

The Overwhelmed Brain

Deep Diving Into Problems

Shaking up your negative emotional foundation

Introduction

What makes up your emotional foundation? Can you be genuinely happy without the feeling that it's only fleeting and that you will soon return to the status quo?

This workbook is designed to help you dive a little deeper into some of the challenges in your life by asking you questions that purposefully change the way you think of your problems. If you find yourself experiencing brief moments of peace or joy, but feel an underlayer of sadness, pain, fear, guilt or shame, it's time to shake up that negative emotional foundation so that you can enjoy life a bit more.

The questions are random and not all of them will apply to your situation. Choose any question and use it as a stepping stone for further reflection and introspection. Use the Reference of Emotions sheet at the back of the workbook to help you narrow down exactly what you're feeling.

Process

The process is simple: Think of a problem you have and consider how that problem makes you feel. What you want to rise up in you is the emotion so that you can work with it, process it, and maybe even release. It.

These questions aren't necessarily going to resolve the emotions for you, but they are a great foundation shaker so that they loosen their grasp on you. Sometimes that's all you need to release some emotions.

You can use this workbook anyway you'd like. You can choose a random question at any time for any problem. If the question you choose doesn't apply to your problem, choose another and "try it on". You can pick one or more for each issue you have, it's totally up to you how many questions you explore.

There are no lines to write your answers because these are all about thought and taking the time to be with those thoughts. You *can* write down your answers if that helps, of course. Just start with thought, then write as needed.

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Are You Ready?

Think of a problem you have that makes you feel bad in some way. You know what "bad" feels like, so just go there in your body so you can experience what it's like.

Holding on to that feeling, choose one or more questions below and let whatever answers come up in you, come up. You can stop anytime you'd like. Questions start on the next page.

Got that problem in mind? If you're feeling it, let's begin!

Why do you think that?

What specifically is causing you to feel that way?

What does that mean, really?

What would it be like to experience the *opposite* of that problem?

If that problem didn't exist in your life, would your life suddenly become happier and more satisfying?

If that problem didn't exist, how would your life look?

If that problem didn't exist, how would you feel?

When you're not thinking about your problem, what are you doing instead?

What do you have control over in your life?

What do you feel you're managing somewhat well or even phenomenally well in your life?

What's the main difference between your problem and what's *not* a problem in your life?

Thinking about your problem, what's missing that's usually present when you're not having that problem?

Thinking about your problem, what's present that's usually missing when you're not having that problem?

What's missing in your life when everything is going well?

If you had any super power that could bring you to a place of peace, what would that super power allow you to do?

If a specific person was no longer in your life, would that change anything?

If you knew the solution to your problem but were afraid to follow through with it, how would your life be different if you followed through anyway?

What have you failed to do for yourself yet?

If you knew the world was going to end tomorrow, would your problems matter today?

When you think about the perfect day, what does that look like? How can you achieve *one* day like that?

If you had no fear of the consequences, what would you do differently than you do now?

If you choose to do nothing about your problem, what will your life look like in 5 years?

If you could do or say *anything* you wanted to anyone, what would you do or say, and to whom?

When doesn't the problem exist?

When you're sleeping, do you still feel there's a problem?

Where in your body do you feel the problem?

What would happen if you felt the problem outside your body, does that change the feeling?

Think of the problem as a picture in a photo album. Is it in color or black and white?

Is it dim or bright?

Is it distant or close?

Is it fuzzy or clear?

Whatever you answered, take that picture out and put it in the back of the book. Now imagine it is the opposite of everything you just saw. If it was bright, make it dim. If it was clear, make it fuzzy, and so on. When you're done, close the book and put it away.

What about the problem has to change in order for you to see the solution?

What have you forgotten to consider when it comes to this problem?

Can this problem still exist if it were at the North Pole?

If you could paint this problem a color, what color would it be?

What's one thing you know you could never do to resolve this problem?

When is the problem at its worse? And what's happening just before that?

If you were on a space station looking down at Earth, would you be able to see your problem?

What happens to your problem if you think of it happening in reverse?

I hope you received some value going through this process. Some of these questions may not make sense, but they probably make an impact in some way. After all, how often do you ask yourself, "When is my problem not a problem?" We just don't talk to ourselves that way.

But I encourage you to be curious about your problems. Become your own therapist and ask yourself questions as if you were a different, yet very caring person who wanted to learn more about you. As you ask these questions to yourself, you'll learn new ways of thinking that you may not have considered before. And because of that, you're bound to loosen things up during the process.

Who knows, maybe you'll even free something inside you giving you the relief you've been waiting for.

Thank you for using the Deep Diving Into Problems workbook. *You are amazing!*

Sincerely,
Paul Colaianni
[Personal Empowerment Coach](http://theoverwhelmedbrain.com/)
Host of The Overwhelmed Brain
<http://theoverwhelmedbrain.com/>

Reference of Emotions

Anger	Hatred
Angst	Horror
Anguish	Hostility
Annoyance	Hurt
Anxiety	Hysteria
Apathy	Indifference
Boredom	Jealousy
Contempt	Loathing
Depression	Loneliness
Despair	Outrage
Disappointment	Panic
Disgust	Rage
Distrust	Regret
Dread	Remorse
Embarrassment	Sadness
Envy	Shame
Fear	Shock
Frustration	Shyness
Grief	Sorrow
Guilt	Worry