

7 Steps to Lift Your Emotional Strain



Self-Coaching Tips by Ms. Ayana, LCSW-C

Emotionally tired? Seeking relief from the daily strain of living? The hue-man journey presents bridges to becoming your best self. These bridges are often first experienced as problems: problems that bring you discomfort, doubt, and frustration. Let me assure you that there is a way through. Regardless of the nature of your burden, these seven steps can assist you on your healing path.

I personally use this tool when I become confused about where I am headed. Regardless of whether the distress may be related to work, a relationship or another aspect of living, these steps will help you get clear. This tool is an adaptation of an exercise called "Word Storm" *the Ideal and the Real* by Maura Wolfe as found in her book [Exploring Realities](#). It is a wonderful book, so feel free to order it here: [Living Light Online Store](#). I believe in you! Let me be your guide and support you in turning your hope into action. [Schedule your Illuminations session Now and we will complete the steps together!](#)

1. Get Positive. The Fuel.

- o Congratulate yourself. Often it is too easy to get caught up in what is lacking, what you are doing right or what is missing. So stop the negative chatter! List out all the things that you are doing right. What are you doing well? What is working?
- o You are probably further along than you think you are. Besides, it is easier to make positive change when we feel good about our efforts. So AFFIRM your goodness and use it as motivation for moving onto step 2.

2. Get clear. The Destination.

- o Take out two sheets of paper. Pull out writing and creative tools (i.e. markers, colored pens & pencils – use what you have handy). Now, identify your key area of concern. Focus on one problem at a time. You can always come back and do the exercise again.
- o Put the word IDEAL on one sheet. Then brainstorm.
 - i. Express in words, pictures or short phrased your BIGGEST DESIRES! What do you really want? Put it down. Dream B.I.G.! (B.I.G. – believe in growth) Accept no limits. No restrictions. No boundaries. Affirm exactly how you want things to be!
- o Nothing coming? It's okay. Try one or all of these:
 - i. Sit with the question, "What do I want to experience next?"
 - ii. Connect with what brought you joy in the past. Go back into childhood if necessary. Children are often free to feel and act without inhibition. Reconnect with that time.
- o Claim your deepest heart's unique desire. This is your view of happiness: embrace it.

3. Get Real. The Start.

- Take out the second piece of paper. Write the word REAL and list any words that describe what is true for you today.
 - i. What does your current situation look like?
 - ii. What is working?
 - iii. What isn't working?
- Do this quickly. Set a timer for 3 minutes and just write. No judgment. Just truth. You need to see where you are only as a start.

4. Get Perspective. The Distance.

- Compare your two lists – the Real and the Ideal. What are the differences?
- What shifts are needed to move you closer to your ideal?
- If you could build a bridge between the two, what steps would you need to take?
- Write out the steps, make it concrete.

5. Get Goals. The Path.

- Now that you are clear about what is needed to move closer to your ideal, set goals. Turn your steps into goals.
- Separate long term goals from short term goals.
- Prioritize your list.

6. Get a date. The Preparation.

- Circle your top 3 goals.
- Pull out the calendar and commit to a start date. Provide ample time to address your 1st short term goal.
- Tell someone your intention. Ask for their support.
- Tip: Set the bar low. Knowing you can succeed will provide momentum to keep moving forward later.

7. Get Moving. The Adventure.

- All change begins with action.
- Missed your date. No problem. Reschedule.
- Remember, this is an exercise in self-trust and compassion. The sooner you start the work, the sooner you will live the results you designed.



Remain persistent and diligent! Celebrate your start! The road to change isn't easy but it is better living in transition towards progress than remaining stuck in self-misery.

I do hope you love this tool as much as I do. May these 7 steps provide you with a shift in perspective, as to remind you that no matter how things appear now, you can indeed move in the direction of your deepest heart's desire.

Need help identifying the bridge between your real and ideal? Unsure of how to turn your steps into goals? Stuck on a step? No problem! Let me be your guide! I know that I benefit greatly from having a cheerleader, life coach or an accountability partner along the way. If you feel the same, I will be honored to support you! [Contact me](#) and together we will assure that you are using all your strengths to transform your negatives into permanent positives.

Happy Healing!



Living Light, "I AM" *Ms. Ayana*