the lyrics. So, I just kept singing and making up words: “Who knows... I’m excited! I’m excited!” It felt silly and ridiculous, but it was a far cry from feeling depressed or anxious.

I later learned that anxiety and excitement have the same physiology. Instead of confirming the story that I wasn’t good enough for someone to stick around, I made up show tunes about excitement. Sooner or later, the more I sang about excitement, the more exciting things came my way. Without even realizing it, I began singing myself into a whole new story and reality that felt exciting. Just the feeling of excitement felt good! And because my GPS mind had the address of excitement, guess what? More exciting things began to happen in my life. Wherever you focus, you get more of it. In the past,





I got more anxious because I focused on anxious thoughts. By shifting my focus, I got more excitement in my life. Get it?

Did you realize that your inner critic is a very valid part of you? It wants the best for you and is there to protect you, telling you not what you are but what you are most afraid of being. Negative emotions can be avoided by understanding your inner critic. The more you understand, the

more you can tune in and listen to signals from your mind and body, learning from the wisdom of your emotions. This helps you move faster towards what you desire.

Once you understand that your inner critic wants the same things you do—safety, control, love, peace, and happiness—you naturally and automatically become more in tune with yourself.

■ Decoding Self-Criticism and Shame

Now you might be thinking, why do we develop this inner critic? There are many reasons. We might internalize criticism from parents, teachers, or peers at a young age. Some of us were told hurtful things like, “You’ll never amount to anything,” which leaves lasting scars. Did you realize that, as humans, we evolved to pay more attention to negative experiences because of survival? It’s a survival mechanism. This evolutionary pattern means our minds are wired to focus on the negative more than the positive.

■ Rewriting Your Inner Story

Self-criticism blocks us from learning and growing, creating a cycle of shame and avoidance. Shaming messages like “What’s wrong with you?” or “You’re not

good enough” can paralyze us. When we feel shame, we believe something about us is fundamentally wrong or flawed, making us feel undeserving and disconnected from others. This leads to filling in the blanks with false truths about us. The more we hold onto this shame, the more it disconnects us, making us feel alone and misunderstood.

Holding onto shame doesn't mean you don't want to change, but it prevents the changes needed to better ourselves. If you're saying things like, "I'm an idiot" or "I'm not good enough," you're essentially shaming yourself into analysis paralysis. Instead, notice how you can improve or what you can do differently next time, and mentally rehearse this new pattern.

Remember, holding onto shame keeps you stuck as a victim of your self-limitations. We need to hack the system and update the coding of our ancestors' reactions, thinking, and behavior. Choose to let go of the shame and old patterns, accessing your true power.

Imagine letting go of all the shame you thought protected you and realizing that who you truly are is already enough. The more you release shame about who you think you should be, the easier it is to embrace your true essence. That's true power.

Surprise yourself because it's not about stopping your internal dialogue; it's about using it when it's worth having. You have the power within you—it's called the power of choice, 'free will.' Use it wisely and watch your new responses change your results in life! The question is, are you willing to put in the effort to change your results?

If so, it's time to **take action!**

Quick Mind Hack: Catch and Reframe



Break Negative Thoughts with a Simple Shift: Whenever you notice a negative thought, immediately say to yourself, “**STOP IT.**”

01. LABEL IT A THOUGHT

Recognize that it's just a thought, not a fact.

02. MAKE THE TONE RIDICULOUS

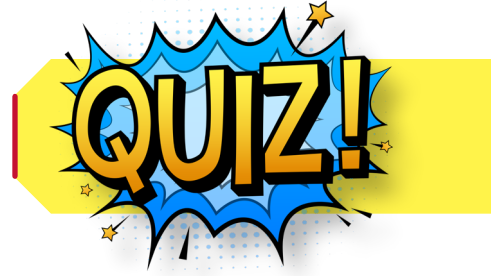
Change the tone or accent of the thought to something silly. This makes the thought seem less “important” and desensitizes its impact.

03. SHIFT YOUR FOCUS TO PHYSICAL SENSES

Redirect your attention to what you can see, hear, touch, taste, or smell.

Example: “I NOTICE a tree with 10 leaves on a branch.” This technique disrupts negative energy and refocuses your mind on the present moment.

Story Stopper: What's Your Inner Critic IQ?



◇◇ **Pop Quiz:**
◇◇ How Well Do You Manage Your Inner Critic?

Q 1. When you catch yourself in negative self-talk, what's your first response?

- a) I get overwhelmed and feel stuck.
- b) I recognize it and try to interrupt it.
- c) I ignore it and try to move on.

Q 2. How do you typically handle feelings of inadequacy or self-doubt?

- a) I let them spiral out of control.
- b) I acknowledge them and try to understand their source.
- c) I distract myself with other activities.

Q 3. Which of the following best describes your view on self-talk and its impact?

- a) Self-talk is random and hard to control.
- b) Self-talk shapes my emotions and actions significantly.
- c) Self-talk is important but can be managed easily.

Q 4. When you notice a negative thought, what's your first action?

- a) I let it affect my mood.
- b) I acknowledge it and try to replace it with a fact or positive thought.
- c) I ignore it and focus on something else.

Q 5. How often do you practice constructive self-talk?

- a) Rarely, I don't think much about my self-talk.
- b) Often, as it helps me stay positive.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling criticized, either by yourself or others?

- a) I dwell on the criticism and let it affect me deeply.
- b) I reflect on the criticism and assess its validity.
- c) I brush it off and move on.

Q 7. Which activity do you find most helpful for managing your inner critic?

- a) Distracting myself with other tasks.
- b) Practicing mindfulness or using empowering phrases.
- c) Engaging in physical activities or hobbies.

■ Reflection:

- ✘ **Mostly A's:** You tend to **Get Stuck in the Story**. You might struggle with negative self-talk and let it affect your emotions and actions. Consider practicing techniques to interrupt your inner critic and cultivate supportive self-talk.
- ✘ **Mostly B's:** You are an **Inner Critic Navigator**. You recognize the impact of your self-talk and actively work to manage it. Continue using your strategies to interrupt negative thoughts and replace them with empowering ones.
- ✘ **Mostly C's:** You are a **Practical Adapter**. You often distract yourself from negative self-talk but could benefit from deeper reflection and use of constructive self-talk to enhance your emotional intelligence.

Reflect on your answers and think about how you can apply the strategies discussed in this chapter to manage your inner critic more effectively and enhance your overall well-being.

Take Action Stop The Story:



- ◇ Tame Your
- ◇ Inner Critic

COMPLETE THE WORKSHEET

- ✦ **Click to Download the Workbook and access Worksheet #4: Stop the Story:** Download this worksheet to identify the false stories you tell yourself and learn techniques to effectively interrupt negative thoughts.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Listen to Audio: "The Snap Out Technique" Mind Training audio

This mind training audio will help you identify negative thought patterns and quickly snap out of them, shifting your mindset to a more positive and constructive state.



Listen to Audio: Tame Your Inner Critic

Engage in a mind training exercise that helps you work with your inner critic, enabling you to move towards your goals positively.

DAILY PRACTICE



- ✘ **Identify and Interrupt Negative Thoughts:** Reflect on the false stories you tell yourself for a few minutes daily. Use the worksheet to note any recurring negative thoughts and practice interrupting them with facts or sensory observations.
- ✘ **Listen to Audio Tame Your Inner Critic:** Spend ½ hour before bed listening to the audio to reinforce techniques for taming your inner critic and shifting your mindset.
- ✘ **Practice Constructive Self-Talk:** Whenever you catch yourself engaging in negative self-talk, consciously choose to rewrite your inner narrative with compassion and positivity.



Step 2

Tune Into The Tension

- ◇ **Tension Tune-Up:**
- ◇ Release Resistance

"Tension is who you think you should be. Relaxation is who you are."
Chinese Proverb

Learn how to manage and release the tension that builds up from unprocessed emotions and negative thoughts. By understanding how tension impacts your body and mind, you'll discover powerful tools and techniques to alleviate this pressure, leading to greater ease and comfort in your daily life. Just like learning to ride a bike, this process takes practice, but with time, you'll find it much easier to manage and release tension effectively.



By the end of this section, you will

- ✘ Release trapped emotions and physical tension.
- ✘ Reconnect with your authentic self.
- ✘ Understand the impact of untreated tension on your life.
- ✘ Learn techniques to process emotions naturally.
- ✘ Develop strategies to manage and reduce stress.
- ✘ Gain insights into the mind-body connection.
- ✘ Apply practical steps to let go of resistance and self-limitations.

STEP 2 - TUNE INTO THE TENSION



Play Audio: Step 2 - Tune Into The Tension

■ Step 2: T - Tune into the Tension

In the last step, S - Stop the Stories, we discussed how to interrupt negative thoughts. But let's be real—most people find this challenging at first. Even I can still get caught up in my head at times, and negative thoughts can trigger strong emotional responses. If we don't catch them in time, they can build up serious momentum, creating anxiety.

That's why step 2 - T - Tune into the Tension is so important. Before I share powerful tools and techniques to alleviate this pressure and tension, remind yourself that this is a process. Think about learning to ride a bike. You didn't master it on day one. You had to find your balance, figure out how to steer, and get your feet moving on the pedals. It was tricky at first, but sooner or later, you were off riding with your friends. Once you get used to stopping negative thoughts the moment they pop up, you'll find how much easier you feel in the long run.

In the beginning, managing my emotions was tricky. I remember a time when the tension in my chest and body was so intense I wanted to crawl out of my skin. The more I kept myself busy, always on the go, the more the tension would build. By the end of the day, my total avoidance would exhaust me, leaving me feeling incredibly uncomfortable. All I wanted was relief, and the only thing that seemed to ease the discomfort was a glass of wine. Let's be real, that "one glass" often turned into half a bottle or more. When the wine didn't cut it, there were always Oreos



stashed in the pantry. Then I'd crave something salty, so I'd grab some chips. It was a never-ending cycle of drinking, munching, and avoidance, trying to find relief. But the tension would still sneak up on me, especially in the middle of the night, with panic attacks, leaving me anxious and exhausted the next day, repeating the same cycle.

Looking back, I realized I was just doing what I knew to find relief in the moment. It worked temporarily, but the problem was I would shame myself the next day, building more resistance, which meant I would never let my body naturally release that tension. I was constantly interrupting its natural process. My mind was on overdrive, and my body was in full-power mode most of the time. As the saying goes, the more you resist, the more resistance persists.

■ The Impact of Untreated Tension

Take my client Sarah, for example. She was constantly stressed and felt a tightness in her chest that she couldn't shake off. She tried to keep busy, thinking it would distract her, but the stress kept building up. She noticed it was affecting her relationships—she'd snap at her kids over small things and felt distant from her husband. She didn't realize that her unprocessed emotions were impacting her daily life and those around her.



Imagine all that tension building up in your body, just waiting to be released. If you don't deal with it, it keeps piling on, making you feel more and more uneasy and unsettled. Sooner or later, it starts affecting everyone around you because how you feel influences everything. Think of it like this: you brush your teeth every day, usually twice. You wash your body and hair. But imagine you're out in the woods, camping, and you don't shower or brush your teeth for a few days. It's

uncomfortable, and it starts to smell. Now imagine a week or even a week and a half without cleaning up. Your energy works a lot like that too. If you don't clean it out regularly, it builds up, and you get uncomfortable. Think of it as "emotional plaque." This buildup creates a hardened layer. Sooner or later, that hard layer becomes very heavy and uncomfortable, and everyone around you feels it too.

Growing up, we're taught to wash our hair, brush our teeth, and clean our bodies, but nobody ever teaches us how to clean our energy. That's what we're going to learn—how to clean our energy. But before we do, it's important to understand that unprocessed emotions don't just disappear—they get triggered repeatedly.

Vibrational Mastery

How to Feel, Process, and Release Emotions for Lasting Change

- ✘ **Emotional Vibration:** First, we develop an emotional vibration.
- ✘ **Feel the Emotion:** Next, we feel the emotion and any associated thoughts or physical sensations (where the mind and body interconnect).
- ✘ **Release:** Finally, we move on from the emotion—it's released by processing it.

Understanding and Processing Emotions

Here's the problem: Imagine something happened at a young age where you didn't process an emotion properly. For example, if you were blamed for something, you might have developed the belief that it was your fault. Because you never processed the shame or guilt, today, when you feel at fault, those old, unprocessed feelings resurface and amplify the current situation. Emotions are

always trying to leave your body, and negative emotions release when we accept, do, or learn something.

Here's where people run into a problem: they get stuck in the stories about why or what happened, and as a result, they continue to get triggered by similar situations. Unprocessed emotions don't just disappear; they get triggered repeatedly until we learn from them. If we don't, this repeated triggering affects how we handle stress, relationships, and physical health.

Learning from your emotions and letting go of why you're feeling that way helps release self-limitations. Holding onto these emotions doesn't protect you; it harms your body. It's safer to let go of them and hold onto the learnings instead. Negative emotions release when we accept, do, or learn something.

Emotions are a signaling system. Think of it like this: if someone is honking their horn and you don't pay attention, won't they honk louder until you do? You can choose to let go of emotions and tension or ignore them—it's all a choice. Understand that whenever you're in defense mode, you're defending your limitations and will continue to get triggered until you learn from them. Negative emotions release when we accept, do or learn something.

My client John experienced this firsthand. He had a deep-seated belief that he wasn't good enough due to a critical parent. Anytime he made a mistake at work, he'd be overwhelmed by anxiety and self-doubt. When he finally acknowledged his limiting belief and saw it for what it was—FEAR, false evidence appearing real—he stopped over-analyzing every little mistake and began to trust his abilities more.



■ Understanding and Processing Emotions

Your body is designed to process these emotions and stress for you. All you need to do is get out of the way and stop overanalyzing everything. Learn from the emotions because they are signals, and when you don't pay attention, you'll keep getting signaled until you learn.

Did you know the word "feeling" comes from what your nervous system is telling you? It's a sensation, so it's important to FEEL it. When you do, your brain goes, "Oh, they're paying attention now, so we can let go." But often, we stay stuck in our heads, trapping emotions in our body.

Trapped emotions mean your true self wants to express something the false self doesn't. The true self is open and trusting, while the false self, or ego, develops to deal with pain, loss, or unmet needs. As we grow, we need to feel safe, loved, approved of, and understood. Now, it's up to you to meet those needs.

Tension represents who we think we should be. When we relax, we reconnect with our authentic selves. Suppressing negative emotions leads to resentment, poor decisions, self-sabotage, overreaction, stress, anxiety, fatigue, and overthinking. But the good news is that the more we lean into the tension without judgment, the faster it passes. Tune into the tension in your body, feel it without judgment, and let your body do the work.

Regularly tuning into your body's tension can increase awareness and help manage stress. Shifting focus from racing thoughts to your body allows energy to flow more freely.

What small steps can you take to let go of unprocessed tension? Try to resist holding onto it and take action with the next few exercises!

Quick Mind Hack: Tune In and Let Go



When you feel tension building up, take a moment to focus on the physical sensations in your body.

01. ACKNOWLEDGE THE EMOTION

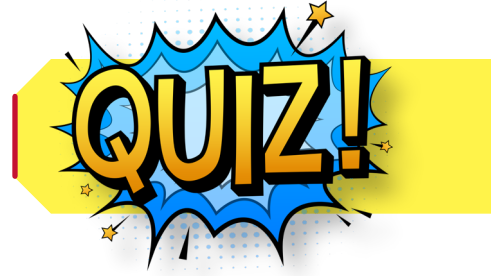
Recognize the emotion without judgment.

02. IMAGINE RELEASE

Imagine the tension leaving your body with each exhale. Picture what it would look like, feel like, and sound like as it leaves. For example, you might see it as a dark cloud dissipating, feel a lightness replacing the tension, or hear a gentle whooshing sound.

This practice helps release built-up emotional plaque and brings you back to balance.

Tension Tamer: What's Your Stress Relief IQ?



◇◇ Pop Quiz:

◇◇ How Well Do You Tune Into and Release Tension?

Q 1. When you feel physical tension or stress, what's your first response?

- a) Ignore it and push through my day.
- b) Acknowledge it and try to understand its source.
- c) Distract myself with other activities.

Q 2. How do you typically handle unprocessed emotions?

- a) I avoid thinking about them.
- b) I try to tune into the emotion and understand what it's signaling.
- c) I suppress them and hope they go away.

Q 3. Which of the following best describes your view on emotional tension and its impact?

- a) Emotional tension is unavoidable and hard to manage.
- b) Emotional tension is a signal from my body that needs attention.
- c) Emotional tension is something that can be easily ignored.

Q 4. When you notice a buildup of stress or anxiety, what's your first action?

- a) I let it affect my mood and energy.
- b) I acknowledge it and try to release the tension.
- c) I distract myself with other activities.

Q 5. How often do you practice techniques to release trapped emotions?

- a) Rarely, I don't think much about it.
- b) Often, it helps me stay balanced and calm.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling overwhelmed by stress?

- a) I let it spiral out of control.
- b) I try to manage it by tuning into my body and practicing relaxation techniques.
- c) I avoid thinking about it and hope it resolves on its own.

Q 7. Which activity do you find most helpful for releasing physical tension and stress?

- a) Watching TV or browsing social media to distract myself.
- b) Practicing mindfulness, breathing exercises, or physical activities.
- c) Engaging in hobbies or talking to friends.

■ Reflection:

- ✘ **Mostly A's:** You tend to Avoid Tension. You might struggle with acknowledging and managing your physical and emotional tension. Consider practicing techniques to tune into your body and release trapped emotions to improve your well-being.
- ✘ **Mostly B's:** You are a Tension Tuner. You recognize the importance of acknowledging and managing tension. Continue using your strategies to tune into your body and release trapped emotions effectively.
- ✘ **Mostly C's:** You are a Practical Adapter. You often distract yourself from tension but could benefit from deeper reflection and use of techniques to release trapped emotions and enhance your emotional intelligence.

Reflect on your answers and think about how you can apply the strategies discussed in this chapter to tune into and release tension more effectively, enhancing your overall well-being.

Take Action - Tune Into The Tension: Release Resistance



COMPLETE THE WORKSHEET

- ✘ **Download Worksheet #5: Tapping:** This worksheet is a guide to follow, not to fill out. Embrace control over your stress with a 2-minute stress reliever and learn the ancient secret to releasing emotions. tively interrupt negative thoughts.
- ✘ **Download Worksheet #6: Havening Technique:** This worksheet is designed to help you access delta brain waves to calm your nervous system. Follow the guide to experience the benefits—this is not a fill-out worksheet.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Listen to Audio: Tap the Tension

Follow along with the guided process of tapping and releasing tension.

**Listen to Audio:** The Havening Technique

Create delta brainwaves that soothe and calm your nervous system.

**Listen to Audio:** Master the Art of Letting Go

Release tension and let go, enabling you to move towards your goals.

DAILY PRACTICE



- ✘ **Practice Tapping Points:** First thing in the morning and before bed to cleanse and clear energy, releasing resistance.
- ✘ **Havening Technique:** Use to calm the nervous system and release stored tension.
- ✘ **Master the Art of Letting Go:** Listen daily to release tension and progress toward goals.



Step 3

Observe

- ◇ **Observation Power:**
- ◇ Becoming the Observer

"Observe your thoughts, don't believe them."
Eckhart Tolle

Learn the power of observation and how to apply it to your thoughts and behaviors. By stepping back and observing yourself without judgment, you can gain insight into your automatic responses and patterns. This awareness allows you to change your reactions and create new, more empowering outcomes in your life. Through the practice of observation, you'll discover how to respond rather than react, leading to greater control and clarity.



By the end of this section, you will

- ✘ Observe emotions without judgment.
- ✘ Gain insights from your emotional reactions.
- ✘ Understand the power of stepping back.
- ✘ Recognize and respond to your body's signals.
- ✘ Develop techniques for mindful observation.
- ✘ Apply strategies to manage reactions and improve interactions.

STEP 3 – OBSERVE



Click to Play Audio: Step 3 - Observe

■ The Power of Observation

Before we move on to Step 3, let's do a quick review.

- ✘ **Step One: Stop the Stories:** It's important to remember that you are not your thoughts and that your negative thoughts have zero value. When you get sucked into the negative thoughts, you give them power, and by stopping them right away, you stop the momentum of negative energy, take away their power, and reclaim yours.
- ✘ **Step Two: Tune into the Tension:** Get out of the stories playing in your head and tune into the body instead. When negative thoughts build up, they create negative energy—emotions. If you don't catch it right away, this energy can build up, creating emotional plaque. Once you become aware of the tension, buildup, or pressure, remember: the more you resist, the more it persists. Simply focus your awareness on your physical sensations and acknowledge the emotion without judgment.

Step Three: Observe

Now, here we are at Step Three: Observe. Think about it. You're watching a movie and you see the scenes unfold, you hear the dialogue, you notice the emotions of the characters. Similarly, you can observe how your body responds to stressful thoughts or situations. Notice the energy, emotions, behavior, and response. You have the power to decide how much you get sucked into the drama of the movie. Just like observing a movie, noticing how you get drawn into the dramas playing in your mind or reacting to stressors. Simply by observing yourself—your emotions and behaviors—you start to regain control over your

responses. It all starts with the willingness to observe and notice things objectively or differently.

You know, life has a bizarre way of throwing us into challenging situations, but these challenges can lead to profound realizations. For me, this moment came right after my divorce. I was constantly arguing with my kids, feeling unheard and powerless. Then, one day, I woke up with laryngitis.

So there I was, forced into silence without a voice and no way to argue back with my kids. The funny thing was, the silence unveiled a powerful insight. I remember I was sitting in the kitchen silently watching one of my kids have a tantrum. Now, in the past, whenever they argued, I'd argue back, I'd get sucked into their drama and the whole thing would escalate. This was a pattern, one that was familiar from my own childhood with my mom. My automatic responses trapped me in a cycle of conflict originating from the past.

But with laryngitis and my forced silence, I was able to notice these patterns. Through my silence, I realized that I could either continue to react the same way, getting sucked in and escalating the situation, or I could change my response pattern, giving me a new outcome. I became curious about what I really wanted. Was my intention to win the argument, or to recognize that all I really wanted was peace and to set boundaries peacefully?

Being unable to argue back, I was able to see things differently, and I started noticing patterns and triggers. It was like gaining an unbelievable ability to read the room and understand what was happening beyond the shouting. This observer role changed my interactions with my kids



and how I saw myself. Suddenly, I wasn't reacting to everything. I was taking it all in and processing before reacting. It was like gaining a whole new level of control over my reactions, just by paying attention. This was pivotal because I was no longer feeling like the victim of circumstances, but rather the creator of new outcomes that moved me and the situation forward.

So I shifted my intention to finding peace. I could hold my ground as a parent without getting sucked into the conflict. When my voice returned, I noticed the same patterns reappeared, but I had gained the insight to choose a new way of responding. The more I practiced this new response, the easier and more automatic it became.

See, to change any result in life, we must first change how we respond to things, and it begins with the willingness to notice our shortcomings, behaviors, and reactions to any given situation.



Becoming aware of our shortcomings is kind of like being able to smell your own stinky breath—everyone else smells it, but you don't even notice it even though your nose is right above your mouth. Recognizing our reactions and shortcomings takes willingness and a keen eye. It takes a willingness to put in the effort to change. But let's face it, we all have our shortcomings, and the secret

is noticing them without judgment. Often, there's shame around admitting it, but once you recognize that shortcomings are simply adaptive strategies we adopted as children to either avoid or get our needs met, you can let go of the shame and understand them. By observing these patterns, you can choose to update the coding of your mental computer, change your thinking and behavior. Isn't it nice to know that you have this ability to change? It means that you can move towards what you actually want, rather than away from what you're afraid of happening.

When we get triggered, we go on autopilot, which can cause us to dissociate. It's like a switch that flips on; our survival instincts are triggered. When the switch is on, it's like you're on a runaway train, swept up by your emotions, and you go on autopilot. It's about catching yourself in these moments, observing that there's just a small window where you can consciously choose to stop and become the observer of yourself. This is very powerful. By simply practicing stopping in your tracks and observing the sensations and triggers, you can recognize that you're safe, turn the switch off, take a moment, and breathe. This allows you to reclaim your power by consciously choosing how you'd like to respond instead.

Take my client Greg, for example. Greg often went from 0 to 60 when triggered, reacting on autopilot. To help him regain control, I guided him through a simple exercise:

- ✘ **Recall and Describe:** Greg recalled a time he felt a charge of anger, describing it as heat moving from his stomach up to his throat. He had thoughts like, "You're an idiot, and this is stupid," which increased this heat and his frustration.
- ✘ **Notice and Adjust:** I had him close his eyes and notice the onset of this heat, then using his imagination, he practiced turning the temperature down. Instead of letting it rise to his throat, he visualized moving it down into the ground through his feet, which grounded him.
- ✘ **Change the Thought:** Greg changed his automatic thought from thinking people were stupid to asking, "How can I feel more balanced right now in this situation that I don't like?"

This exercise helped Greg gain control over his reactions and emotions. Remember, you don't have to like what's happening around you. The key is that by observing yourself, you can change your feelings and sensations. It's never the problem itself that's the problem; it's how we feel about it that becomes the issue.

By taking on the role of the observer, you can start collecting valuable data about yourself. Now, it's uncomfortable at first, but the more you observe yourself without judgment, the more self-knowledge you gain, and self-awareness allows

you to change your responses more quickly, moving you towards what you actually want instead. It's like noticing the entry point to your internal control panel where you can create the changes. By observing what you're currently doing and the effects it causes, you can change the outcome. That's the power we all have, and it begins with observing what we're doing that might be contributing to undesired outcomes.

As you begin to identify your own shortcomings, you can observe them without judgment. You'll notice they're just automatic responses coded into your mind and body. Then it becomes a willingness to put in the effort to create the change. It's like mentally rehearsing a new response, similar to an actor rehearsing new lines. It takes a few tries, but each time you practice, it becomes smoother. Once you identify your responses, you are able to make a different choice. You can change what you don't like about your reactions and interactions and start behaving in a way you prefer.



Imagine what would happen if you were able to calmly assess your reactions. What if you could see your triggers as an invitation to observe? Since you're learning the benefits of self-observation, you could start to improve your responses. It's like when a friend comes to you all worked up and upset. You acknowledge them, maybe remind them that it'll be okay, and suggest taking a deep breath. You don't join them in their meltdown because you're not emotionally triggered. You're the observer of it and can see the situation with more clarity. Your friend is too emotionally heated to observe and is just reacting, which means each and every time we notice a trigger, it becomes an invitation to observe.

Now, this isn't easy at first, but once you choose to see your part in everything, you can access true power—the power of choice. The most important takeaway is that becoming the observer is an ongoing practice, and the more you practice, the better you become. Eventually, it'll become second nature, just like riding a bicycle. Begin to update new patterns of behavior and join me in the following exercise, the inner observer technique.

Quick Mind Hack: Become the Observer



Next time you feel triggered, pause and mentally step back as if you're watching a movie.

01. PAUSE

Take a moment to stop and breathe.

02. STEP BACK

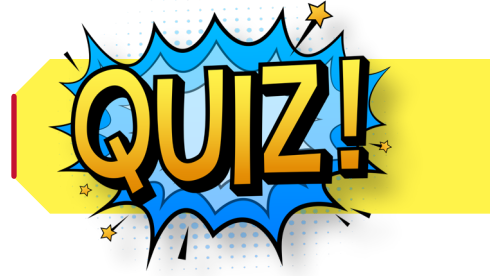
Imagine yourself stepping back and observing the situation from a distance. Picture the scene in your mind as if it's a movie. Make the images black and white, drain the color out, and shrink them. This will desensitize the situation and help you reclaim your power.

03. OBSERVE

Notice your thoughts, emotions, and physical sensations without getting sucked into them.

This helps you gain control over your reactions and respond more mindfully.

Observer Mastery: What's Your Observation IQ?



◇◇ Pop Quiz:

◇◇ How Well Do You Observe and Manage Your Reactions?

Q 1. When you experience a strong emotional reaction, what's your first response?

- a) I react immediately without thinking.
- b) I take a moment to observe my feelings.
- c) I try to ignore the emotion and move on.

Q 2. How do you typically handle stressful situations?

- a) I get overwhelmed and let stress control me.
- b) I try to step back and observe my thoughts and reactions.
- c) I distract myself with other activities.

Q 3. Which of the following best describes your view on observing emotions?

- a) Observing emotions is difficult and not very useful.
- b) Observing emotions helps me understand and manage them better.
- c) Observing emotions is important but hard to do consistently.

Q 4. When you notice a negative thought or feeling, what's your first action?

- a) I let it affect my mood and energy.
- b) I acknowledge it and try to observe it without judgment.
- c) I ignore it and focus on something else.

Q 5. How often do you practice mindful observation of your thoughts and emotions?

- a) Rarely, I don't think much about it.
- b) Often, as it helps me stay balanced and calm.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling triggered by someone else's behavior?

- a) I react immediately and emotionally.
- b) I try to observe my reaction and understand its source.
- c) I avoid the situation or person.

Q 7. Which activity do you find most helpful for practicing mindful observation?

- a) Distracting myself with other tasks.
- b) Practicing mindfulness, meditation, or journaling.
- c) Engaging in hobbies or talking to friends.

■ Reflection:

- ✘ **Mostly A's:** You tend to **React Instantly**. You might struggle with observing and managing your emotional reactions. Consider practicing techniques to observe your thoughts and emotions without judgment to improve your responses.
- ✘ **Mostly B's:** You are an **Observation Pro**. You recognize the importance of observing your emotions and reactions. Continue using your strategies to gain insights and manage your interactions effectively.
- ✘ **Mostly C's:** You are a **Practical Adapter**. You often distract yourself from observing emotions but could benefit from deeper reflection and consistent practice of mindful observation to enhance your emotional intelligence.

Take Action- The Power Of Becoming The Observer



COMPLETE THE WORKSHEET

- ✦ **Download Worksheet #7 Becoming the Observer.** Learn to witness and observe without judgment to release resistance and access your true power.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



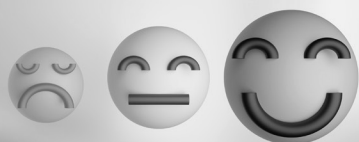
Listen to Audio: The Inner Observer Technique

Become the observer and access your power to change by shifting from reaction to response, gaining clarity, and transforming your mindset.

DAILY PRACTICE



- ✘ **Mindful Breathing:** Practice the 4-7-8 breathing pattern a few times a day. This will ground you and increase your self-awareness.
- ✘ **Pay Attention to Subtle Emotions:** As you go about your day, notice subtle emotions and impulses. Objectively observe how your body responds in different situations. You can describe these sensations as colors and shapes to help you detach from them.
- ✘ **Develop New Neural Pathways:** Train your brain to create new pathways that act like a monitoring system. Regular practice will help you recognize triggers, emotional states, and thought patterns before certain behaviors and reactions.



Overcome
Overthinking
In Six Simple Steps

STOP IT

Your Roadmap to
Total Freedom

Step 4

Permission

- ◇ **Permission to Process:**
- ◇ Emotional Flow

"You have permission to feel. Feelings are just visitors, let them come and go."
Mooji

Learn the importance of giving yourself permission to fully experience and process your emotions. By allowing yourself to feel and understand your emotions without judgment, you can release the tension and blocks that hold you back. This step is crucial for achieving self-acceptance, authenticity, and emotional freedom. Through this practice, you'll discover the power of self-compassion and forgiveness, leading to a more balanced and fulfilling life.



By the end of this section, you will

- ✘ Learn techniques to give yourself permission to feel and process emotions.
- ✘ Understand how to let go of judgment and resistance.
- ✘ Develop strategies to release control and embrace the present moment.
- ✘ Cultivate self-compassion and forgiveness.
- ✘ Gain insights into creating positive connections and outcomes.
- ✘ Recognize the power of non-attachment and how it can bring peace.



STEP 4 - PERMISSION



CLICK TO PLAY AUDIO: Step 4 - Permission

Before we move onto Step 4, let's do a quick recap:

- ✘ **Step 1: Stop the Stories:** Remember, you are not your thoughts, and negative thoughts have absolutely no value, so it's important to interrupt these patterns of thought.
- ✘ **Step 2: Tune into the Tension:** Get out of the stories playing in your head and tune into the body instead. Notice the emotion and acknowledge it without judgment.
- ✘ **Step 3: Observe:** Observe the emotion and patterns of behavior.
- ✘ **Step 4: Permission:** Give yourself permission to fully experience the sensations of the emotion, permission to understand the emotion, and permission to let go of the emotion so your body can process it.

■ A Journey to Self-Permission

Let me take you back to a time when I had this mental checklist. I thought that once I got married, I'd feel settled. Once I had kids, I'd feel complete. Once I had that job and more money, I'd feel secure. I kept telling myself, "Once I have everything, then I can feel happy and relax." You probably already know where this is going. Guess what? I achieved it all—the house, the husband, the family, the career—and I still felt miserable, anxious, insecure, and dissatisfied.

Then, everything fell apart—my marriage, my house, even my financial stability. It hit me hard. That was when I realized I had never given myself permission to truly feel anything, even the good. Imagine being constantly trapped in past mistakes and future worries. I stuck to my favorite four-letter word: FINE. I

avoided admitting when I felt anxious, scared, or ashamed. I avoided saying, "I'm great" and "I'm proud of myself," because I was taught not to brag. So it was simply "Fine" all the time.

Many people become consumed by their emotions and overwhelmed because they don't acknowledge them. Instead, they distract themselves. Not feeling negative emotions suppresses them and traps them in the body, creating blockages and taking up space, preventing a flow of energy. Most people chase after things like love, money, and success because they think they'll feel better afterward. But it's the emotion they're after.

This means a person can't feel the positive emotions without feeling the negative. If you are chasing the positive state, you will always be chasing because you are blocking yourself from allowing them in.

■ The Realization

I remember the very first time I gave myself permission to feel. I didn't even realize what I was doing. One night, I found myself standing at the edge of my pool in the middle of winter, just before my house got a foreclosure sign. I walked into the icy, cold water, feeling the intense cold all over my body. As I swam from one end to the other, I thought to myself, if I can choose to feel this cold pool and all the pain of the ice, I can choose to feel all the pain I've been holding onto.

I had been thinking that holding on somehow would protect me. But as I swam from one end to the other, feeling my body becoming comfortable with the discomfort, I thought, if I can handle this cold pool, I can handle anything. I gave myself permission to feel the icy cold, and somehow, feeling the pain proved that I still existed. What happens when you give yourself permission to feel even the most uncomfortable emotions?

Here's the thing: No one and nothing can make you feel a certain way; you are the only one in control of this. You probably already know that it's up to you to give yourself permission to feel anything, whether it's good or bad. Instead,

people become victims of the past stories they keep replaying in their minds. Others numb themselves from their emotions or dismiss them entirely. Either way, the result is the same: staying stuck in resistance. Some people might find that feeling painful emotions is uncomfortable. I know I did. But once a person realizes that feeling painful emotions is part of being alive, emotions become physical sensations that can move through the body.

■ Acknowledging and Processing Emotions

Emotions are essential to our ability to live, love, connect, and care. You can't have the positive ones without the negative. This means if you are chasing the positive state, you will always be chasing. When you give the negative emotions permission to exist and flow through you, it's essentially saying YOU have permission to exist. Fully and completely, as you are. And once you do this, you'll find how easy it is to return to your natural state of balance.

Imagine painful emotions like wearing a heavy backpack filled with bricks. Once you become aware you're carrying this heavy backpack, isn't it nice to know you can set it down, take out the bricks, because you don't need to keep carrying them? You might have felt burdened and exhausted from carrying it around, but isn't it freeing to know that you can take it off and lighten your load? You might be surprised by how much more energy and freedom you have without it weighing you down.

You might be thinking, how do you give yourself permission to be you, fully and completely? Imagine granting yourself the permission to fully express yourself unapologetically yet grounded. Imagine saying the exact right things that are just right for you in any given moment. Allowing yourself



to acknowledge and process your emotions is crucial for self-acceptance and authenticity. This is incredibly powerful.

■ Realizing Control

That's why it's important to allow all emotions to exist. We create our experiences with them, and by accepting them, we shape our reality. One thing that might keep you stuck in negative emotions is not giving them permission to exist. But it's essential to acknowledge and accept them. Giving permission means allowing your emotions to be present without minimizing or denying them.

■ Letting Go of Judgment

Whenever we try to put logic into the process too quickly, we still hold onto the discomfort, making it harder to understand what's important. But once you can let go of the buildup that's been accumulating for weeks, you often don't need anyone to tell you what to do next. You'll come to your own realizations and have a better handle on the situation. The more you let go, the more clarity you will find.



Whether you give yourself permission by simply saying, "I'm giving myself permission to let go," or you prefer to be acknowledged by hearing in your mind, "You have every right to feel this way," it's about finding what works best for you. This is about learning who you are, how you take in information and suggestions, and how you operate.

■ Self-Compassion and Forgiveness

Remember, you have all the inner resources and the strength to release, to advance, and to shape your life more remarkably than you've ever known.

Whether you're dealing with letting go of control, anger, releasing resentment, or finding forgiveness, understand that peace is right there, just below the surface, of who you think you "should" be and it's ready for you to embrace it.

It's about **letting go** of what disturbs this peace.

It took me a while to understand the power of acknowledging feelings and giving them permission to exist. It's OK to feel hurt, anger, or sadness. I used to feel so ashamed of these emotions, but they're just natural responses, not faults. Once I gave myself permission to allow the shame to exist, my body started letting go. Sooner or later, I found myself noticing a new way of being that gave me different results.

■ **Creating Positive Connections**

It's important to reframe your relationship with the past and forgive yourself because, at the end of the day, you didn't know what you know now, and if you did, you would've done differently, wouldn't you agree? You did the best you knew how at that moment. The more self-compassion you give yourself, the more understanding you gain because everyone makes mistakes. Mistakes are simply the data and feedback needed to know what to do next time.

■ **How to Give Yourself Permission**

If you could simply give yourself permission to experience the temporary pain of the emotion or resistance, such as loss or disappointment, it means that the suffering you'll endure in the long run will be lessened. So, rather than dwelling on past events and mistakes, which only perpetuates a cycle of replaying sad stories, you can focus on the present and future. By embracing and processing these emotions, you pave the way for healing and growth.

By giving yourself permission to feel and process your emotions, you can truly begin to live as your authentic self. Imagine how freeing that will be.

Quick Mind Hack: Grant Yourself Permission



Give yourself permission to fully experience your emotions.

01. ACKNOWLEDGE THE EMOTION

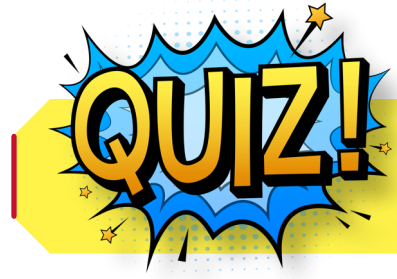
Say to yourself, “I give myself permission to feel this emotion completely, and it’s safe to let go.” Alternatively, you can say, “You have permission to feel this emotion completely, and it’s safe to let go.” Learn what works best for you.

02. PROCESS AND RELEASE

Allow yourself to fully experience the emotion. This helps you process and release it, enabling your body to naturally return to a state of balance.

By granting yourself permission, you facilitate emotional healing and promote inner peace.

Permission Granted: What's Your Emotional Freedom IQ?



◇◇◇ Pop Quiz:

◇◇◇ How Well Do You Give Yourself Permission to Feel and
◇◇◇ Process Emotions?

Q 1. When you experience a strong emotion, what's your first response?

- a) I ignore it and move on.
- b) I acknowledge it and allow myself to feel it.
- c) I try to suppress it and distract myself.

Q 2. How do you handle feelings of guilt or shame?

- a) I dwell on them and let them consume me.
- b) I acknowledge them and try to understand their source.
- c) I avoid thinking about them.

Q 3. Which of the following best describes your view on feeling emotions?

- a) Emotions should be avoided if possible.
- b) Emotions are essential and should be felt and processed.
- c) Emotions are important but can be managed easily.

Q 4. When you notice a negative emotion, what's your first action?

- a) I let it affect my mood and energy.
- b) I acknowledge it and give myself permission to feel it.
- c) I ignore it and focus on something else.

Q 5. How often do you practice self-compassion and forgiveness?

- a) Rarely, I don't think much about it.
- b) Often, as it helps me stay balanced and at peace.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling overwhelmed by emotions?

- a) I let them spiral out of control.
- b) I try to process and release them.
- c) I avoid thinking about them and hope they go away.

Q 7. Which activity do you find most helpful for giving yourself permission to feel and process emotions?

- a) Distracting myself with other tasks.
- b) Practicing mindfulness, journaling, or talking to a trusted friend.
- c) Engaging in hobbies or physical activities.

■ Reflection:

- ✘ **Mostly A's:** You tend to **Avoid Emotions**. You might struggle with acknowledging and processing your emotions. Consider practicing techniques to give yourself permission to feel and process emotions to improve your emotional well-being.
- ✘ **Mostly B's:** You are an **Emotion Acknowledger**. You recognize the importance of feeling and processing emotions. Continue using your strategies to cultivate self-compassion and embrace your authentic self.
- ✘ **Mostly C's:** You are a **Practical Adapter**. You often distract yourself from emotions but could benefit from deeper reflection and consistent practice of self-compassion and emotional processing to enhance your emotional intelligence.

Reflect on your answers and think about how you can apply the strategies discussed in this chapter to give yourself permission to feel and process emotions more effectively, enhancing your overall well-being.

Take Action- Permission To Process



COMPLETE THE WORKSHEET

- ✦ **Download Worksheet #8: Permission Processor Worksheet:** Download this guide to help you recognize and work with your resistance rather than fighting against it. By giving yourself permission to fully feel your emotions and acknowledging resistance, you can discover its positive intent and integrate it into your goals.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Listen to Audio: The Permission Processor Worksheet

Follow along with the worksheet, identify your response to negative emotions, give them permission, understand them, and let go.

Understand how to give yourself permission to fully experience, understand, and let go of your emotions. Unlock freedom and learn how to understand and work with resistance.



Listen to Audio: Unlocking Freedom: The Power of Permission.

Step into your inner library, release the weight of past stories, and grant yourself permission to fully experience, understand, and let go of your emotions. Embrace the freedom to create new stories, work with resistance, and rewrite your path with clarity, love, and intention.

DAILY PRACTICE



- ✘ **Give Yourself Permission:** Spend a few minutes each day giving yourself permission to fully experience your emotions, positive and negative. Acknowledge them without judgment and allow yourself to feel them completely.
- ✘ **Practice Releasing Emotions:** Use the techniques from Audio to release resistance and understand emotions so your body can process them.

CONGRATULATIONS!



Now that you've worked through the first part of the **STOP IT** framework:

- ✘ **S** - Stop the story in your head.
- ✘ **T** - Tune into the body instead.
- ✘ **O** - Observe the emotion.
- ✘ **P** - Permission to feel and process the emotion.

You've learned to clear your energy so you can receive inner guidance.

■ So, what's next?

You've completed the word "STOP," which means you can now follow along with the next part of the framework, "IT." Let's transition to the second part of the STOP IT Framework:

- ✘ **I** - Inward to access your inner wisdom.
- ✘ **T** - Thank and appreciate the wisdom revealed.



Step 5

Inner Wisdom

“Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakes.”

Carl Jung

Learn how to access your inner wisdom by creating space for your true self to be heard. By tuning into your intuition and listening to your inner voice, you can make decisions with confidence and clarity. This step involves accepting resistance is a valid part of you. Discover the power of your inner wisdom and learn to trust yourself more deeply.



By the end of this section, you will

- ✘ Discover techniques to tune into your inner wisdom.
- ✘ Understand how to embrace and work with resistance.
- ✘ Develop strategies for being present and grounded.
- ✘ Learn the importance of listening to your inner voice.
- ✘ Apply imagery to uncover insights and solutions.
- ✘ Reflect on key questions to enhance self-awareness and growth.

STEP 5 - INNER WISDOM



AUDIO: STEP 5 - INNER WISDOM

Before we move onto Step 5, let's do a quick recap:

- ✘ **Step 1: Stop the Stories:** Remember, you are not your thoughts, and negative thoughts have absolutely no value, so it's important to interrupt these patterns of thought.
- ✘ **Step 2: Tune into the Tension:** Get out of the stories playing in your head and tune into the body instead. Notice the emotion and acknowledge it without judgment.
- ✘ **Step 3: Observe:** Observe the emotion and patterns of behavior.
- ✘ **Step 4: Permission:** Give yourself permission to fully experience the sensations of the emotion, permission to understand the emotion, and permission to let go of the emotion so your body can process it.

■ Step 5 Inner Wisdom:

Like I said, I was the master of masking everything with that four-letter word, "fine." "I'm fine... no, really... Everything is fine... It's fine... no worries." If I seemed fine on the surface, I could hide behind the mask and focus on everyone else's feelings. But that approach just built up resentment and blocked me from my truth.

You know, if you're holding onto feelings like anger, resentment, sadness, loss, or loneliness, your mind is going to keep overthinking and churning out thoughts that mess with your peace. It's like your mind is overthinking these thoughts so that it can bring those emotions up to the surface, so they can finally leave your body and be processed. But if you keep interrupting this natural process—

analyzing it, ignoring it, or pushing against it—those emotions get trapped in your body. And guess what? You will continue to ruminate and get triggered. As long as you're paying attention to those negative thoughts, you're giving away your power. You're letting old programming take over, and instead of being your true self, you end up with these overactive defense mechanisms. You're always trying to defend or protect yourself in some way. That's not really living, right? We didn't come here to live like that. We came here to create!

So as we recap the first four steps in the word STOP: Stop the Stories, Tune into the Tension, Observe it, and give Permission to process it. Once someone is able to let go of these repressed emotions or stress—which causes the mind to narrow its focus, defend, or protect, and leads to incoherent and distorted thinking—they recalibrate. Their mind opens up to possibilities and solutions, allowing them to think clearly.

This is where they access their **inner wisdom**.

Think about it. You're no longer defending yourself or wasting brain space trying to figure things out. Instead, you're opening up, creating space to receive information. There's a huge difference between thinking thoughts and receiving them. Once you go through the first part of the STOP IT process, you've created a vessel; you've cleaned out the pipes, so it simply becomes a practice of listening and tuning in. You have all the answers you need to move forward. The question is: what are you listening to—your automatic thoughts, or are you willing to STOP, let go, and be open to listening to your gut so you can receive inner guidance?

■ **Embracing Resistance**

Once I began paying attention to how much brain space I was using either complaining or shoulding on myself, I realized something important: as long as I was holding onto resistance, this obstacle kept blocking my ability to tune into

my gut and intuition. I would overthink whatever I was resistant about, creating noise that blocked me from hearing the whispers of what I wanted—my truth.

So, I began to switch it up. Instead of ignoring my resistance, I would validate and value it because it was simply trying to protect me. This allowed me to work with it instead. In the past, I would get mad at it, feel frustrated, or brush it off. But when I began to see my resistance and my overthinking as my brain's way of saying, "Shhhh, slow down, listen up!"—I understood my overthinking mind was simply trying to get my attention. It was a sign that there was something important I needed to explore. And that's when things started to change.



Now, this can be challenging sometimes because we're not always ready to face our truth. Sometimes we fear that doing something different won't work out, or that maybe we might hurt someone else, and other times we don't have the beliefs to support what we truly want. But just remember, this is YOUR life, your path, and nothing has to be decided today. You have everything you need, all the inner

resources, strength, and power. It simply becomes a matter of letting go of whatever is blocking you from accessing it. If you're willing to shed light on the truth, whether it's seeing your part in a situation or taking responsibility for your own life and choosing a different outcome, the most important thing is to pace and lead yourself at the rate and speed that's right for you. By listening to your gut and your truth, you can say, "Slow down. Let's take this one step at a time." Then you can feel more calm, relaxed, and in control while creating change for yourself.

And you know what happened when I started listening to that inner wisdom more? Life got a whole lot clearer, a lot less scary, and I began to create.

■ Tuning Into Inner Wisdom

Learning to tell the difference between my fears, my “shoulds,” and my gut instincts wasn't easy at first. It was like trying to separate spaghetti noodles in a pot with a spoon. But every time I let go of a fear or a limiting belief, it was like a light bulb went off in my head. Suddenly, I could see things more clearly, make decisions with confidence, and let go of what wasn't serving me.

Once I started tuning in and paying attention, things really began to change for me. I used to respond to situations with intense urgency, reacting without thinking. But then I realized I needed to stop and tune inward first.

Anytime I felt the need to reply to a text or an email or do something quickly, I'd get overwhelmed. That overwhelm was a clue that I was having a fight-or-flight response. It was my body's way of saying,

“Hold on, take a step back.”

I also noticed that when I tried to make a decision and kept flip-flopping, it meant I shouldn't make the decision just yet. Emotions can fluctuate based on circumstances and moods. They can feel strong one moment and fade the next. Recognizing this was a game-changer.

When I began to notice myself judging something or looking for the cons in a decision, I realized it was a sign from my intuition that it wasn't a good idea. Fear and negative emotions often come with self-criticism, judgment, and physical sensations like a stomachache or a racing heart.

On the flip side, my intuition was consistent. My mind felt quiet, calm, and clear. Most people don't realize that when something is right for them, it comes with a sense of calmness and clarity. It's a deep inner knowing, not an emotional reaction. So, I learned never to make decisions when I was overthinking or feeling intense emotions.

When I was in my truth, there was no judgment. It was like a gentle nudge or a subtle voice guiding me. Instead of loud, overwhelming sensations, I would notice a calm and gentle feeling. Pausing and tuning inward, reflecting on the situation, really helped. I gave myself permission to sit with things quietly and just observe how they felt in my body before making decisions.

■ Embracing Inner Wisdom

Inner wisdom is something we all have, quietly waiting for us to tune in. I found that one of the best ways to do that was by simply being present in my body. I'd ask myself questions like, "What do I want? What's the best decision for me? What do I need? What do I need to learn? What do I need to do differently? Or, what do I need to understand in a new way about a situation?" If I was impatient, I'd get stuck. So, I learned to ask the question and then let go, trusting that sooner or later, the answers would come once I relaxed.

Whether I was taking a hot shower or doing the dishes, I noticed answers coming when I wasn't trying so hard. The more I practiced quieting my mind, the easier it became. Soon, I was able to tune inward quickly, almost automatically. Just a few minutes here and there, I'd focus on my senses. Whether I was brewing my morning coffee and focusing on the drips and aroma or sitting on the couch before turning on the TV and listening to the air conditioner, I'd ground myself in the here and now.



I got so good at this that I began to notice energy literally leaving my body, beneath my skin. Eventually, I started hearing my truth beneath the surface of my mind's chatter, fears, and "shoulds." It was like finding the secret fork to separate the spaghetti noodles in the pot.

■ Embracing Inner Wisdom

Now, as we delve into the “I” for inner wisdom in the “stop it” process, remember it’s about more than just thinking. It’s about sitting with discomfort, knowing that the answers lie within us. By creating space for our fears to coexist with our wisdom, we can acknowledge the fearful part of us while we take the wheel.

This process requires trust and the ability to acknowledge that resistance is simply a fearful part of ourselves. By creating a safe space for this part to exist, we can tap into our inner wisdom more effectively, allowing it to guide us while relegating fear to the background. It’s like waking up in the backseat of a car driven by our seven-year-old selves. I mean, no wonder they’re scared; their feet don’t even touch the pedals.

So, you can calmly guide them to pull over, reassure that part of you that “all is well, you’re safe, I’ll take the wheel now. But before we get back on the road and move forward, let’s take a few deep breaths and slow down. Now, where are we? I wonder what I need to do differently next time. How can we work together so that you feel safe with me behind the wheel?”



Quick Mind Hack: Listen to Your Gut



Whenever faced with a decision, take a moment to quiet your mind and tune into your gut feeling.

1. **Quiet Your Mind:** Take a few deep breaths to calm your thoughts.
2. **Tune In:** Ask yourself, "What feels right at this moment?" and listen for your gut response.
3. **Trust Your Inner Voice:** Trust the calm and clear inner voice rather than the loud, urgent one.

This practice guides you towards your true path by aligning your decisions with your inner wisdom.

■ Key Differences and Tips for Tuning into Inner Wisdom

■ Trusting

■ Your Gut:

- ✘ **Calm and Clear:** A gut feeling brings a sense of peace and clarity. It's like a quiet, confident whisper rather than a loud, emotional shout.
- ✘ **Consistent:** These feelings remain steady over time. Check back with yourself later, and that gut feeling is still there, guiding you.
- ✘ **Non-Judgmental:** Gut instincts come without judgment or criticism. They feel like a gentle nudge or inner voice leading you in the right direction.
- ✘ **Subtle:** Often, gut feelings are quiet and understated—a soft voice or gentle pull rather than a clamorous demand.

■ Facing Fear and Emotion:

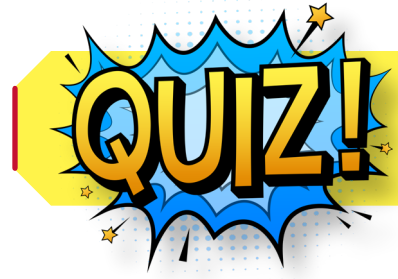
- ✘ **Intense and Urgent:** Fear and emotional reactions hit hard and fast, creating a sense of urgency that can feel overwhelming.
- ✘ **Inconsistent:** Emotions can be all over the place, strong one moment and gone the next, influenced by your mood and external circumstances.
- ✘ **Judgmental and Critical:** Negative emotions come with a heavy dose of self-criticism and doubt, filling your mind with “what if” worries.
- ✘ **Physical Symptoms:** Fear and strong emotions manifest physically—racing heart, sweaty palms, tight chest, or a knot in your stomach.

Key Questions for Tapping into Your Inner Wisdom

As you tune into your inner wisdom, ask yourself:

- ✘ What do I need to understand differently about this situation?
- ✘ What do I need to do differently next time to improve my results?
- ✘ What am I holding onto that isn't serving me, and what am I willing to let go of?

Wisdom Seeker: What's Your Inner Guidance IQ?



◇◇ Pop Quiz:

◇◇ How Well Do You Tune Into Your Inner Wisdom?

Q 1. When faced with a difficult decision, what's your first response?

- a) I overthink and stress about all possible outcomes.
- b) I pause and try to listen to my inner voice.
- c) I make a quick decision to avoid overthinking.

Q 2. How do you typically handle feelings of resistance or doubt?

- a) I push through them without much thought.
- b) I acknowledge them and try to understand their source.
- c) I avoid dealing with them.

Q 3. Which of the following best describes your view on inner wisdom?

- a) Inner wisdom is hard to access and unreliable.
- b) Inner wisdom is a valuable guide that I can tune into.
- c) Inner wisdom is important but not always clear.

Q 4. When you notice a sense of calm or clarity, what's your first action?

- a) I ignore it and continue with my day.
- b) I pay attention to it and explore what it's telling me.
- c) I acknowledge it but often move on quickly.

Q 5. How often do you practice being present and grounded?

- a) Rarely, I don't think much about it.
- b) Often, as it helps me stay connected to my inner guidance.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling overwhelmed by decisions?

- a) I make a quick decision to get it over with.
- b) I take a step back and try to listen to my gut.
- c) I avoid making a decision until I have to.

Q 7. Which activity do you find most helpful for tuning into your inner wisdom?

- a) Distracting myself with other tasks.
- b) Practicing mindfulness, meditation, or journaling.
- c) Engaging in hobbies or physical activities.

■ Reflection:

- ✘ **Mostly A's:** You tend to **Ignore Inner Wisdom**. You might struggle with acknowledging and tuning into your inner guidance. Consider practicing techniques to be present and grounded to improve your connection with your inner wisdom.
- ✘ **Mostly B's:** You are an **Inner Wisdom Seeker**. You recognize the importance of tuning into your inner guidance. Continue using your strategies to listen to your inner voice and make decisions with confidence.
- ✘ **Mostly C's:** You are a **Practical Adapter**. You often distract yourself from tuning into your inner wisdom but could benefit from deeper reflection and consistent practice to enhance your connection with your inner guidance.

Reflect on your answers and think about how you can apply the strategies discussed in this chapter to tune into your inner wisdom more effectively, enhancing your overall well-being.

Take Action- Access Your Inner Wisdom And Guidance



COMPLETE THE WORKSHEET

✦ **Worksheet # 9**

Inner Wisdom Worksheet: Unlock your inner growth and wisdom with this worksheet. Gain insights and practical techniques to transform obstacles into opportunities for personal growth and resilience.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Audio: Unveiling Inner Wisdom

Gain insights into your inner wisdom and inner guidance system, so you have clarity to move forward with ease.

DAILY PRACTICE



- ✦ **Pause and Reflect:** Take a moment to pause and reflect on the sensation. Sit with it quietly and observe how it feels in your body.
- ✦ **Ask Yourself:** "Is this feeling coming from a place of inner knowing or from a place of fear and worry?"

- ✘ **Check for Clarity:** If the feeling brings a sense of clarity and peace, it's likely a gut feeling. If it's clouded by confusion and anxiety, it may be fear or emotion.
- ✘ **Observe Consistency:** Revisit the feeling over time. Gut feelings remain consistent, while emotional reactions can change.
- ✘ **Seek Patterns:** Reflect on past decisions where you followed your gut versus ones driven by fear. Look for patterns in the outcomes and how you felt.



Step 6

Thank

- ◇ **Gratitude Gateway:**
- ◇ Embrace Thankfulness

"The moment you start feeling abundant and worthy, you are generating wealth. The moment you're empowered and feel it, you're beginning to step toward your success. The moment you start feeling whole, your healing begins."

Joe Dispenza

Learn how to harness the power of gratitude to shift your perspective and enhance your overall well-being. By focusing on what you already have and feeling thankful for it, you can transform your mindset from one of lack and stress to one of abundance and joy. Gratitude isn't just a fleeting emotion; it's a practice that can rewire your brain for greater happiness and success.



By the end of this section, you will

- ✘ Shift from stress to gratitude.
- ✘ Boost happiness, success, and health with gratitude.
- ✘ Maintain a grateful mindset.
- ✘ Train your brain for positive outcomes.
- ✘ Cultivate daily gratitude techniques.
- ✘ Enhance resilience and energy levels.
- ✘ Recognize the impact of thankfulness.

STEP 6 - THANK



Audio: Step 6 - Thank

Before we move on to Step 6, let's do a quick recap:

- ✘ **Step 1: Stop the Stories:** Remember, you are not your thoughts, and negative thoughts have absolutely no value, so it's important to interrupt these patterns of thought.
- ✘ **Step 2: Tune into the Tension:** Get out of the stories playing in your head and tune into the body instead. Notice the emotion and acknowledge it without judgment.
- ✘ **Step 3: Observe:** Observe the emotion and patterns of behavior.
- ✘ **Step 4: Permission:** Give yourself permission to fully experience the sensations of the emotion, permission to understand the emotion, and permission to let go of the emotion so your body can process it.
- ✘ **Step 5: Inner Wisdom:** When we tap into our inner wisdom, we gain clarity and confidence, which helps us handle challenges better. By listening

to our inner voice, we start making decisions that truly align with our authentic selves.

■ Step 6: THANK

If you're like most people, you probably just want to be happy, successful, and healthy, right? What many of us don't realize is that we've fallen into a pattern of constantly being worried, frustrated, or stressed out. Our minds are remarkable pattern recognition devices wired for protection, so when you find yourself replaying stressful thoughts repeatedly, it's like being stuck on a predetermined route of stress. You must train your brain to see that there's more than one way of looking at something.



Imagine you're on a train. Looking out the windows on the right-hand side, you see a beautiful beach that makes you feel at ease. But to the left, you see a dumpster and trash. Both views are there; the question is, which one will you choose to focus on? Whatever you focus on, you amplify, whether it's positive or negative. Dwelling on what you don't have or what's going wrong only generates more

thoughts about what's missing or what's wrong. Shifting your focus to gratitude means noticing what you already have and feeling grateful for it. You'll naturally and automatically find more to appreciate.

But let's be real – feeling gratitude isn't easy, especially when life feels hard. It's normal to find it difficult during tough times. It's like trying to enjoy your favorite rock band at a concert with a pounding headache or going for a hike and trying to enjoy the view with a stick in your leg. You need to remove the stick and feel comfortable before you can appreciate the view, right? If you've been focusing on negativity, you've built up negative energy, blocking your view and the flow of

positivity. You can't go from feeling crappy to happy immediately. First, you need to get back to balance and become comfortable.

Did you realize that gratitude is the ultimate state of receiving, emotionally? It's hard to admit, but I used to struggle with feeling grateful. I knew I should appreciate things, so I would go through the motions on the surface. But underneath, without realizing it, I would block myself from feeling gratitude because I felt unworthy of receiving. So here I was, feeling unworthy of receiving and denying myself this incredibly powerful emotional state. And even though I kept saying, "I'm worthy of love, I'm worthy of good health, or I'm worthy of money," my inner critic would jump in and say, "LIAR." I had to understand that these were old programs I was running, so I needed to retrain my brain and my body to begin feeling worthy of receiving. As I mentioned before, emotional states are all self-generated, which means everyone has the ability to create these states and emotions, including me. When you start to recognize what you already have and begin thanking it, you shift your emotional state. I learned a very powerful technique that reduced my resistance to affirmations. I started saying the word "because" before my affirmation, and then I would say the words "which means" afterwards. For example, I would say, "Because I care so much, I am worthy of love, which means I am worthy of receiving love." This reduced my resistance dramatically. I cultivated this practice of gratitude by noticing small things that made me feel good and holding my attention there. This helped me retrain my body and mind, coding in these feelings and sensations.

Did you realize that allowing your
heart and soul to connect with
feelings of gratitude increases
your immune system by **50%**?

You start producing new chemistry in your body. Even if you focus on something for just a minute at a time, you can experience benefits. Understand that this isn't about clearing your mind; it's about focusing on one thing at a time. When you

get distracted or have another thought, you can simply label it as a thought and then bring your awareness back to what you were focusing on. The benefits are tremendous. When a person feels grateful, their heart becomes more rhythmic, and you'd be surprised to know that the arteries in the heart begin to swell up. Literally. You've heard the phrase, "my heart swelled with joy." You enter a different level of conscious awareness. Think about it: when you're resentful, impatient, or angry, it's really hard to feel happy at the same time. But when you train your mind and body to feel grateful, you can create profound changes in your biology.

■ Client Story: Shawna

Let me tell you about Shawna, one of my clients. She was a young woman juggling two jobs to pay off her tuition debt while saving up for nursing school. Every time we started a session, she'd come in saying, 'Oh my gosh, I'm so stressed out, I can't deal.' She had programmed her brain to seek out stress. I explained to her how her mind is like a GPS. The more you tell it you're stressed, the more stress it'll find in your life. I'm not suggesting there aren't any stressors in your life, but did you realize the more you think about them, the more stressed out you become? She asked, 'So, am I supposed to just be grateful and do affirmations? That feels totally fake, I can't do that!' I said, 'Not exactly.' I introduced her to a little hack: Instead of saying, 'I'm so stressed,' try, 'In the past, I felt stressed, but now I'm choosing to focus on where I feel most comfortable.' And you know what? It worked. When a person says, 'In the past I...,' it naturally and automatically lowers resistance because your mind doesn't care how long ago the past is; it could be a second ago. Then when you follow the sentence with, 'but now I am choosing to...,' your mind will follow your lead because you are 'choosing'; it will



accept your command. I said, 'Isn't that something you can choose to be grateful for?' Your brain can be your best friend if you know how to use it or your worst enemy if you don't. She understood and started feeling more relaxed in just minutes. That's the thing about our minds – we get to choose where we want to focus. It's as simple as changing the narrative from past stress to present comfort. And you might be thinking, nothing is comfortable, but when a person says, 'Now I'm choosing to focus on what's most comfortable,' your mind doesn't reject this because using the word 'most' gives your GPS the command to sort and sift to search for what's most comfortable, even if it's just your pinky finger. This is why these steps are crucial.

The steps allow you to get back to a state of balance because once you have let go of the discomfort, you can appreciate the powerful shift that gratitude brings. Gratitude is powerful because it shifts your perspective from what you lack to what you have. Every breath you take is a gift, a chance to look at life from a new angle, and an opportunity to know yourself better.

■ **Avoiding the Trap of “I’ll Be Grateful When...”**

Many people fall into the trap of thinking, “I’ll be grateful when...” But sometimes you just have to stop and appreciate the here and now. Gratitude lets us acknowledge our struggles while still finding those little pockets of joy and beauty. I remember back when my kids were in preschool, and things were tight financially. All the other moms were splurging at a fancy hot dog stand, but I couldn't even swing the bun! So, we improvised with some mac & cheese from the 99 Cents Store and a few hot dogs I had in the freezer. Instead of focusing on not being able to join the other moms, I chose to create an experience. We made a tent in the front yard and created our own restaurant. My daughter, as the waitress, took our orders, and we had so much fun giggling. That simple moment taught me more about gratitude than any gathering at a fancy hot dog stand.

■ Understanding Gratitude

Many people think gratitude is just about feeling thankful when receiving something. Most of us were taught to express thanks and be gracious when someone gives us something. But living in a state of gratitude is much bigger than this. It's a way of being and looking at the world. You have the power to choose. You can either dwell on stress-inducing thoughts, flooding your body with cortisol and adrenaline, or you can insert new thoughts and words to create a new path for yourself. Understanding that your ability to respond empowers you to consciously shape your thoughts and actions means you can choose to focus on thoughts leading to positive outcomes and greater well-being. Isn't it nice to know that you can choose?



■ The Benefits of Gratitude: Training Your Brain

Gratitude improves your happiness, success, and health, both mentally and physically. It boosts resilience, creates happiness, reduces chronic pain, lessens inflammation, and even boosts your energy levels. People who make a habit of gratitude tend to sleep better. It's like a natural mood booster for your brain, kickstarting chemicals like dopamine and serotonin, which are happiness neurotransmitters. These chemicals activate the bliss center of the brain, giving us warm, fuzzy feelings of happiness and contentment.

By practicing gratitude regularly and celebrating even the smallest wins, you're giving your brain a serious workout. The best advice I can offer you is to praise yourself. When you start noticing all the small wins and acknowledging what you did right, things will start to become more right. The more you flex that gratitude muscle, the better your brain gets at holding onto the good stuff and brushing off the negatives. So, you can choose to notice when your focus is negative and reframe the way you see things to notice the good. You are shaping and training your brain muscle, and your future self will thank you!

Quick Mind Hack: Shift to Gratitude



Whenever you catch yourself focusing on stress or negativity, **use the phrase,**

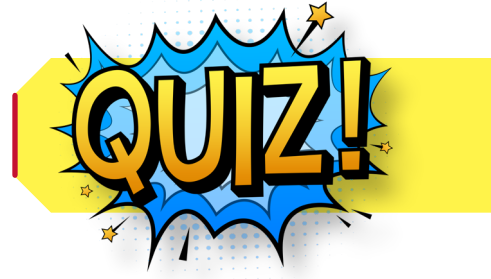
“In the past, I felt stressed, but now I’m choosing to focus on what’s most comfortable.”

This shifts your focus from negativity to a more positive and comfortable state.

The Power of “Most” for Your GPS Mind: Your mind is like a GPS: what you tell it to focus on, it finds more of. By intentionally directing your thoughts towards comfort and gratitude, you train your mind to seek and amplify positive experiences.

This simple shift in language and focus can help you break free from negative thought patterns and cultivate a mindset of gratitude and positivity.

Gratitude Guru: What's Your Thankfulness IQ?



◇◇ Pop Quiz:

◇◇ How Well Do You Cultivate and Maintain Gratitude?

Q 1. When faced with a stressful situation, what's your first response?

- a) I dwell on the negatives and feel overwhelmed.
- b) I try to find something positive to focus on.
- c) I ignore it and hope it resolves itself.

Q 2. How do you typically handle feelings of frustration or disappointment?

- a) I let them consume me.
- b) I acknowledge them and try to find something to be grateful for.
- c) I distract myself with other activities.

Q 3. Which of the following best describes your view on gratitude?

- a) Gratitude is nice but not very practical.
- b) Gratitude is essential for a happy and successful life.
- c) Gratitude is important but hard to practice consistently.

Q 4. When you notice something good in your life, what's your first action?

- a) I take it for granted and move on.
- b) I acknowledge it and feel grateful.
- c) I briefly notice it but don't dwell on it.

Q 5. How often do you practice gratitude intentionally?

- a) Rarely, I don't think much about it.
- b) Often, as it helps me stay positive and balanced.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to receiving a compliment or gift?

- a) I feel awkward and don't know how to respond.
- b) I express my gratitude and appreciate the gesture.
- c) I acknowledge it but often feel unworthy.

Q 7. Which activity do you find most helpful for cultivating gratitude?

- a) Distracting myself with other tasks.
- b) Practicing mindfulness, journaling, or expressing thanks.
- c) Engaging in hobbies or physical activities.

■ Reflection:

- ✘ **Mostly A's:** You tend to **Overlook Gratitude**. You might struggle with acknowledging and maintaining gratitude. Consider practicing techniques to shift your focus to positive aspects of your life and cultivate a grateful mindset.
- ✘ **Mostly B's:** You are a **Gratitude Guru**. You recognize the importance of gratitude and actively practice it. Continue using your strategies to maintain a grateful mindset and enhance your overall well-being.
- ✘ **Mostly C's:** You are a **Practical Adapter**. You often distract yourself from practicing gratitude but could benefit from deeper reflection and consistent practice to enhance your connection with thankfulness.

Reflect on your answers and think about how you can apply the strategies discussed in this chapter to cultivate and maintain gratitude more effectively, enhancing your overall well-being.

Take Action- Cultivate An Attitude Of Gratitude



COMPLETE THE WORKSHEET

✦ **Worksheet #10**

Cultivating Gratitude and Appreciation. Discover the power of gratitude and appreciation to transform your emotional state and enhance your well-being.

[CLICK HERE TO DOWNLOAD](#)

LISTEN TO THESE AUDIOS



Audio: Cultivating an Attitude of Gratitude

Cultivating an Attitude of Gratitude Mind Training uses proven science to increase dopamine and serotonin, rewiring your brain for positivity and greater well-being. This practice boosts happiness, reduces stress, and strengthens resilience through focused gratitude.

DAILY PRACTICE



- ✦ **Morning and Evening Routine:** Begin and end each day with a gratitude practice. In the morning, set a positive tone by acknowledging what you are looking forward to. In the evening, reflect on the positive aspects of your day.

- ✦ **Express Gratitude to Others:** Take time to express gratitude to the people around you. Send a thank-you note, make a phone call, or simply tell someone in person why you appreciate them.

- ✦ **Celebrate Small Wins:** Acknowledge and celebrate small achievements throughout your day. Recognize the effort you put into your tasks and appreciate the progress you make.



Home Stretch

Let's Recap



"If you change the way you look at things, the things you look at change."
- Wayne Dyer





RECAP

Overcome
Overthinking
In Six Simple Steps

STOP IT

Your Roadmap to
Total Freedom

Home Stretch

Let's Recap



AUDIO: The Home Stretch Recap

Here we are, and we're almost at the end of this transformative journey. But you know what? Feeling better is just the first step. You already have the strength, the courage, and the resources you need to overcome any obstacle that might be standing in the way of your happiness. You're worthy and deserving; if you weren't, you wouldn't exist. You have everything that you need to be successful. You have all the strength, power, energy, ability, and capabilities. You're lovable, and you're worthy, just as you are.

This journey is about letting go of what blocks you from your natural state of being so you can embrace your true self, knowing that you're worthy and enough. This means it's important to put in the effort to improve yourself so that you can improve your outcomes and results in your life. When you do this, you increase your self-value, power, and self-esteem.

And even though you've gone through the steps, I want to encourage you to go back and listen from the very beginning because there's always more to

learn. This is a practice, and you'll find that the more you practice, the quicker you'll learn. Sooner or later, it'll become automatic.

I've included an index of exercises for you to practice with. You don't have to try them all at once—just start with the ones that resonate with you most.

And for those of you who are ready, I'd like to personally invite you to join my exclusive membership!

You'll receive powerful new audios designed to transform your health, weight, relationships, and increase self-love and acceptance. I've added the link below so you can easily join and start receiving additional resources, tools, audios, and a supportive community of like-minded individuals.



CLICK HERE



■ Calming Your Stress Response

Calming Your Stress Response isn't rocket science—it just takes practice and awareness. Anytime you notice stress, remember you can always return to your breath, extending your exhale to be twice as long, which helps shift your focus back to your physical body. The more you engage your senses—what you see, hear, touch, smell, and taste—the more you train your brain to recognize safety and control, making it easier for your mind and body to relax. As a result, relaxation will naturally and automatically become your default state.



THE STEPS

◇◇ Step 1

◇◇ S - Stop the Stories

Remember, you are not your thoughts, and negative thoughts have absolutely no value. Interrupt these patterns by focusing on your physical senses: what you see, hear, touch, feel, taste, and smell. This will bring you back to your body. Make the negative thought sound ridiculous; the more absurd and ridiculous it sounds, the less important it becomes.

◇◇ Step 2

◇◇ T - Tune Into the Tension

Shift your focus from your head to your body. Acknowledge any active emotions, notice areas of tension, and pay attention to your physical sensations. Simply observe the energy in motion. Remember, resisting resistance only makes it stronger—instead, welcome it and recognize it as a valid part of you. By doing so, it can work with you and naturally leave your body.

◇◇ Step 3

◇◇ O - Observe

Observe the physical sensations of tension in your body. You may even visualize it as a color, shape, or movement. Notice any patterns of behavior, reactions, and thoughts linked to the tension. Simply observe how the energy moves within your body.

◇◇ Step 4

◇◇ P - Permission to Process

Give yourself permission to fully experience the sensations of the emotion. You may not like it—few do—but allowing yourself to feel it enables the emotion to leave your body once it's understood. Learn from it, recognize what needs to change, or let go of limiting beliefs.

◇◇ Step 5:

◇◇ I - Inner Wisdom

Once you've processed the previous steps, you've created space for receiving insights and inner wisdom. Remember, every sign of tension invites relaxation before problem-solving. Ask yourself:

- ✘ What do I need to understand about this situation?
- ✘ What should I do differently?
- ✘ What should I let go of?
- ✘ What's important for me to learn?
- ✘ How else can I view this situation?

◇◇ Step 6:

◇◇ T - Thank

Now that you're more balanced, shift to gratitude and appreciation for the wisdom and insights the emotion provided. Cultivating gratitude increases positivity, energy flow, and relaxation.



■ Putting It All Together

Practicing these steps will gradually transform your emotional well-being, one step at a time. Just like learning to ride a bike or drive a car, it might feel tricky at first. So anytime you feel frustrated in the process gently remind yourself that it's simply your mind and body learning something new, which means you are getting closer to what you really want, bringing you closer to a state of calm, relaxation, and control. The more you relax, the faster you'll master it.

■ Everyone's Journey is Different

Some people may experience big changes quickly, while for others, it might take more time and practice. Just like learning to ride a bike, progress requires consistency.

Change can feel overwhelming, so it's important to pace yourself. Once you truly understand your worth, consistent effort becomes possible—and rewarding. Progress isn't about perfection; it's about consistency that leads to lasting change. With each practice, resilience builds, making life's challenges easier to manage.

■ The Golden Rules:

1. Never problem-solve in a state of tension—it limits your options and keeps you stuck.
2. Tension is tied to who you think you should be; relaxing brings you back to your center and true self.
3. Every sign of tension is an invitation to relax first, opening space for new perspectives.

You have everything within you to be successful: strength, energy, and worth. Trust yourself and the process—your inner wisdom holds all the answers. Each sign of tension in your mind or body is a cue to:

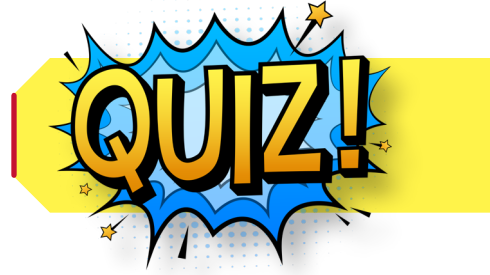
- ✘ S - Stop the stories.
- ✘ T - Tune into your body.
- ✘ O - Observe the tension without judgment.
- ✘ P - Give permission to process it.
- ✘ I - Access your inner wisdom.
- ✘ T - Thank the emotion.

Now, get ready to break the cycle of overthinking that fuels anxiety, stress, and worry. You can take control of your mind by making these steps second nature. And don't forget... if you'd like more guidance and support, consider joining my membership, where you'll discover powerful tools, audios, and a community dedicated to your growth.



JOIN HERE

Recap Rockstar: What's Your Stress Management IQ?



◇ **Pop Quiz:**
◇ How Well Do You Manage Stress
◇ and Apply the **STOP IT** Process?

Q 1. When you notice a negative thought, what's your first response?

- a) I dwell on it and let it affect my mood.
- b) I interrupt it and shift my focus to my senses.
- c) I ignore it and hope it goes away.

Q 2. How do you handle physical tension or stress in your body?

- a) I push through it without much thought.
- b) I acknowledge it and focus on my physical sensations.
- c) I distract myself with other activities.

Q 3. Which of the following best describes your view on observing emotions?

- a) Observing emotions is difficult and not very useful.
- b) Observing emotions helps me understand and manage them better.
- c) CObserving emotions is important but hard to do consistently.

Q 4. When you feel overwhelmed by emotions, what's your first action?

- a) I let them spiral out of control.
- b) I give myself permission to fully experience and process them.
- c) I avoid thinking about them and hope they go away.

Q 5. How often do you listen to your inner wisdom when making decisions?

- a) Rarely, I don't think much about it.
- b) Often, as it helps me stay balanced and make better choices.
- c) Sometimes, when I remember to do so.

Q 6. What's your typical response to feeling grateful or thankful?

- a) I feel awkward and don't know how to express it.
- b) I express my gratitude and appreciate the moment.
- c) I acknowledge it but often move on quickly.

Q 7. Which activity do you find most helpful for managing stress and maintaining balance?

- a) Distracting myself with other tasks.
- b) Practicing mindfulness, meditation, or journaling.
- c) Engaging in hobbies or physical activities.

■ Reflection

- ✘ **Mostly A's:** You tend to **Struggle with Stress**. You might find it challenging to manage stress and apply the STOP IT process effectively. Consider practicing the steps outlined in the recap to improve your stress management and overall well-being.
- ✘ **Mostly B's:** You are a **Stress Management Rockstar**. You recognize the importance of managing stress and actively practice the STOP IT process. Continue using your strategies to maintain balance and enhance your well-being.
- ✘ **Mostly C's:** You are a **Practical Adapter**. You often distract yourself from managing stress but could benefit from deeper reflection and consistent practice of the STOP IT process to enhance your stress management skills.

Reflect on your answers and think about how you can apply the strategies discussed in the recap to manage stress more effectively, enhancing your overall well-being.

LISTEN TO THE FINAL AUDIO



Audio: STOP IT: Overcome Overthinking.

Break the cycle of overthinking, release mental resistance, and achieve lasting clarity. This mind training audio integrates the STOP IT steps into your subconscious, helping you cultivate calm, focus, and positive change.

How to Use Your Mind Training Playlists




■ Practice Using These Playlists

These mind training playlists are designed to help you achieve quick grounding, stress relief, positivity, and more. Choose a playlist that resonates with your current need.


QUICK GROUNDING PLAYLIST



For immediate relief, shifting from overthinking to physical presence.

 **Audio:** 5-4-3-2-1 Empowerment Process

Rapidly shift from your head to your body by engaging your senses.

 **Audio:** Heart Coherence

Calm your nervous system and reconnect with a state of appreciation.



Audio: The Havening Technique

Reduce stress quickly by activating Delta brainwaves for deep relaxation.



Audio: Tapping (EFT)

Release resistance and calm the body by tapping on meridian points.

STRESS RELIEF PLAYLIST



Find calm and take control of your stress response.



Audio: Rapid Stress Relief

Achieve a sense of calm in both mind and body for immediate clarity.



Audio: The Snap Out Technique

Interrupt negative thought loops and regain control quickly.



Audio: Rewire Your Stress Response

Change how you respond to stress triggers, regaining a sense of control.



Permission to Process

Allow yourself to feel and let go of emotions for deeper healing.

ANXIETY RELIEF PLAYLIST



Reduce anxiety, desensitize emotions, and stop looping thoughts.



Audio: The Rewind Technique

Let go of painful memories and desensitize anxiety triggers.



Audio: The Neutralizer

Neutralize and desensitize negative emotions effectively.



Audio: Tame Your Inner Critic

Quickly manage and control negative self-talk.



Audio: Letting Go of Limiting Beliefs

Release outdated beliefs and shift to a positive self-concept.



Master the Art of Letting Go

Let go of negative emotions while focusing on your goals.



Stop It: Overcome Overthinking

Stop overthinking, release resistance, and gain clarity.

POSITIVITY & GRATITUDE PLAYLIST



Cultivate positivity, gratitude, and a resilient mindset.



Audio: Cultivating an Attitude of Gratitude

Increase positivity and resilience through focused gratitude.



Inner Wisdom

Tap into your internal resources for clarity and insights.

■ **Want More Playlists?**

Looking for playlists to help you achieve massive self-confidence, self-love, stop yo-yo dieting, manage chronic pain, sleep better, and more?

If you found these playlists helpful and want to go even further, now is the time to take the next step. I'd like to invite you to become part of my membership program, where you'll receive:

- ✘ Transformative mind training audios, videos, and worksheets
- ✘ Direct access to me through our supportive community
- ✘ A full library of mindset tools and resources to reprogram your mind for success, with new content added monthly!

Don't let this opportunity pass—start your journey to emotional freedom now.

Begin transforming your mindset today!

[CLICK HERE TO JOIN](#)

Overcome
Overthinking
In Six Simple Steps

STOP IT

Your Roadmap to
Total Freedom

STOP Letting Stress and Anxiety Control You!

Reclaim your peace of mind and unlock lasting clarity.

Imagine a life where clarity, calm, and confidence replace anxiety and overthinking. **STOP IT: Your Roadmap to Freedom** is a transformative audio program designed to rewire your nervous system, shift subconscious beliefs, and transform your inner critic into inner wisdom. Using proven techniques from MBSR, EFT, NLP, and DBT, this program equips you with the tools to stop overthinking, release resistance, and create lasting change.

- ✘ Carolyn redefines thriving by integrating mental, physical, and emotional fitness. Her methods transform both body and behavior.” — Dr. Robert Zelensky
- ✘ A powerful session that helped me release frozen grief and sorrow. Highly recommended for anyone facing life’s challenges.” — Dr. Heidi Taylor, Ph.D.
- ✘ Carolyn’s ability to transform deeply ingrained wounds in a single session is remarkable. A trusted guide for personal transformation.” — Dr. Shawntel Udoka Okonkwo, Ph.D.
- ✘ STOP IT has changed my life! Carolyn’s methods are practical and effective. I’ve gained control over my thoughts and emotions.” — Jessica M.
- ✘ Carolyn’s program is a game-changer. It’s not just about managing stress—it’s about transforming how you relate to yourself.” — David K.
- ✘ “This program is a must-try for anyone seeking lasting relief from anxiety and overthinking.” — Rachel P.

About the Author

Carolyn Barnes is a clinical hypnotherapist, somatic healer, and leading mental wellness expert with nearly two decades of experience. Featured on national TV programs like The Doctors and Good Morning America, Carolyn helps individuals master their internal control panel to overcome anxiety and achieve lasting clarity and confidence.