

Stress Is Gone

TRANSFORM NEGATIVE THOUGHTS

Rate Your Mental Stress from 1 to 10: _____

STEP 1. BECOME CONSCIOUS OF YOUR MOST REPETITIVE NEGATIVE THOUGHTS

A. Write out your most repetitive negative thoughts (keep each thought under 8 words):

1. _____
2. _____
3. _____
4. _____

B. Circle the thought you'd like to transform. Identify the fear fueling that thought by asking yourself:

1. What is the worst case scenario of that thought? _____
2. What I am really afraid of (this is the core fear)? _____

C. While thinking about that core fear, write down which part of your body you feel tension in (i.e. head, chest, stomach, throat, etc): _____

STEP 2. FLIP THE SCRIPT Reference your answers from SECTION 1

A. Write out a statement that is opposite of the thought you circled:

- _____

B. Write out a statement that is opposite of the core fear:

- _____

STEP 3. COMPLETE YOUR FREEDOM STATEMENT

Enter your answers from SECTION 1 where prompted below:

I want to unlock and release all the tension in my (insert answer from Step 1. C)

and completely break free from the fear of (insert answer from Step 1. B.2)

right now!

STEP 4. BREATHE & RELEASE

1. Touch your body where you feel tension, breathe deep & slow, and once per breath silently say, "I'm Okay". Continue for 3-minutes.
2. Touch the tension, breathe deep & slow, and gradually read your Freedom Statement out loud. Continue for 3-minutes.
3. Touch the tension, breathe deep & slow, and quietly read your answers from Step 2 A. and B. Continue for 3-minutes.
4. Touch the tension, breathe deep & slow, and silently say, "I'm OK". Continue for 3-minutes.

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* Feel free to transform another thought.