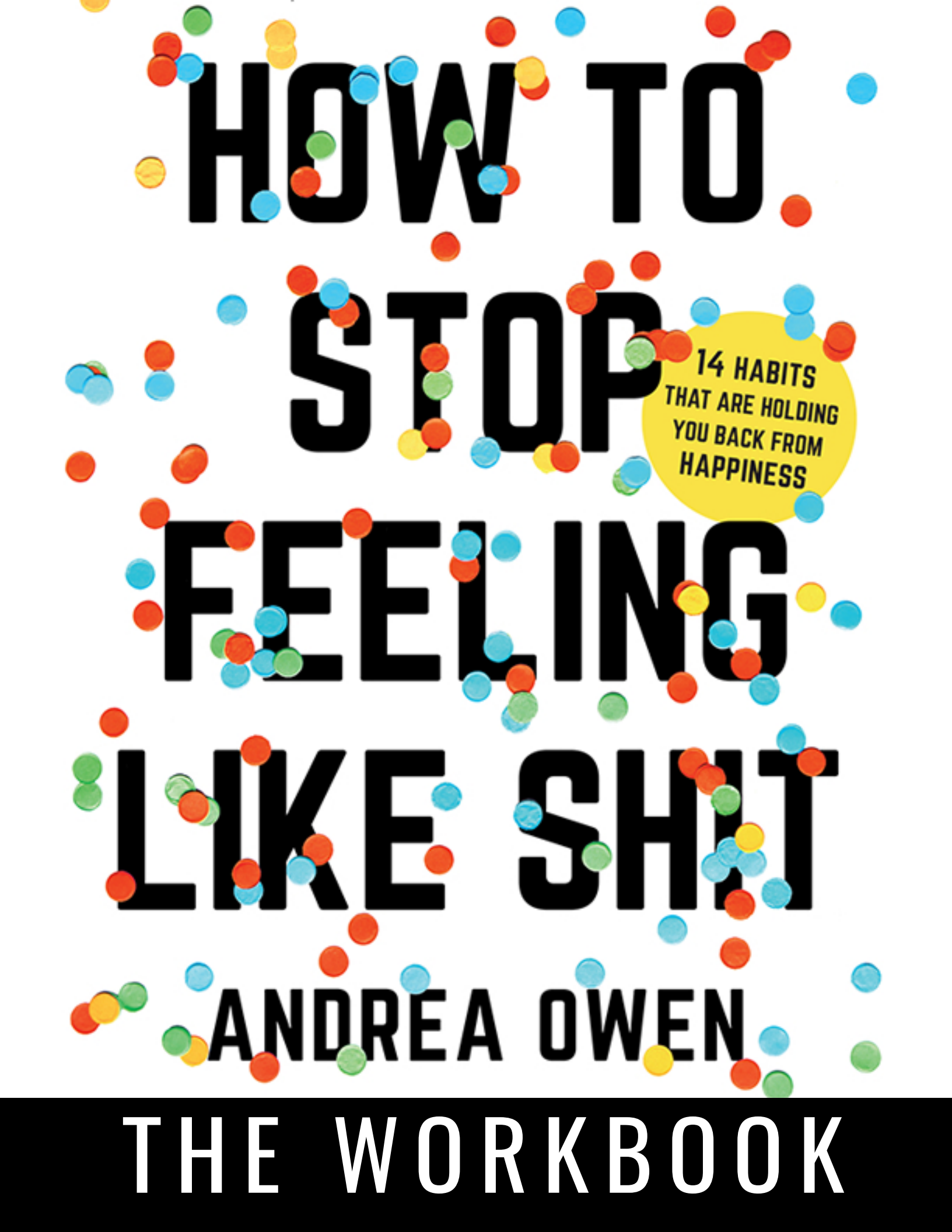




HOW TO STOP FEELING LIKE SHIT

14 HABITS
THAT ARE HOLDING
YOU BACK FROM
HAPPINESS

ANDREA OWEN

THE WORKBOOK

Being an Asshole to Yourself: Learn to Manage your Inner Critic

WHAT DO YOU TEND TO BEAT YOURSELF UP OVER THE MOST?

WHAT DOES YOUR INNER CRITIC SPECIFICALLY SAY?

Being an Asshole to Yourself: Learn to Manage your Inner Critic

ARE YOU ABLE TO PINPOINT WHERE YOUR NEGATIVE SELF-TALK
COMES FROM? IF SO, WHERE?

DO YOU HAVE ANY TRIGGERS YOU CAN CONTROL?
IF SO, WHAT WILL YOU DO ABOUT THEM?

Being an Asshole to Yourself: Learn to Manage your Inner Critic

IS THERE ANYTHING YOU NEED TO FORGIVE YOURSELF FOR?
IF SO, WHAT WILL YOU COMMIT TO DOING ABOUT IT?

Go Away and Leave Me Alone: Isolating and Hiding Out Isn't Protecting You

DO YOU FEEL LIKE YOU HIDE OUT AND ISOLATE WHEN THINGS GET HARD IN YOUR LIFE? IF SO, WHY?

DO YOU HAVE "COMPASSIONATE WITNESSES" IN YOUR LIFE? IF NOT, CAN YOU THINK OF PEOPLE WHO HAVE POTENTIAL? IF SO, WHO ARE THEY AND WHAT MAKES THEM YOUR COMPASSIONATE WITNESS?

Go Away and Leave Me Alone: Isolating and Hiding Out Isn't Protecting You

DO YOU NEED TO DO A "CLEANUP" OF YOUR FRIENDSHIPS AND WORK ON INTENTIONALLY NURTURING ONE OR TWO OF THEM THAT YOU HAVE CURRENTLY?

CAN YOU COMMIT TO PRACTICING EMPATHY? HOW WILL YOU DO THAT?

Go Away and Leave Me Alone: Isolating and Hiding Out Isn't Protecting You

IF YOU'RE REALLY STRUGGLING IN THE AREA OF FRIENDSHIP, HOW CAN YOU TAKE CARE OF YOURSELF REGARDING YOUR INNER CRITIC?

Checking Out: Are Your Numbing Mechanisms Still Working for You?

IN WHAT WAYS DO YOU NUMB OUT?

WHY ARE YOU DOING IT? DIG DEEP AND THINK ABOUT WHAT'S UNDERNEATH.

Checking Out: Are Your Numbing Mechanisms Still Working for You?

OF ALL THE TOOLS LISTED TO HELP YOU FEEL YOUR FEELINGS, WHICH ARE THE HARDEST FOR YOU? WHICH CAN YOU COMMIT TO TRYING?

Checking Out: Are Your Numbing Mechanisms Still Working for You?

JOURNAL ON THE FOLLOWING QUESTIONS:

WHAT IF OUR FEELINGS WERE JUST PERFECT FOR US?

WHAT IF NONE OF OUR FEELINGS WERE "BAD" OR "WRONG"?

WHAT IF FEELING YOUR FEELINGS WERE JUST PART OF BEING HUMAN?

Compare and Despair: The Never-ending Mind Fuck

WHAT OR WHOM DO YOU COMPARE YOURSELF TO THE MOST?

WHAT ARE SOME CHANGES YOU CAN COMMIT TO AND MAKE THAT
WILL HELP YOU NOT GET TRIGGERED INTO COMPARISONS?

Compare and Despair: The Never-ending Mind Fuck

WRITE UP YOUR LIST OF SUCCESSES.

Compare and Despair: The Never-ending Mind Fuck

IS THERE ANYTHING YOU CALL "INSPIRATIONAL," BUT IT'S ACTUALLY MAKING YOU FEEL WORSE? WHAT CAN YOU DO ABOUT THAT?

The Demolition Derby of Your Life: Self-Sabotage

IF YOU SELF-SABOTAGE, DO YOU DO IT CONSCIOUSLY OR
UNCONSCIOUSLY?

DIGGING DEEPER, WHY DO YOU THINK YOU SELF-SABOTAGE?

The Demolition Derby of Your Life: Self-Sabotage

WHAT IS IT THAT YOU REALLY WANT? NOT THE "THINGS", BUT
THE FEELINGS AND EXPERIENCES YOU THINK YOU'LL GET FROM
THEM?

WHAT IS IT THAT YOU'RE AFRAID OF UNDERNEATH IT ALL?

The Demolition Derby of Your Life: Self-Sabotage

WHO IS THE PERSON YOU CAN SHARE THIS WITH?

WHAT KIND OF IMPERFECT, SCARED, AND COURAGEOUS ACTION
WILL YOU CHOOSE?

Feeling Like a Fraud: The Imposter Complex

IF YOU FEEL THAT YOU HAVE THE IMPOSTER COMPLEX, WHAT ARE YOUR SECRET THOUGHTS ABOUT IT? IN OTHER WORDS, WHAT DOES YOUR INNER CRITIC SPECIFICALLY SAY ABOUT YOU BEING A FRAUD?

WHERE DO YOU THINK YOUR FEELINGS OF BEING AN IMPOSTER CAME FROM?

Feeling Like a Fraud: The Imposter Complex

HAVE YOU BEEN SETTING TOO-HIGH STANDARDS FOR YOURSELF?
IF SO, WHERE CAN YOU EASE UP?

WHERE CAN YOU OWN YOUR ACCOMPLISHMENTS?
IS THERE ANYTHING YOU'VE BEEN PUSHING ASIDE THAT YOU CAN
AFFIRM AND PERHAPS BE PROUD OF?

The Dog and Pony Show: People Pleasing and Approval Seeking

IF YOU'RE AN APPROVAL SEEKER AND/OR PEOPLE PLEASER,
WHY DO YOU THINK YOU DO IT?

WHAT ARE YOU AFRAID MIGHT HAPPEN IF YOU STOP PEOPLE
PLEASING OR SEEKING APPROVAL FROM OTHERS?

The Dog and Pony Show: People Pleasing and Approval Seeking

IN WHAT SITUATIONS OR WITH WHOM DO YOU FEEL THAT
YOU ARE RESPONSIBLE FOR OTHER PEOPLE'S FEELINGS?

DO YOU FEEL THAT YOU TAKE MOST THINGS PERSONALLY?
HOW CAN YOU PULL BACK ON THAT?

The Dog and Pony Show: People Pleasing and Approval Seeking

WHAT BOUNDARIES DO YOU NEED TO SET? (LIST THEM.) WHICH
ONES ARE YOU WILLING TO HAVE CONVERSATIONS ABOUT?

Perfectionism Prison: Self-Destruction at Its Finest

CAN YOU PINPOINT WHERE YOUR PERFECTIONISM CAME FROM? IF SO, CAN YOU REEXAMINE THE ORIGINS OF THESE STORIES AND CHALLENGE ANY OF THE BELIEFS THAT WERE CREATED THERE?

WHAT ARE YOU MAKING UP NOT BEING A PERFECTIONIST IS?

Perfectionism Prison: Self-Destruction at Its Finest

HOW CAN YOU DEAL WITH CRITICISM IN A MORE INTENTIONAL WAY?
ALSO, WHAT STORIES DO YOU MAKE UP IN YOUR HEAD ABOUT
YOURSELF WHEN YOU RECEIVE CRITICISM OR EVEN FEEDBACK?

WHAT DO YOU NEED TO GIVE YOURSELF PERMISSION FOR THAT
WILL HELP YOU NOT SET OVERLY HIGH EXPECTATIONS?

Perfectionism Prison: Self-Destruction at Its Finest

WHAT IS YOUR PERFECTIONISM COSTING YOU?

Being Strong: The Illusive Tough Exterior

WHAT DO YOU TELL YOURSELF THE OPPOSITE OF "BEING STRONG" IS?

DO YOU FEEL THAT YOU'VE SHOVED FEELINGS DOWN TO BE STRONG? IF SO, WHY DO YOU THINK THAT IS?

Being Strong: The Illusive Tough Exterior

IS THERE SOMETHING YOU'RE AFRAID MIGHT HAPPEN IF YOU AREN'T STRONG OR IF PEOPLE THINK YOU AREN'T BEING STRONG?

WHAT, EXACTLY, HAVE YOU AVOIDED IN YOUR LIFE BY DEVELOPING THE HABIT OF BEING STRONG?

Being Strong: The Illusive Tough Exterior

WHAT CAN YOU DO SPECIFICALLY TO LET THIS GO?

Just Let Me Do It: Start Letting Go of Control

DOES YOUR CONTROLLING BEHAVIOR NEGATIVELY AFFECT YOUR
LIFE? DOES THAT BEHAVIOR GO OVERBOARD?

WHAT ARE YOU AFRAID MIGHT HAPPEN IF YOU TRIED LETTING GO
OF CONTROL?

Just Let Me Do It: Start Letting Go of Control

WHERE ARE YOU ON THE TOP OF SELF-TRUST? WHAT CAN YOU DO TO IMPROVE THAT?

WHAT DO YOU THINK IS UNDERNEATH IT ALL THAT YOU MIGHT NEED TO DIG UP TO LET GO OF YOUR CONTROLLING BEHAVIORS?

The Sky is Falling: Bracing Yourself for Catastrophe

IF YOU'RE A CATASTROPHIZER, WHAT DO YOU CATASTROPHIZE
ABOUT MOST?

WHAT ARE YOU AVOIDING FEELING IN YOUR LIFE WHEN YOU
INDULGE IN THE THOUGHT PROCESS OF REHEARSING TRAGEDY?

The Sky is Falling: Bracing Yourself for Catastrophe

WHAT TRIGGERS YOU?

WHAT DOES YOUR GRATITUDE PRACTICE LOOK LIKE? IF YOU
DON'T HAVE ONE, WHAT CAN YOU COMMIT TO?

The Sky is Falling: Bracing Yourself for Catastrophe

DO YOU ALLOW YOURSELF TO EXPERIENCE TRUE JOY? IF NOT,
WHAT ARE YOU WILLING TO DO TO TRY?

The Blame Game: Your Ticket to Disconnection

HOW ARE YOU NOT LISTENING TO PEOPLE? IN OTHER WORDS, ARE PEOPLE TRYING TO REACH OUT TO YOU WHILE YOU'RE TRYING TO POINT OUT HOW THEY COULD DO BETTER?

IS THERE ANYTHING IN YOUR LIFE YOU NEED TO LOOK AT?
ANYTHING UNRESOLVED THAT YOU'RE BLAMING AWAY?

The Blame Game: Your Ticket to Disconnection

DO YOU HAVE UNEXPRESSED ANGER AND RAGE? IF SO, WHAT GOT "STEPPED ON" TO MAKE YOU SO ANGRY? WHAT IS A HEALTHY WAY YOU CAN DEAL WITH IT?

The Blame Game: Your Ticket to Disconnection

IS THERE ANYTHING YOU'RE TOLERATING IN YOUR LIFE THAT YOU NEED TO EITHER SET A BOUNDARY WITH OR WALK AWAY FROM? IF SO, WHAT WILL YOU DO?

Zero Fucks Mentality: Cynicism on Steroids

WHAT DO YOU FEEL YOU'RE GETTING OUT OF PRETENDING YOU "GIVE ZERO FUCKS"? IN OTHER WORDS, WHAT DO YOU THINK IT'S PROTECTING YOU FROM OR HOW DO YOU THINK IT'S MAKING YOUR LIFE BETTER?

WHEN YOU GET HURTFUL FEEDBACK, DO YOU MAKE IT ALL ABOUT YOU? IF SO, HOW DO YOU THINK YOU CAN MOVE AWAY FROM THAT?

Zero Fucks Mentality: Cynicism on Steroids

IS THERE A SPECIFIC AREA OF YOUR LIFE WHERE YOU FEEL LIKE YOU GIVE WAY TOO MANY FUCKS? WHY?

IS THERE ANYTHING YOU CARE A LOT ABOUT THAT YOU ARE JUDGING YOURSELF FOR CARING ABOUT? OR FEAR THAT OTHER PEOPLE ARE? IF SO, HOW CAN YOU HONOR IT ANYWAY SO AS TO PROCESS IT?

Zero Fucks Mentality: Cynicism on Steroids

WHO WOULD BE IN YOUR SQUARE-INCH BOX? WHO WOULD YOU
NEED TO LEAVE OUT?

Nobody Likes a Slacker: The Downside of Overachieving

IF YOU RELATE TO BEING AN OVERACHIEVER, WHERE DO YOU THINK IT CAME FROM? WHAT ARE YOU WILLING TO DO TO CHALLENGE THOSE BENEFITS THAT WERE CREATED?

HOW DO YOU FEEL YOUR OVERACHIEVING IS AFFECTING YOUR LIFE?

Nobody Likes a Slacker: The Downside of Overachieving

WHAT ARE YOU AVOIDING DEEP DOWN BY NOT WANTING TO
SLOW DOWN AND REST?

HOW DO YOU FEEL ABOUT FAILURE? WHAT DO YOU NEED TO DO
TO SHIFT YOUR PERSPECTIVE ABOUT IT?

Nobody Likes a Slacker: The Downside of Overachieving

ARE YOU A COMPETITIVE PERSON? IF SO, HOW IS IT POSITIVE AND
HOW IS IT NEGATIVE IN YOUR LIFE?

Values: Your Roadmap

WHAT ARE YOUR VALUES?

WHAT DO YOUR VALUES LOOK LIKE IN REAL LIFE? WHAT ARE THE EVERYDAY BEHAVIORS THAT MAKE UP THE PATH?

Values: Your Roadmap

CAN YOU REMEMBER A TIME WHEN YOU DIDN'T HONOR YOUR VALUES? HOW DID THAT FEEL? WHAT COULD YOU HAVE DONE DIFFERENTLY THAT WOULD HAVE BEEN HONORING YOUR VALUES?

WHAT ARE SOME RED FLAGS THAT LET YOU KNOW YOU'VE WALKED AWAY FROM YOUR VALUES?