

Action Plan for Session 2

Presented by Audrey Sussman PhD, LCSW,NBCCH, LMHC

Review from Session 1

Please print this out so you can keep notes during the coaching call

1. There are two parts of the mind. (conscious and unconscious)
2. The conscious part is the part that we are aware of.
3. There are ways to get the conscious and unconscious parts of the mind to work together. Knowing how to send the messages so the unconscious hears them is the 1st step. We'll work more on this in Session 2.
4. Using the "HAAA breath" to change your state. We'll be using this exercise in session 2. Please watch the video, to practice before class.
5. Go to <http://www.actionendsprocrastination.com> it's on the upper navigation bar. This simple exercise has within it, the first key for changing anxiety to calm.
6. Stress is created in 3 ways. There are techniques to stop stress in all three areas.
7. Staying Curious is the first step to learning something new.
8. Participation. The more you participate the more you will gain from this class. Listening to what others are asking until you are comfortable with asking your own questions is OK too, as long as you do the exercises.

Focus on the Subconscious (unconscious) blueprint

1. Creating a Base line
 - a. Last session we were looking at the things that want to change or have different.
 - b. In this session we'll continue listing and working on the challenges and issues you face.
 - c. Getting crystal clear about what you want, by setting a baseline for the challenges and issues you face.
2. Using the Rating Scale and the HAAA breath
3. Questions to get us to unconscious information.
4. Importance of curiosity and an open mind.
5. Secret to decision making. How to stop overwhelm and procrastination.

Action Steps for Session 1

How to decide what issues to work on?

A In order to get the most from this workshop we want to set up the baseline for the challenges and issues you face.

B When you set up a base line of challenges and issues you get 3 benefits

1. Choices will become clearer.
2. You will feel more in control, by having a place to start.
3. You will be able to measure the changes that happen.

Step One:

A. Continue to make a complete list, from the smallest to the largest thing you'd like to have different, let your mind flow as you list all of the challenges or emotions that are getting in your way:

1. Use specific situations:
2. Examples of challenges: fear, sadness, anger, panic attacks, low self esteem, social phobia, fear of speaking in public, fear of needles, test anxiety, fear of flying, etc
3. Make sure you state the details of the situation, not just a word or emotion.
 - a. Where this problem occurs
 - b. Who is there
 - c. What is happening in the situation
 - d. What you are saying to yourself, see if you can "catch" the thoughts moving through your mind when you think of the situation?
 - e. Rate the level of anxiety on each issue 0 to 10. (0 = calm to 10 = full panic or anxiety reaction) write down the number so we can rate the changes.

B. This is an important exercise. You can do it quickly or take your time. The important thing is to have something written down. In this class we will be working on one of the top 3 issues you pick.

C. List the challenges and issues you face in your life. This is for you, you'll only share what you choose to share in our workshop. The challenges can be in any order, just let your thoughts flow.

1

2

3

4

Step 2 Choosing what to work on

A Put a star next to the top 3 things you'd like to work on

B Now pick one issue you want to start with:

1. **For example:** fear when I'm alone on a weekend
2. On a 0 to 10 rate the level of fear you feel. 0 = Calm 10 = highest fear

The process of Change:

1. Write down one or two very tiny changes, the smallest things that would have to change to know you are moving in the right direction.

-
-

2. Next pick two slightly bigger issues or events.

-
-

3. Pick one major change that would make your life so much better.

C. I will give you a number of questions to get to the unconscious information. As we focus inward and I'll show you how to use the information. This exercise is a part of the **Blueprint For Change** that you will be learning.

D. In our next class we will be working on one of the issues you pick. I'll be giving you questions help you focus in a different way during the next workshop. It will help you to get underneath to some of the deeper unconscious issues.

Notes: Use this space to keep notes during the class.

Question 1: I will give the questions in class.

Answer:

Question 2:

Answer:

Question 3:

Answer:

About Audrey Sussman:

- Your presenter for the next 4 sessions is Audrey Sussman PhD LCSW, NBCCH, CSL. She is a graduate from the University of Pennsylvania.
- Audrey began her quest to find a way to get relief from anxiety and panic after suffering with panic for years. Now she is a nationally recognized seminar leader and author. Years of study and practice lead to her creating the Transformation System for the relief of panic, phobias, migraines and Irritable Bowel Syndrome.
- Her clients and students achieve phenomenal success. The skills she teaches will help you to change old reactions such as panic, phobias, anxiety, assertiveness issues and overwhelm.
- As the director of the Anxiety Control Center she developed the Transformation System which uses a 3-pronged approach to help people to release old fears and move ahead in life with motivation and security.
- The methods you'll learn are based on years of research and experience.
- Audrey developed this online course so you can get first hand experience using the skills she teaches during your coaching session. She teaches in an interactive and fun way. Although this is serious work, her belief is that we can have fun and learn at the same time.

Who will benefit from this course? This course will be of benefit if...

- If you have been struggling with panic, anxiety, insecurity, self-doubt or procrastination and these feelings creep into your thoughts.
- If you want a step-by-step approach to learn many of the powerful skills and techniques from the Transformation System.
- If you want to let go of reactions that cause you to feel stuck.
- If you are curious about exploring the potential of your own mind.
- If you are willing to work together as a team with Audrey and the other students in the class and over the next weeks.
- If you would like to experience new ways of taking back control of the thoughts, feelings and images that move through your mind.
- If you send in questions you have before the class if you can't make the class and you are going to listen in replay.

You can always send questions to Audrey. If you need any help please just write to her at either askdraudrey@gmail.com or at anxietycontrol@comcast.net.