

# **CHRIS WILLBURN COACHING**

## **Notes on the Mental and Emotional Health Audio Training**

### **STEPS TO IMPROVE SELF TALK**

1. Bring awareness/consciousness to it.

(Be aware it may seem worse when you do this and that's ok! )

2. Simply start to catch yourself in the act and notice WITHOUT JUDGMENT when you're in the moment.

3. Smile, laugh, and say "there's that voice again" and remind yourself you're not doing that anymore.

You can also choose to say something nice to yourself, but DO NOT make it something that's a LIE TO YOURSELF. It's important it's something that is 100 percent true.

Name the voice in your head if that helps.

4. Self compassion, self compassion, self compassion! YOU ARE A HUMAN BEING and we all make mistakes and have "flaws." This might be something to remind yourself when you do step #3.

Remember you're carrying that little kid around with you everywhere, find and look at a picture of yourself if that's helpful. (Keep it on your phone.)

5. As stated above, DO NOT try to be too overly positive. It's too big of a leap for your brain and it will cause anxiety because you're lying to yourself if you say things you don't actually believe.

JUST SHOOT FOR GETTING BACK TO NEUTRAL. From there you can influence where your thoughts go.

Remember...practice, practice, practice. ANYTHING can be learned, especially thinking habits.

Do the 21 day Journaling activity.

## **STEPS TO FEELING YOUR EMOTIONS**

1. Notice when an uncomfortable feeling comes up.

(This may take a new awareness of your body.)

2. When the above happens your mind will launch into whatever inner story you have created around that feeling.

Ex. "I'm stupid"

"I'm not worthy of love"

etc

STOP right there!

This is your brain trying to THINK YOUR FEELINGS.

3. Redirect your mind away from these thoughts AND INTO THE PHYSICAL SENSATIONS IN YOUR BODY.

Name the SENSATIONS

Ex. "My chest feels tight."

"My arms and legs are hot."

"My stomach feels in knots."

"My heart hurts."

Stay away from descriptive words like "stressed" "anxious" "pissed" and speak in PHYSICAL SENSATIONS.

Our amygdala (the emotional center of the brain) speaks in SENSATION and we can calm the amygdala by naming the sensation.

4. Breathe into your feelings and place ALL YOUR AWARENESS ON THE SENSATIONS IN YOUR BODY. Allow yourself to physically feel all of it and even lean into it.

## **YOU ARE SAFE**

Your mind cannot race with super negative/crazy thoughts if you're placing all attention on what your body feels like.

Remind yourself you are safe.

5. Because this is very unfamiliar/uncomfortable, your mind will try to go back into story/thought mode.

## **REDIRECT AWARENESS BACK TO SENSATIONS IN THE BODY.**

6. More deep breaths (in through the nose out through the mouth) keep feeling the sensation in the body and notice what it's doing/how it's changing. After a short time, it's likely that you will notice the discomfort subsiding and the feeling leaving your body.

If it's taking longer, just be patient.

7. Decide if the energy of the emotions needs to move.

Emotions are energy in your body and often need to be moved.

Ex. Crying

Working out

Yelling/screaming (drive and yell)

Shaking

Singing

Dancing

Again, just keep practicing. At the beginning, you will be scared there is no bottom to that pool of emotion but you will find very quickly that there is, and you will feel SO MUCH BETTER letting yourself feel it rather than carrying it around with you forever.

## **YOU GOT THIS!**