

Natalie Wilson

COACHING

5 QUESTIONS TO HELP YOU STOP WORRYING

*I didn't want
to hurt her feel-
ings.*

*She's going to
be so mad.*

Worry

That's what our brains like to do. They mostly worry about everyone else's feelings, everyone else's opinions of them, or what might happen. Why? Because they don't want to feel rejection, fear, disappointment, or responsibility. Our brains want to keep us safe and avoid pain. Its job is to worry about the dangerous dark alley. But it also thinks rejection, anger, and failure is the same. It is set up to assume the worst. What we want to do is teach it how to override the fear and decide if it's truly a dangerous situation or you can stop worrying.

Use these 5 questions to help you worry less, be in control, and create confidence.

You CAN learn to rewire your brain!

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Pick the situation that you're worried about and complete the questions.

1

What are the reasons why you are worried? Unload all your thoughts here. (Writing down your thoughts is a great strategy to help your brain release stress.)

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2

Now figure out what the facts are about this situation and write them here. Facts are provable in court. Fact = I was 5 minutes late to work. Not a fact = My boss is going to kill me!

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3

What is the story you are telling yourself about these facts?

4

What could be a different story someone could tell about these same facts?

5

Practice thinking & believing this new story to reduce your worry.

Bonus:

Write a list of affirmations about the situation and yourself. “I was late and that’s okay.” “My mother is mad at me and that’s okay.” “I’m still loved and valuable.”

Completing this process each time will help you build the skills to relieve and reduce your worry! You CAN do this.

Now that you've had a taste, imagine if you had less worry, more confidence, and didn't doubt your decisions! What could change for you?

- You could start going after what you really want in life.
- You could start having the relationships you really long for
- You could stop wasting time, energy, even money on making decisions
- You could start creating a life you can't believe you get to live

How do I know? I used to be the girl/woman who worried all the time. I worried about everything I did - if it was right or wrong or if people liked my decisions, my work, or me.

I was the nice girl who pleased everyone else but myself. I was the hard-working, dependable quiet one that people thought they could walk all over. I was the one who worried for days about hurting others feelings.

Now, I am a woman who knows her boundaries, who lets people be them, who knows who she is, and doesn't need 20 people to help make a decision.

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After I began this same work on myself, I became a leader in the workplace, won awards, and got married. *After 36 years of being single, I found the man of my dreams!!*

I KNOW all of this happened because I did this work. I learned how to reduce my wor-ry, my people-pleasing, and my indecision by learning confidence skills, cognitive psychology-based tools, and the art of saying no. I didn't have to stop being nice or kind.

I just started playing big in my life. I got crystal clear on what I wanted and then I went after it.

If this is you, and you want to know more, let's talk today! Email me right now.

You can learn more about the tools I teach, who I am, and how we can work together by finding me on Instagram [@natalie_wilson_coaching](#), Facebook [@nataliewilsoncoaching](#), or on my blog at www.nataliewilsoncoaching.com/blog

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