
Day 10: Breaking Down the Overwhelming

Today's Focus: Make feared projects approachable through decomposition

Time Commitment: 20 minutes

Core Exercise: Task Decomposition

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Thinking pattern check:

What cognitive distortion did you catch yourself using yesterday? _____

Why Big Tasks Feel Impossible (2 minutes)

Your avoidant brain sees complex projects as single, monolithic threats. When we break them into tiny steps, each step becomes less intimidating and the project feels manageable.

Think of a task you've been avoiding because it feels too big/complex:

When you think about this task, what makes it feel overwhelming?

- Too many parts?
- Don't know where to start?
- Afraid of doing it wrong?
- Perfectionism paralysis?

Circle what applies: Too many parts / Don't know where to start / Afraid of doing it wrong / Perfectionism paralysis / Other: _____

Main Exercise: Task Decomposition (13 minutes)

Step 1: Brain Dump Everything (4 minutes)

Your overwhelming task: _____

List EVERY single step you can think of, no matter how small:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Keep going if you need more steps

Step 2: Organize and Sequence (4 minutes)

Group related steps and put them in logical order:

Phase 1 (Preparation/Planning):

- _____
- _____

Phase 2 (Main Work):

- _____

- _____
- _____

Phase 3 (Completion/Review):

- _____
- _____

Step 3: Find the Absolute Minimum First Step (3 minutes)

What's the smallest possible first action that takes 5 minutes or less?

What would make this step even smaller?

Your micro-first-step: _____

Step 4: Plan Your Approach (2 minutes)

When will you do your micro-first-step today? ____:____

What will you do immediately after completing it?

How will you celebrate this small win?

Progress Reflection (2 minutes)

Purpose: Recognize growth and consolidate Week 2 learning

Weekly Progress Check

This week I learned:

- Day 6 (Automatic Thoughts): _____
- Day 7 (Evidence Collection): _____
- Day 8 (Emotional Acceptance): _____
- Day 9 (Thinking Traps): _____
- Day 10 (Task Breaking): _____

My biggest breakthrough this week: _____

Immediate Action (1 minute)

*Do your micro-first-step **RIGHT NOW**:*

Set a timer for your planned time and start

How did it feel? _____

What's your next micro-step? _____

Tomorrow's Preparation

Next week we'll dive deeper into limiting beliefs and start building your identity as someone who faces fears.

Task Management Thought:

"Every overwhelming task is just a collection of small, manageable steps. I can handle small steps."
