

Learning to use the part of the mind that controls procrastination

Action Plan Part 1 Introductory Coaching Workshop

Objectives and format of the workshop

- I. Part 1. Discussion of your issues: Question and Answers
- II. Part2. Teaching section
 1. Exercises
 2. Action Plan with the fill in the blank exercise. (download)
 3. Learn about the 3-prong approach to change reactions.
 4. Start to use an inward focused state for relaxation.
 5. Overview of where worry, fear, and panic comes from.
 6. The cycle of stress and how to break it.
 7. Preview to the next steps you can take

NOTE: All sessions are recorded so you can listen to the replay.

Remember, we are just starting on this journey. Start today by making a commitment to yourself. Write down or think about changes you would like to make. Issues that come up in this introductory session are what we will work on in the following sessions. This evening my hope you will find yourself set on the track to change.

Action Step 1: Start right now by visualizing a new possible future. This is the start to any change.

What is needed to get the most from this workshop?

- * An open and curious mind
- * Paper and pen - you'll probably want to take notes.
- * A willingness to participate. The more you ask the more it will focus on your particular needs.
- * Take Action in your own healing: I will give you "Action Steps" you can take to make this experience even more helpful.
- * A desire to add to your knowledge for using the part of your mind that controls fear, worry, anxiety and procrastination.

Note: I hope you will have the courage to ask questions, I also realize you might hesitate to speak up. I have found that any question you might have, will also be one that others are thinking about as well. There are no "silly" questions, every question is important and will be treated with respect.

Although you will get targeted information when you ask questions, many of my online coaching clients tell me that when they first started, they got a lot out of listening to what others were saying. So do what feels comfortable.

Fill in the blank Section: Exercises and techniques.

☀ When should you use the _____ technique?
Before any other _____ and whenever you are _____,
fearful or worried.

☀ Why is it important to use this 1st technique?
Because it gives a way to _____ feelings. It also gives you a
_____ of where you are emotionally.

☀ When should this _____ technique be used?
_____ your level _____ you are feeling an emotion. Then
practice, one of the stress relief exercises, and rate it again. Use the
rating gauge _____ and _____ each exercise.

Exercise: Stopping the Stress Cycle

How Stress is Created

Three techniques to stop stress:

1. _____

2. _____

3. _____

Triggers for stress:

What are the _____ that trigger stress ?

-
-
-
-

What _____ reactions trigger your stress response?

-
-
-

What are the _____ that trigger your thoughts & physical reactions ?

- -
 -
-
-

Exercise: Setting the First (temporary) Goal

I. Goal Setting Using both parts of the mind:

★ The two parts of the mind are:

_____ and _____.

★ One way to get to your _____ is by using an _____ focus.
But first, we need to look at how to use the "Specific MAP" approach to goal setting.

Learn the "Specific MAP" approach to goal setting - this will help you sail easily towards your goals.

1. _____

2. _____

3. _____

4. _____

About Audrey Sussman PhD, LCSW, NBCCH, LMHC, CSL

So who am I and why should you listen to me. I'm Dr. Audrey Sussman I've been the director of the Anxiety Control Center for over 25 years. I've helped thousands of people to get freed from panic, anxiety, overwhelm, procrastination and even migraines and IBS.

And the system I developed, that helps people to get free from fear is called The Transformation System. You'll be getting today and in the sessions that you can sign up for in November.

What makes the Transformation System so effective is that it uses the wisdom each person has "within" to facilitate healing. What makes the Transformation System unique is that it uses a combination the best techniques from Cognitive and Behavioral therapies and integrates them with Energy healing, NLP, and Hypnosis (both Classical and Ericksonian).