



**JANE ELLIOTT PHD | COACHING**



# **THE CASE OF THE HIDDEN EMOTIONAL PREDICTION**



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# MAGIC WAND INVESTIGATION

## ON THE TRACK OF THE PREDICTION

1

Think of the task you are avoiding. Imagine a sorcerer waves a magic wand and suddenly the task is done and it is a smashing success. How do you feel? Your initial reaction may be positive, but tune in to any quieter misgivings as well.

2

Now imagine the sorcerer does the same thing again, but this time the task is not completed successfully, whatever that means for you. How do you feel?

3

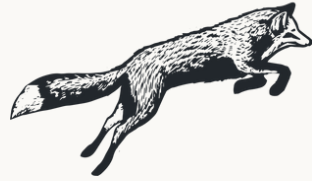
Finally, imagine the sorcerer instead casts a spell that forces you to engage with the task, without distracting yourself. You have to sit there, focused on it. How does that feel?

4

Now compare your responses to these magic-wand experiments. Which outcome felt the ickiest? That's the place to look for the emotional prediction causing your avoidance. You can get started with the questions on the next page.

**Your brain created this emotional prediction, so it has the answer you're seeking. It's just a matter of locating the right clues.**





# MAGIC WAND INVESTIGATION

## ON THE TRACK OF THE PREDICTION



Now that we know which outcome your brain is most worried about, we can get more specific in looking for clues about the content of the emotional prediction.

You can use the following questions to help you zero in on what exactly your brain is predicting will go wrong here.

Focus on the outcome you identified and consider:

- What would you have to think about yourself if this happened?
- What would you be stuck feeling that you don't want to feel?
- What would feel true about the world that you don't want to be true?
- Who wouldn't you want to know about this outcome?
- Who could be hurt by this outcome and why?
- What would you no longer get to experience?

When you have found a thread to pull that feels powerful, consider why it might feel true to your brain. And then *challenge yourself to think of three ways it might not actually be true.*





## 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 identify, dismantle and rebuild the thought systems we each carry about talent, achievement and self-worth. If you think working with me might be the way forward for you, the best next step is to [pick a time to talk to me](#). We'll meet on zoom for a free one-hour conversation where we talk about where you are, where you're trying to go, and how I can help you get there.

**choose a time here**

