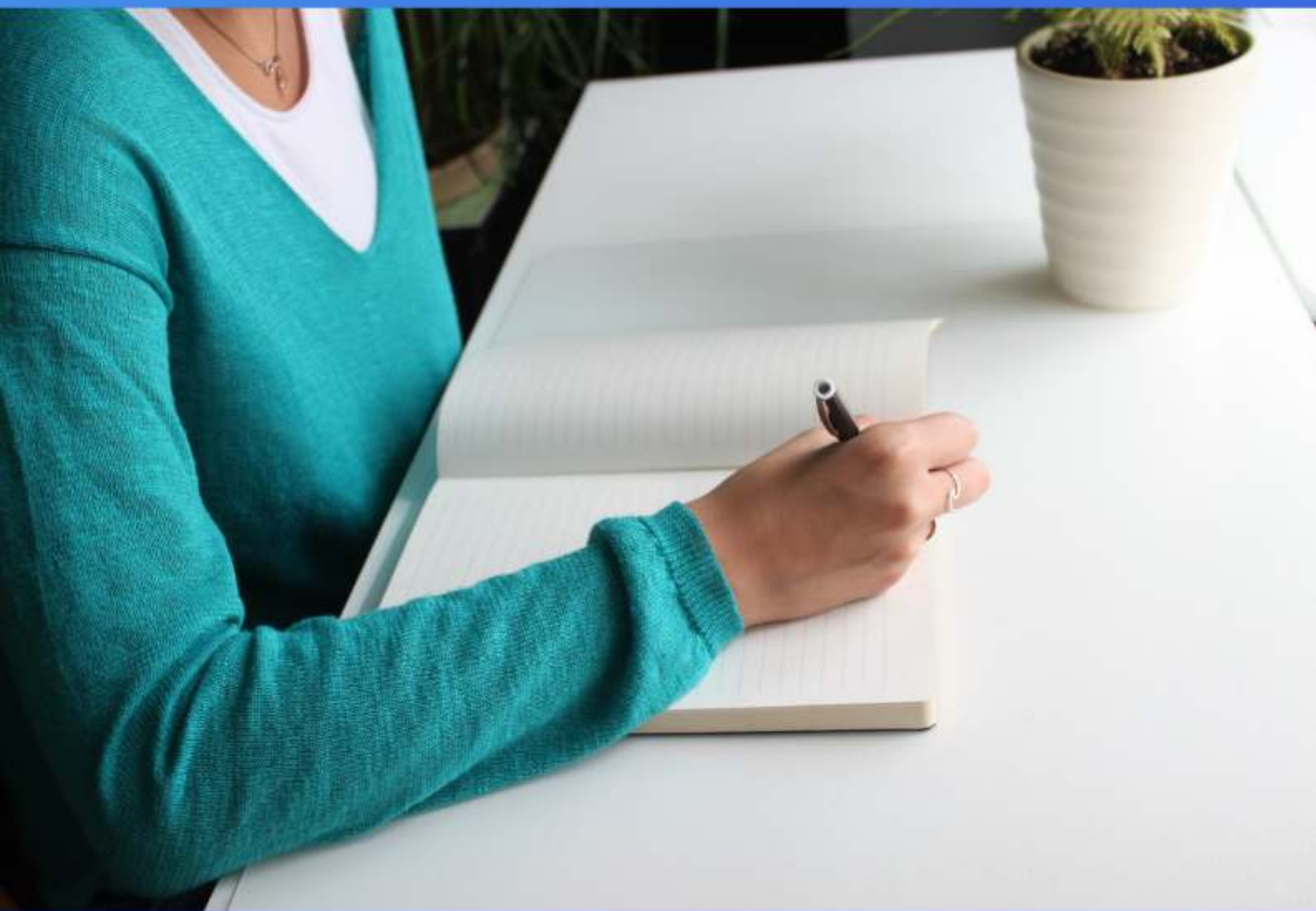




CHOOSE
WELLBEING

8 Actionable Steps To Deal With What's Bugging You Most



by Sue Jaycock - Choosewellbeing

8 Actionable Tips To Deal With What's Bugging You Most

How to Deal With What's Bugging You Most

We are all familiar with the experience of being really tired, getting into bed and then your brain starts up – going over and over again whatever it is that it wants to worry about. Unless we are very blessed, we all have worries in our lives at some point or other. It is all part of being human.

When we are busy during the day we can often manage to keep the worries under the surface throughout our busy day, but as soon as we relax then our mind monkeys think it is their time to come out and cause havoc.

In my other resources I have shared various tips and techniques to manage this inner voice, (see <https://www.choosewellbeing.co.uk/free-resources>) but there are times when we need to listen up and take some action, and therefore I have put together this workbook with 8 Actionable Tips To Deal With What's Bugging You Most, so grab a beverage of your choice and find a quiet corner and read on....

How will I know the difference between the inner critic and genuine concerns?

Inner Critical Voice on a negative rampage:

The time to listen up and take action is when you know that the thing that is bugging you most is a genuine concern, not a trivial mind monkey muttering. Let me give you examples of both.

- ☹ You're not good enough
- ☹ You're rubbish with money
- ☹ You're so clumsy
- ☹ You're so fat
- ☹ You're so lazy

Examples of worries and concerns:

- › I have physical aches and pains
- › I know I need to do some mindset work but I just haven't done any
- › I'm really worried about not being able to pay my bills
- › I know what I should eat and I am eating junk food

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These are just a few examples. Do you see the difference?

- ▶The inner critical voice berates us for not meeting it's standard.
- ▶The genuine worries and concerns keep us awake at night - (and may or may not be as bad as they seem.)

Here's the thing, our brain can amplify worries so that they seem much worse than they are, and things always seem to feel worse at night time. Once you start worrying about something the mind monkeys unhelpfully hop on board to help you find even more negatives and make the situation seem far worse until it becomes massive. The part of the brain which controls rational thinking, reasoning and logic is for the most part switched off during the night and that is why it is so hard to come to any decisions are night time.

Start dealing with the inner self-talk first

Now, the techniques we share with you in the free downloadable work book,

Taming Negative Inner Self-Talk (see <https://www.choosewellbeing.co.uk/free-resources>) will help you to address the inner self-talk and to calm your mind down **BUT** the fact is that these situations that are causing you this worry need to be looked at.

There is no point in working on your mindset, calming your mind down and then ignoring reality and sticking your head in the sand. It needs to be looked at head-on whilst you are in a calm place.

You need to do the mindset work to get your inner critic under control and then you can look at things more clearly - from a more balanced and centred place.

Follow the techniques that I share with you in [Taming Negative Inner-Self Talk](#) regularly, every day if possible, make them a non-negotiable habit, and then you are ready to go on to the next steps which I outline here. (Continue doing the steps in Taming Negative Inner Self Talk - like all mindset and self improvement - this is an ongoing journey my friend!)

Exercise:

- Set aside 30 minutes where you won't be disturbed.
- Have a notepad and pen to hand.
- Turn off your phone and any other distractions.
- Sit quietly and allow your mind to calm.
- When you are ready start to write down the worries and concerns that you have going on for you in your life right now. Make a list. Maybe it is one or two things, maybe more; there is no right or wrong.
- Once you have your list, follow the 5 steps below.

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► There are printable sheets at the end of this document that you can use if you wish.

Now that you have your list, I want you to put them in order with the most pressing worry or concern at the top. Today we are going to look at just that one concern.

Secondly I want you to write down what the impact is of this worry on you or your family.

Next write down all of the things that you can think of that you can do about this worry or concern. Even if they seem ridiculous, write them all down.

1. **What is the worry?**

First of all I want you to ask yourself, what is the worry, and write it down in a sentence.

2. **What is the impact of this?**

Secondly I want you to write down what the impact is of this worry on you or your family.

3. **Is there anything I can do about this?**

Make a list of everything and anything you can think of that you can do about this - don't worry if the ideas sound ridiculous, write them all down.

4. **Which of these would you like to take action on?**

Out of the list you have created in No 3, choose the action or actions that are most realistic, the ones that you feel confident that you can take action on. It might be one action that you choose, or it might be several - just make sure they are realistic and doable.

5. **What might get in the way of taking action on this?**

For each of the items that you have chosen in No 4, write down what might get in the way. It is good to be aware of this - being aware and honest helps you to avoid tripping up or making excuses!

6. **Who or what could help me with this action?**

Is there a friend you could enlist? Someone you need advice from? Who could help you with this?

7. **Set a Goal**

Once you have decided on your action, and looked at what might get in the way, and who might help you with the action, it is time to set a goal around this action. This looks like:

By (date) I will have (describe the action)

8. **How Will I Feel?**

Once you have achieved your goal, how will it feel? Describe it.

NOTE: If you chose more than one action at Step 4, you will need to repeat steps 5 and 6 and 7 for each of the actions you chose.

Remember you are only looking at ONE main worry/concern today, and then breaking it down into one action or several actions that you can take action on.

Example

On the following page is an example that I've worked through to demonstrate the method for you.

8 Actionable Steps To Deal With What's Bugging You Most

1. What is the worry?

I am not exercising - I am paying for gym membership and I haven't been for 8 weeks. I am not even walking. I've been so busy with work that I haven't been looking after myself properly.

2. What is the impact of this?

I feel guilty. I am putting weight on and I feel rubbish. I have aches and pains. I know I feel better when I do exercise. I feel lazy and fat. I know I am not looking after myself properly. I'm a bad example to my children. I criticise my husband for not exercising but really I'm as bad..

3. Is there anything I can do about this?

Option 1 - I could start walking on my own.

Option 3 - I could start jogging.

Option 4 - I could join a new gym.

Option 5 - I could go back to the gym I already have membership with.

4. Which of these am I going to take action on?

After thinking about it I have decided on Option 1 and Option 5

5. What might get in the way of me taking action on this?

Option 1 - I might self-sabotage and have good intentions and then get busy and not go.

Option 5 - I feel a bit embarrassed about going back after all this time. What if they say something or ask me questions about why I haven't been?

6. Who could help me with this action?

Option 1 - I could go for a walk with my husband. Or go with a friend. Or even take the neighbours dog for a walk.

Option 5 - I could go with a friend - then I wouldn't feel so bad. I could just tell them the truth if they ask questions - I have been busy.

7. Set a goal.

Over the next week, so by Friday dd/mm/yy, I will go for 3 x 20 minute walks and have 2 visits to the gym.

8. How will I feel?

I am going to feel much better in myself when I have completed this goal, and once I get back into the routine I know I will carry on. I know that regular exercise will help me feel better not only physically but mentally. I am worth it!

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Why This Technique Works

This works because it encourages you to think of constructive solutions while you are in a calm and centred state of mind. Not all of the solutions you come up with will be ones you want to work with, but some likely will be. It helps you to creatively think outside of the box.

This is something you can do on your own, but if you find this difficult and need help; perhaps you have a lot of things going on for you, you might want to consider working with a life coach like myself.

Working with a life coach not only speeds the process up but it really helps you to set meaningful and constructive goals enabling you to move on in your life in a much more positive way.

The following 3 pages are for you to print out. They have 8 sections with spaces for you to complete your answers. You can print out as many blank copies as you wish. Alternatively, just use a notebook.

I do hope that you have found this technique useful, and if so please visit my website to check out our other resources.

Sue

Sue Jaycock
[Choosewellbeing](https://www.choosewellbeing.co.uk/)



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By (date) I will have (describe the action)

8. **How Will I Feel?**

Once you have achieved your goal, no matter how large or small, how are you going to feel? Describe it here.