



BE UNSTOPPABLE

COACHING



Taking Control of the Forces

Tool and Worksheet



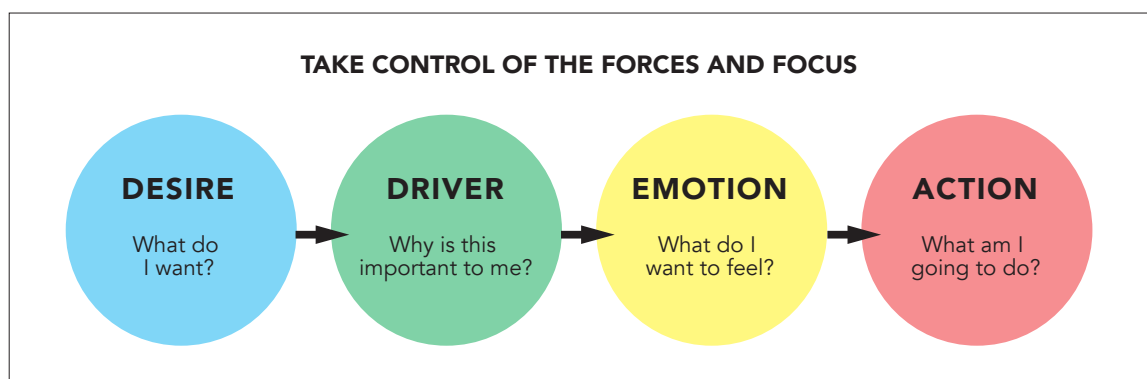
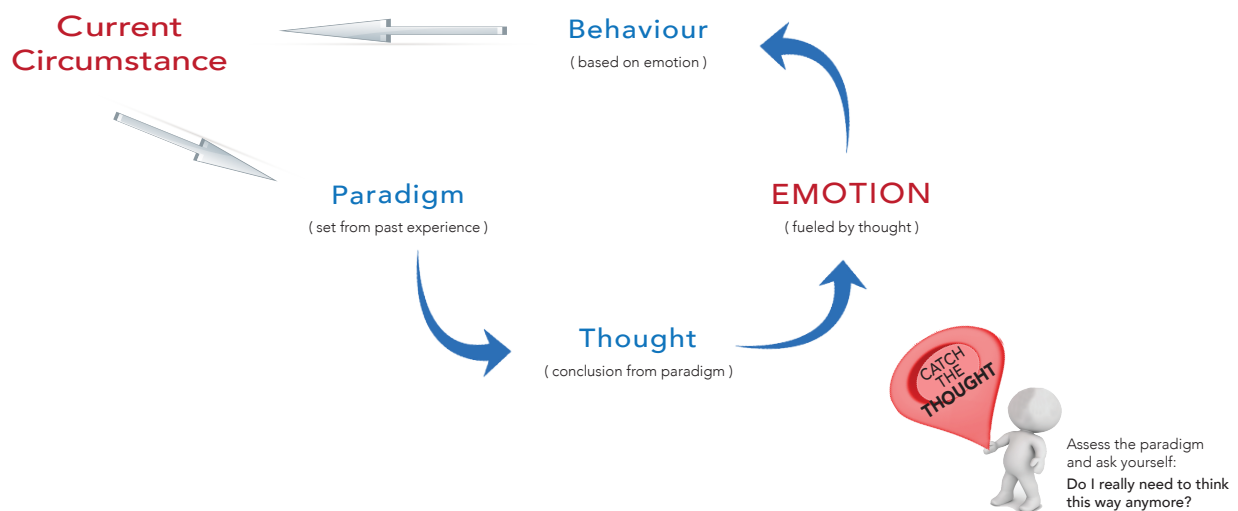


Taking Control of the Forces

As an adult, every event and circumstance that one experiences through life will trigger a 'pre-set' paradigm that has developed as a result of learning and life experiences. These paradigms create thoughts and subsequent emotions based on the conclusions and benchmarks created in our minds. The intensity of the paradigms and thoughts fuel the emotions, which lead to certain decisions and behaviour in the present moment.

In most situations, the current circumstance is not causing the emotion. The emotion being felt is a result of the initial event that triggered the paradigm and thought, resurfaced due to the current circumstance presenting as a similar case. Hence, learning to 'catch the thought' before the emotion fires up, is essential to taking control of the forces. **Every feeling has a thought behind it.**

Taking control of the forces will empower an individual to mindfully and consciously think, affecting what is being felt, to assess if what one believes from past paradigms is still relevant. If not, a decision to 'no longer think that way', is within their control, which will change the perception of how things should be, what things mean, what is needed, what is expected and how one responds or reacts to circumstances in the present moment.





In order to successfully take control of the forces, an individual must FOCUS on what they want in the present moment and future, rather than be a victim to the automated, habitual thinking and feeling they continuously experience when circumstances and life happens. The past cannot be changed - the outcome of the past has created fear, doubt and patterns of behaviour that is unconsciously and repeatedly influencing daily decisions in the present moment, sabotaging an individual's progress in all life areas. Taking control of the forces is choosing not to blame events or others any longer for our current life results. Taking control of the forces is facing our fears and doubts head-on, taking responsibility for what learning one can gain from the past and choosing to think, feel and act in a new way, breaking our old behaviour pattern.

CHOOSING WHAT EMOTION TO FEEL AND DECISION TO MAKE IS IN YOUR CONTROL

For example, a person has not been in an intimate relationship for a long time, as they have been previously hurt... they feel lonely. They have a 'pre-set' paradigm that relationships mean pain and disappointment, so they think that being alone is better, as it protects their emotions and stops the tears. In order to satisfy their needs for 'assurance and connection' they eat. Pizza or ice-cream are the usual choices, as this person is certain that these foods will be tasty, giving them assurance, and make them feel occupied for a while, eliminating the feeling of being lonely and not connecting with others. Every time they feel lonely, they eat. The emotion triggers the conditioned behaviour. The long-term effect of the forces in action here have caused poor health, weight gain, loss of confidence and lack of motivation to connect with others, which further fuels the feeling of loneliness in the present moment, and makes the negative spiral of this behaviour stronger.

Circumstance	Paradigm	Thought	Emotions	Behaviour
Feel alone and lonely	Relationships mean pain	Being alone is better than tears	Hurt and disappointed	Eat

BREAKING THE PATTERN

In order for this individual to break-free from the forces causing the consistent negative behaviour, they must **take responsibility** for what they can learn from the past (both the relationships and the emotional eating patterns) and decide what this means for them, looking at the effect these decisions are having in their current life. They need to decide what they really want (the best way to fill their need for connection, no longer feeling lonely), choosing how they can take control and be empowered to make better decisions moving forward to meet their needs.

Breaking behaviour patterns requires mindful awareness of the outcome of the behaviour chosen in the present moment, and if negatively serving, assigning a painful meaning to it. This will help the individual to create a new paradigm and associate a 'chosen pleasurable meaning' to new behaviour moving forward, focusing on what they really want.



Based on the previous example used, the individual can assign a meaning as follows:

The Assignment of Pain for Conditioned Behaviour



The Assignment of Pleasure for Chosen Behaviour



TAKE CONTROL ... Break The Pattern - FOCUS on what you want and give that a pleasurable meaning!

Attempting to 'think positively' on its own is not powerful enough to break a behaviour pattern... one must decide on daily small actions to take, working on consistent progress and positive results (small baby steps are very effective), to shape their life, thinking, emotions and outcomes in a positively impactful way.

Each time the old paradigm, thought and emotions start to surface, the individual **must consciously break the behaviour pattern** by changing their physical state (moving the body), forcing the mind 'off track' from the habitual and conditioned response to the current feeling, and mindfully choosing to do something different. Break away from the behaviour that causes pain – activate the behaviour that causes pleasure and focus on the desired outcome.

As small, consistent wins are achieved, momentum is developed, illustrating that the past does not equal the future. The future is what an individual chooses it to be, as a result of the actions they take. This creates new empowering paradigms, with associated thoughts and positive emotions, which has the power to ripple into all areas of life.



TAKING CONTROL OF THE FORCES

... Worksheet

Describe the current situation being experienced ... include physical symptoms.

Work on one or all of the following worksheets (ask your coach for a copy) to help you effectively answer the following questions.

1. Taking Control of PARADIGMS
2. Taking Control of THOUGHTS
3. Taking Control of EMOTIONS
4. Human Needs

Which paradigm is being triggered by the current circumstance?

What is the thought that comes up with the paradigm?

Which emotions are 'fired up' due to the paradigm and thought?



What behaviour is automatically activated in a situation like this due to the three forces?

Which of your human needs are not being met?

How does your current behaviour satisfy those needs?

What have I learnt about my behaviour or repeated behaviour that happens each time this circumstance presents itself? Is this good for me? Does this really make me happy? Am I self-sabotaging my goals and needs?

What have I learnt from the paradigm and past event/s that triggered it?

Assess the paradigm and ask yourself ... Do I really need to think this way anymore?



PAIN... What meaning do I give the conditioned behaviour that is not serving me?

.....

.....

.....

PLEASURE... What meaning can I give the chosen behaviour that benefits me?

.....

.....

.....

Complete the 'BREAKING THE PATTERN – PAIN + PLEASURE visual reminder worksheet' and hang it up where you will see it frequently, further supporting your conscious decision to break the pattern, reminding you of the meaning you have given your behaviour and the choices you consciously make in the present moment.

Ask your coach to send you the worksheet shown below...

The Assignment of Pain for Conditioned Behaviour

Current Circumstance	Behaviour Triggered	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result

PAIN

The Assignment of Pleasure for Chosen Behaviour

Current Circumstance	Chosen Behaviour	Physical Outcome of Behaviour	Emotional Outcome of Behaviour	Behaviour Result

PLEASURE

TAKE CONTROL ... Break The Pattern - FOCUS on what you want and give that a pleasurable meaning!



TAKE CONTROL OF THE FORCES ... AND FOCUS

DESIRE – What do I want?

Outline what you really want now and into the future. Be very clear and focused on this.

DRIVER – Why is this important to me?

Outline what makes 'what you want' so important. The stronger this is, the better your motivation and strength of mind and emotions will be, as circumstances present themselves in future.

EMOTION – What do I want to feel?

Choose the empowering emotions you want to feel and ignite them well. Practicing daily gratitude will help make this even stronger for you.

ACTION – What am I going to do?

Outline what your action steps and small goals are to help you make daily progress towards what you want to achieve, meeting your needs and staying in control of the forces.

Harnessing Positive Emotions and Gratitude <i>What am I grateful for today? What have I done to amplify my positive emotions today?</i>	Breaking the Pattern <i>What will I do to change my physical state when the old paradigm, thought and emotions surface?</i>



Taking Control of the Forces ... Action Goals

What action goals are you going set to help you take control of the forces? Take into consideration what you have reflected on and the insights you have gained through this worksheet, to help you write goals and action steps below.

Remember that taking control of the forces will empower you to mindfully and consciously think, affecting what you feel, to assess if what you believe from past paradigms is still relevant. If not, a decision to 'no longer think that way', is within your control, which will change the perception of how things should be, what things mean, what is needed, what is expected and how you respond or react to circumstances in the present moment. Take control of the forces and focus on what you want!

GOALS

ACTION STEPS
