

INVESTIGATE DON'T RECRMINATE



JANE ELLIOTT PHD | COACHING



EXPLORING YES AND NO



Fill in a few of the prompts on this page and the next and see what your brain offers. I recommend picking three or four at random each time.

- If I could just do this, then I would get to feel...
- If I fail at this, then I would have to feel...
- Doing this thing is like... [what metaphor/comparison comes to mind? E.g. 'walking off a cliff', 'running naked through the centre of town, etc.]
- If I meet this goal, it might hurt or upset _____ because...





MAGIC WAND INVESTIGATION

ON THE TRACK OF THE 'NO'

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

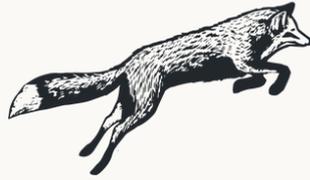
Finally, imagine the sorcerer instead casts a spell that forces you to engage with the task, without distracting yourself. You have to sit there, focused on it. How does that feel?

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 the avoidance, so it has the answer you're seeking. It's just a matter of locating the right clues.





UNRING THE ALARM

DEFUSING THE EMOTIONAL BOMB

1

Find the emotions that you are feeling in your body. Where are you feeling them? Are they in your chest, your stomach, your arms, your throat?

2

Describe these sensations out loud to yourself or on paper. Are they hot or cold, fast or slow, tingling or buzzing, diffuse or concentrated?

3

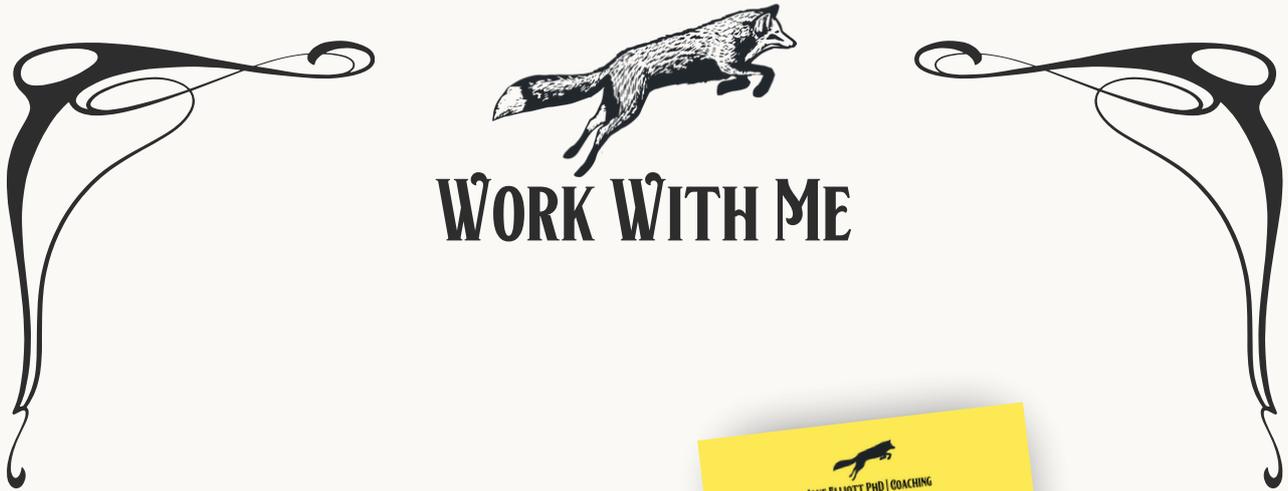
See if you can turn the sensations up. If there is buzzing, can you make it buzzier? If your chest is heavy, can you make it heavier?

4

Continue tracing the path of the emotions through your body until they wane. This takes about 90 seconds. The sensations will ramp up again when you think the thoughts again, but you can simply repeat.

The physical sensations of emotion are the only tool the our brain has to stop us from moving forward, and it's a tool that becomes less powerful the more you pay attention to it.





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. My next coaching intake will be in January 2025. You can [book a consultation call with me](#) to find out more. If you'd like to be notified when I announce free workshops or share resources, you can also [sign up for my mailing list](#).

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