



HOW TO OVERCOME AVOIDANCE



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JANE ELLIOTT PHD | COACHING



HOW TO OVERCOME AVOIDANCE

INVESTIGATION GUIDE

1

What specifically would you like to do that you find yourself avoiding? Get as granular as you can. [Example: I want to spend an hour when I get home from work on Tuesdays and Thursdays working on my business.]

2

What specifically do you find yourself doing instead? Again, get as granular as you can.





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3

If you were able to do the thing that you described in #1 above, what are the best, most welcome things you'd be able to think and feel—about yourself, the future, the world? List the thoughts you'd be having, but also emotions, images, associations. Anything that comes up!





AVOIDANCE ANALYSIS GRID

!I'll take you through how to fill this in the workshop





LEARN TO USE YOUR TALENTS IN A WAY THAT FEELS AMAZING

I use tools from cutting-edge neuroscience, philosophy of mind, and cognitive psychology to help my clients leave behind internal resistance—that mysterious thing that makes it a struggle to do the things we know want to do. Only a few slots remain for the current intake of Blazing Talents, my small group, intensive 12-week programme. Book a consult to find out more at janeelliottphd.com/applynow.

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