

Loosening the Emotional Grip Problems Have on You

**Addendum Worksheet
for Episode 262**

The Overwhelmed Brain

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Introduction

When you walk around with that dark cloud of a “problem”, you can never achieve the level of happiness or satisfaction that is available to you (and you absolutely deserve).

This worksheet is meant to accompany episode 262 released on 9/2/2018 called *Loosening the Emotional Grip Problems Have on You*. It contains questions that are designed to shake the foundation of the problems or challenges in your life so they are easier to work with, and maybe even resolve.

The hope is that you will become more centered and balanced, gaining more clarity so that you know what steps to take next. Don't worry if one question leaves you in a worse mood than you started. The other questions will bring you back. They all have a purpose however.

If you read a question and it opens something up for you, and you need time to process it, stop working on this worksheet and come back to it at a later time. When something 'opens up', that is the best time to be with yourself. You can also share your discoveries and any new understandings with a trusted and safe person.

The Process

Think of a problem you'd like to feel better about or resolve, then just answer the questions the best you can. There is no right or wrong answer.

You may run into a question that sounds ridiculous, but the answer you give could be very helpful in determining just how much is under the surface of that particular issue. Sometimes we don't know how deep our problems are until we learn how to dig into them.

Feel free to print the worksheets or use a word processor to answer the questions

Remember, *all* the answers you come up with are right, so never filter what comes out of you.

Are you ready?

Think of a problem or challenge you want to work on. Get really clear about what it is in your mind.

- 1. If the problem played out to the fullest, and got to be much worse than you originally imagined it would, what are you going to do then?**

- 2. A. When you think about all of the components that make up the problem, what makes up those components?**

For example, if the problem is that you get yelled at by your boss, the components might be:

My job, my boss, my coworkers (because they're around when it happens), my anxiety, etc.

- B. What makes up the *components* of those components?**

This is where you drill down into the more detailed components.

For example, my boss's frown when he's yelling, his eyes looking at me, my coworker's laughter, etc.

- 3. A. Think of a problem you used to have that no longer triggers you. *Where* is that in your mind?**

If you're not sure how to answer, just put down any answer that comes to mind.

B. Put the current problem you're working on in that same place as that old problem that no longer triggers you. Just snap it into the same place.

What happens when you do that?

4. Sometimes a problem is something you can face head on. For example, if someone disrespects you at work, you could confront the person and ask them to stop disrespecting you.

However, that can be a huge step if you carry a fear of confrontation. So instead of facing it head on, this step tells you to "bring it on" and demand, "What else you got?"

Do that.

Think of your problem and yell in your mind or out loud, "Bring it on! What else you got?"

This works on loosening the grip of any resistance you may carry about the problem.

When you say, "Bring it on. What else you got?", what happens in your mind? Is there a positive or negative shift?

5. **What if the problem you have isn't really the problem? What if, instead, the problem is your *resistance* to the problem?**

What if your resistance to the problem was what made you feel bad?

You may know you have a problem and it is real, but if you were to believe that it was only your resistance to the problem that made you feel bad, how would that be for you?

6. Describe your problem below. However, you can only use one sentence.

Doing this causes you to be super clear on what it is so that you know what to work on. The more details you include, the less chance you have of condensing it into a sentence.

If this is too difficult, choose one major problem to work with instead of many.

7. A. Looking at the sentence you created above, ask yourself, "How is that a problem?"

B. Look at what you wrote down above and ask yourself, "What's so bad about that? Why is that a big deal?"

8. A. Thinking about how bad your problem is, what's worse than that?

B. Considering what you wrote down for 8A, what's worse than that?

C. Repeat the "What's worse than that?" question until you can't possibly think of anything worse.

You may get very uncomfortable, or you may find it completely silly. Either way, take it to the limit.

9. **If you woke up tomorrow and you were the only person on earth, would your problem still exist? Would it be a problem anymore?**
(this question assumes other people are involved in some way)

10. **If you were in outer space looking at our tiny blue planet from a million miles away, would that problem way over on that planet still have an impact in your life?**

Really visualize this one.

11. **Who do you need to *be* in order for this problem to be resolved?**

Just do your best to answer this question. You can even think of who *other* people were when they resolved a problem like this, whether they are real people or just fictional characters.

12. **In how many ways have you failed at resolving this problem?**

This sounds like an unfair question at first, but do your best to come up with an answer.

13. **If the problem disappeared right now, *who would you become?***

14. **If the problem never existed, what would be different today about *everyone else around you?***

15. The following was read during the close of the show and is much more effective when you listen to it. But feel free to read it in your own voice, in your head or out loud. It can still be effective.

How will you feel *days* after your problem is **resolved**, looking back at what problem you used to have, knowing that the problem is **now gone**?

What is life like now that **the problem has disappeared** and you can think clearly of all the ways you could have resolved that old problem, knowing that today **you are clear** and now have access to **more resources** so that **the solution comes easier**.

When you look into the past, seeing yourself in the problem back then, what resources would you **give yourself from this place of clarity**?

I hope this has been educational for you, and you are able to improve in all areas of your life.