

# Week 3 - Knowing What To Do

We will be in a few minutes!

Say "Hi" in the chat box if you can see this.

# A Few Notes

- Sorry about Sunday!
- I will upload the audio and video from tonight so you can download in the morning (hit record!)
- I will upload the slide deck, my notes, emotion statements as pdf
- Grab a pen and paper

# Questions From Last Week

# Why We Don't Take Action

1. Don't know what we want
2. Don't know how to do it
3. It is painful to take action
4. It is painful to be successful

There is often a practical and emotional component to each

# The Process

1. Write everything on paper
2. Keep a second list of emotional responses
3. Tap while doing it

# 10 Questions

1. What don't you want?
2. What do you want?
3. What will it do for you if you get it?
4. How will you know when you have it?
5. When, where, and with whom do you want it?
6. How will getting it affect other aspects and people in your life?

# 10 Questions

7. What is stopping you from having this already?
8. What resources do you already have that will help you obtain it?
9. What additional resources do you need to obtain it?
10. What are the first steps you are going to take now?

# Reasons We Don't Learn How To Do It

1. How we feel about not knowing how
2. The problem of taking action
3. How others see us
4. Asking for help
5. Fear of success



# How we feel about not knowing how

1. I feel embarrassed that I don't know how to do this.
2. I feel stupid because I don't know how to do this.
3. I feel overwhelmed because I don't know how to do this.
4. I feel like a failure because I don't know how to do this.

# How we feel about not knowing how

- 5. I don't like feeling confused.
- 6. I don't like feeling lost.

# The problem of taking action

7. If I take the time to figure out how to do this something will go wrong.
8. I don't want to feel a failure if I try this and it doesn't work out.
9. I already have too much to do and this feels too big to tackle.
10. If I spend time trying to figure this out then I am not going to be able to do what I need to do.

# How others see us

- I 1. I don't like looking confused.
- I 2. I don't like looking stupid.
- I 3. I am worried about how others will react if I ask for help.
- I 4. I am worried about how others will think about me if they know I don't know how to do this.

# How others see us

15. I am worried about how others will think about me if they know I do know how to do this.

# Asking for help

I 6. I feel too embarrassed to ask for help.

I 7. I am scared of looking stupid if I ask for help.

I 8. I am worried I will be scolded for asking for help.

# Fear of success

- 19. I am worried that if I know how to do this I will expect more of myself.
- 20. I am worried that if I know how to do this others will expect more of me.

# Using Our Tools

## 1. Feel In The Body

- Asking for help
- Learning something new
- Researching how to learn something new

## 2. ~~Talk About, Talk Too, Talk As If~~



# Using Our Tools

## 3. Forgiveness

- Not taking action sooner
- Not knowing how to do it

4. ~~A \_ C~~ What is B?

# Using Our Tools

## 5. Beliefs That Others Have Given Us

- That we can't do it
- People like us don't do this

## 6. Hero Tapping 3x

- Learning a new skill

# Questions and Tapping Request