

FIRST thing when you wake up in the morning: ASK YOURSELF, what am i thinking? What am I feeling? MAKE A LIST. Have paper and pen right by your bedside. Move your body as little as possible in order to remember the thoughts and feelings.

NEXT ASK: How often have I had these thoughts and feelings before?

NEXT ASK: Who else that I have been around a lot during my life (or that I'm currently around) also has these thoughts and feelings? Did someone in my family growing up have this?

BE 100% honest about the thoughts and feelings that are coming up with ZERO SELF-JUDGEMENT

Get REALLY good at no self-judgement

Awareness is key

Once you are aware and not in denial, then ASK: What do i need to do? What do I need to say? What do I need to stop doing? to stop saying? in order to resolve this?

What action is needed here?

Am I willing to take that action?

If not, ask what am I afraid of?

If you get stuck, be sure and reach out for help! Don't try and do it alone. Get the support you need.

REMEMBER what you really want. Ask: What do I really want?

Have a reality check from the inside out.

REMEMBER: FEELINGS FOLLOW YOUR ACTIONS. You'll FEEL different when you take DIFFERENT Action.