

# Savvy Self-Care Strategies For Busy People

## Module 4 Dealing with Change Action Guide



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## **Welcome to Module 4 of the Savvy Self-Care Strategies for Busy People Group Program!**

Can you believe how these four weeks flew by?

If you feel behind or have not managed to catch up with everything – take a deep breath and drop all worry or concern. This program and the material is available to you for a lifetime.

As you start to implement the techniques from all the Modules, you will start noticing changes happening. They may be gradual, and slow – or they may come about faster than you imagined possible.

As we're going to learn about change in this last Module, let's dive into the content for today. Thank you for having joined me on this wonderful journey. I wish you many wonderful things. I wish you a life a purpose, meaning and fulfillment. Keep in mind that you have the ultimate say about how to run your life.

If anything is not working for you, you can change it. It doesn't have to be huge change overnight. It can be done in small, do-able steps that feel good and manageable.

Go for your dreams – we're here to support you!

**Access Training Materials in the Member's Area:** <http://savvyselfgrowth.com/amember/member>

When you login to the member's area, click on the "dashboard" page at the top of the site, or click on the **Savvy Self-Care Strategies for Busy People**, under "Active Resources". That's where you'll find all of the program content as well as links to our weekly live calls and call replays.

**Connect with our Self-Care Community in our Private Facebook Forum**

<https://www.facebook.com/groups/SavvyStrategiesYesAholics/>

This discussion group is a place where you can come to share ideas, ask questions, team up with other participants, and get a tremendous amount of encouragement and support.

## Change

### Why Change is so Uncomfortable

It's vital to realise that **it's uncomfortable to change**. Dr Joe Dispenza, one of my favourite authors, makes it easy for the laymen to understand what happens in the brain and nervous systems. In "**Evolve your Brain**", he writes:

"In all my studies, travels, and lectures on change, my personal experiences, as well as the study of spontaneous remissions, the most common insight I have noticed in people who are in the midst of change is that it **does not feel good and it is uncomfortable**. If you remember one thing about change, remember that it causes the "self" and the body to go into complete chaos, because the self no longer has any feelings to relate to in order to define itself. If we stop having the same thoughts, feelings, ore reactions, we stop making the same chemicals, which sends the body into a state of homeostatic imbalance.

Biologically, the internal chemical values of homeostasis are initially regulated and controlled by what we genetically inherited to be "normal" for us. Our thoughts and reactions further keep our chemistry in check, so that we essentially stay the same person, both physically and cognitively. Therefore, when internal order is altered by our changing in thinking, we do not "feel" like the same person.

As a result, our identity wants to return to the feelings of the familiar, and our body is trying to influence our brain to return to a recognisable state of being, so that the body can recalibrate itself with past feelings, Our body wants to identify with known associations. Once the "mind" of the body talks a person into making that choice to return to the known, we will inevitably return to the situation as it was before we tried to change, and we will feel relieved. We still say of the circumstances we tried to change, "It just did not feel right". In other words, our identity, which had been comfortable with the feedback loop between the brain and the body, get chemically distressed and, for a few moments, we became really uncomfortable. We did not like the way that felt; we like the way we usually feel, so we returned to the familiar set of conditions in our life, and now it all feels better and right. "

Dr Dispenza explains in detail in this book how we are addicted to certain feelings and emotions in the body. Every emotion has a specific chemical signature. If we feel a certain emotion over and over through the course of our life, that signature becomes "normal" to the body. The moment we try to change that, the body will try its utmost best to restore the previous balance. The body will almost "make" you do something to recreate the normal emotions.

This is partly where I believe, "self-sabotage" comes in. Our wonderful bodies have inherited certain genetic traits (and therefore cell receptors and chemical patterns) from parents and grandparents. Then, we are also raised in a home where these inherited patterns are reinforced by our parents. By the time we're adults, we are so well entrenched in certain patterns of behaviour and kept "in it" by our well-meaning bodies, that it's really understandable how we find change enormously hard.

## Stages of Change – Make it Easy to Say No

**Note:** This is an excerpt from my book “No Problem. The Upside of Saying No”.

Take a few moments to go through this table and decide which stage are you in. We can use this information later when we do some emotional work to get us ready for jumping into action.

Question	Stage
Other people tell me I have a problem with taking on too much, but I really don't see that. (My guess is you didn't buy this book yourself – a friend or family member might try to get you to read it, or they're reading it to try and help you)	Pre-contemplation
I'm intending to start doing something about taking some things off my plate in the next 6 months. I'm experiencing a lot of conflict about it. My friends and family might not like me anymore, I'm afraid of what I may lose. And at the same time, I know I have to do something. I'm always tired and exhausted and never have time to do things I enjoy. I just don't believe it's possible to change that. People always ask me to help. But how can I possibly say no?	Contemplation
I'm intending to start “saying no” and taking my life back in the next month. I'm reading books about the subject, considering how it might affect my life and I wonder if I can really make it work?	Preparation
I have taken steps to “say no” in the last 6 months. I'm nowhere perfect with it – I'm in the process and still discovering where all the places are that I can take better care of myself.	Action
I started working on “saying no” more than 6 months ago. I still sometimes make a mistake. I'm aware of it as it happens, or just afterwards. I sometimes still kick myself and generally things are a lot better than they used to be.	Maintenance
I can't begin to imagine that I ever had a problem with “saying no”. I say “no” easily, take care of my own needs with no guilt and I can't remember what it was like to ever put someone else ahead of me.	Termination

If you still feel ambivalent about the reasons for saying no, realise that you're in one of the earlier Stages of Change and that you still have a little way to go to feel ready for change. We want to go gently – forcing never works. We might be able to force ourselves for a little while – and when it's too uncomfortable, we'll simply stop with the proposed change. If we go slowly, and take small gentle steps, acknowledge our successes and create an environment that is encouraging, we're far more likely to succeed.

Give yourself plenty of time to prepare – go through the course material a few times, go through scenarios in your mind, make a list of people who push your “yes” buttons, make a list of who you'd like to start practising your new behaviour with.

**The goal of each phase is just to move to the next phase – nothing more.** It doesn't work to skip phases to hurry the process. We can't take the buns out of the oven before they're ready.

For every phase it's vitally important to do some work with the emotional components of that stage. Either do it yourself, or find an EFT Practitioner that can help you work through the thoughts,

feelings and memories of past failures. EFT is the most effective form of “getting over stuff” that I have found. And it’s the “stuff” that keeps us stuck in saying yes to everything, unable to move forward with our new desired behaviour change.

### ***Tapping Exercise:***

We can do some really effective work with EFT ourselves, for every stage of change we’re in. The aim when we work with the stages of change is only to help ourselves to get to the next stage. We don’t have to hurry ourselves up, or “get there” all in one step. That creates artificial pressure and life is already stressful enough. We work with one step at a time, in order to move ourselves gently to the next stage. And so our change can happen in smaller steps, which is altogether less frightening.

Here are some ideas for you to tap with, depending on the current stage you’re in.

### **Pre-Contemplation**

Remember the 4 R’s: Rationalizing, rebellion, reluctance, resignation? Our aim particularly for this stage is only to take ourselves to the next stage where we can begin to contemplate behaving differently. To aid that, we’re going to bring in something called “reframes” to help us see the apparent problem in a different light. Instead of saying “I deeply and completely love and accept myself” for the affirmation part of EFT, use one of the following instead: (select the one(s) that feel right for you)

- “...maybe I could be open to a new idea”
- “...maybe I’m willing to look at it in a new way”
- “...maybe it’s their way of showing they love me”
- “...maybe it’s their way of showing they care”
- “...maybe it’s their way of showing they’re worried about my health”

Let’s tap:

- *“Even though other people say I should start saying no (or take better care of myself), and I really don’t see the problem, and that makes me feel quite angry (or your emotion), maybe it’s their way of showing their love.”*
- *“Even though people are nagging me to change and I resent that, maybe....”*
- *“Even though I’m comfortable with my behaviour, it’s other people who have the problem, maybe ...”*
- *“Even though I’m feeling criticised and defensive by people implying I have a problem, maybe ...”*
- *“Even though I feel really resistant to people telling me what to do, maybe ....”*
- *“Even though I hate it when people tell me I have a problem, maybe ...”*
- *“Even though I feel rebellious about this, maybe ...”*
- *“Even though it makes me feel good to help people and no-one can make me change that, maybe ...”*
- *“Even though I was brought up to help people and it won’t be right for me to change, and who will help if I don’t, maybe ...”*
- *“Even though I’ve tried so hard to change before and I’m reluctant to try any harder, maybe...”*

- *“Even though it feels like change isn’t possible for me, I’ve given up, maybe ...”*

### **Contemplation**

In this stage, the biggest problem is the stuckness we feel, being pulled in different directions. We can tap here for any fears, including fear of loss, loss of identity (“Who will I be if I no longer do this??”) and possible sacrifices we may have to make.

Reframes can be any of the following:

- *“...maybe it could be easier than I thought”*
- *“...maybe I could take one small step at a time”*
- *“...maybe people will be really supportive”*
- *“...maybe I can do this in a way that’s right for me”*
- *“...maybe I don’t have to do this right the first time”*
- *“...maybe I can get love and approval in a healthier way”*
- *“...maybe people will respect me a whole bunch more”*
- *“...maybe I might even start having time for myself”*
- *“...maybe I can start doing what I love”*
- *“...maybe this is my opportunity to take really good care of me”*

Let’s tap:

- *“Even though I feel stuck with this problem, maybe ...”*
- *“Even though a part of me wants to change, and another part is afraid to, maybe ...”*
- *“Even though change is scary, it always has been and always will be, maybe ...”*
- *“Even though it feels like I will have to give up part of my personality if I don’t help anymore, maybe ...”*
- *“Even though it feels like someone will lose out if I don’t help anymore, maybe ...”*
- *“Even though I don’t know where I will get love and approval anymore if I stop helping out, maybe ...”*
- *“Even though I’m really afraid that changing won’t work out for me, in fact, it might do more damage than good, maybe...”*
- *“Even though I want to make a change but I’m just not ready for this, maybe...”*
- *“Even though I’m afraid I won’t recognize myself if I start saying no, and neither will my family, maybe...”*
- *“Even though I’m afraid people will judge me, in fact I know they will, maybe...”*
- *“Even though I know people won’t recognize me if change, maybe...”*

### **Preparation**

Use some of the reframes for the contemplation phase, or phrase them a little stronger. For instance,

- *“...maybe it’s time for me to start looking after me”*
- *“...maybe it’s time others start taking care of themselves”*
- *“...maybe my new behaviour will be good for everyone in ways I can’t imagine yet”*
- *“...maybe I can just make a small start”*

Let's tap:

- *"Even though I'm still ambivalent about doing this, maybe..."*
- *"Even though I'm planning to start this no-saying thing and it still scares me a bit, maybe..."*
- *"Even though I would love this to go well, but what if it doesn't go well? maybe ..."*
- *"Even though I'm more aware than ever of the problems that not being able to say no is causing, and I'm still scared, maybe..."*
- *"Even though I'm really aware of how I'm limiting myself when I can't say no, and I'm still not sure if I can do this, maybe..."*
- *"Even though I'm really anxious about this impending change, maybe..."*

### **Action**

So you've taken some action now and maybe tried saying no to a few people, or even to just one. Maybe it didn't go as well as planned? Maybe you had a really unwelcome response or a confrontation. Use whatever has happened for you in your daily tapping. Let's look at a few examples.

Some possible reframes:

- *"...maybe change happens in small steps"*
- *"... I choose to believe every time it will be a little easier"*
- *"... I choose to remember why I want to change"*
- *"... I choose to remember that I may not be doing them a favour by doing it all for them"*
- *"... I choose to remember that I'm starting a process and all processes take time"*
- *"... I choose to be patient with them and with me as we all get used to the change"*
- *"... I choose to remember that I'm learning how to take care of myself"*
- *"... I choose to remember that every new skill takes time to practice, especially assertiveness and setting boundaries"*

Let's tap:

- *"Even though is not going well..."*
- *"Even though I'm just not built for assertiveness..."*
- *"Even though I'll never get this right, so I don't know why I'm even trying..."*
- *"Even though my spouse didn't react well to me saying no to me doing all the housework..."*
- *"Even though my mother-in-law thought I had a cheek to refuse picking her up..."*
- *"Even though my children were fuming when I said no to drop them at friends while I was busy..."*
- *"Even though I feel really horrified by the responses I get when I try to change..."*
- *"Even though this is harder than I thought..."*
- *"Even though I feel like going back to being everyone's slave..."*
- *"Even though I'm scared by the confrontation that arises when I try to assert my needs..."*
- *"Even though people think I'm really selfish when I try to look after my own needs..."*
- *And whatever else has specifically happened for you...*

Please go through all the reasons listed in Module 2 again and look at the truth-measurement you gave each of the reasons. If one (or a few) of them in particular still stand out for you, for instance “fear of confrontation”, or “fear that people won’t like you”, now is the time to start tapping for each of those specifically! Once you’re starting to say “no” to people or tasks, all those big fears may arise and stop you in your tracks. EFT is the smartest and fastest way to work gently with those emotional rocks in your shoe.

### **Maintenance**

If we’ve been saying “no” for a while, it may start to feel easier, less uncomfortable. And still sometimes we can be blindsided by a situation. Continue daily tapping for whatever arises around “saying no”, the responses you receive. And it’s very important to keep up your Personal Peace Procedure on days that nothing specific arose for you. Keep adding to the list, and keeping crossing off those events you’ve dealt with through EFT. You will make incredible progress this way – it is life-changing and many areas of your life are likely to show positive results!

## Self-Talk for Self-Esteem

*Excerpt from What to Say when you Talk to Yourself – Shad Helmstetter*

*Read this to yourself twice a day – whether you believe it or not. In the beginning, it may feel really strange and untrue and you may hear voices in your head talking back saying “rubbish” or something similar. Please continue and tap while you read it – out loud, preferably. It has an incredible effect on your subconscious mind. Let me know in the Facebook Group what happens for you!*

I really am very special. I like who I am and I feel good about myself.

Although I always work to improve myself and I get better every day, I like who I am today. And tomorrow, when I'm even better, I'll like myself then, too!

It's true that there really is no one else like me in the entire world. There never was another me before, and there never will be another me again.

I am unique – from the top of my head to the bottom of my feet. In some ways I may look and act and sound like some others – but I am not hem, I am me.

I wanted to be somebody – and now I know that I am! I would rather be me than anyone else in the world.

I like how I feel and I like how I think and I like how I do things. I approve of me, and I approve of who I am.

I have many beautiful qualities about me. I have talents and skills and abilities. I even have talents that I don't even know about yet. And I am discovering new talents inside myself all the time.

I am positive. I am confident. I radiate good things. If you look closely, you can even see a glow around me.

I am full of life. I like life, and I'm glad to be alive. I am a very special person, living at a very special time.

I am intelligent. My mind is quick and alert and clever and fun. I think good thoughts, and my mind makes things work right for me.

I have a lot of energy and enthusiasm and vitality. I am exciting, and I really enjoy being me.

I like to be around other people, and other people like to be around me. People like to hear what I have to say and know what I have to think.

I smile a lot, I am happy on the inside and I am happy on the outside.

I am interested in many things. I appreciate all the blessings I have, and the things that I learn, and all the things I will learn today and tomorrow and forever – just as long as I am.

I am warm, sincere, honest and genuine. I am all of these things and more. And all of these things are me. I like who I am and I'm glad to be me.

## Action Check List

By taking action this week, you can cement some of the learning. Have fun!

### Access Your Materials and Connect with Our Self-Care Community

- Login to the member's area to locate the Savvy Strategies Dashboard:  
<http://savvyselfgrowth.com/amember/login>
- Join in the conversation in our self-care forum:  
<https://www.facebook.com/groups/SavvyStrategiesYesAholics/>

### Change

- I've read Why Change is so uncomfortable and understand it
- I agree to be kind and patient with myself AND STILL expect the best of myself
- I've determined which Stage of Change I'm in
- I understand I can use tapping to help me move to the next phase
- I'm using tapping for the stage I'm in

### Keep the Dream Alive

- Write a page or even a paragraph on "An Ideal Day in My Life"
- Print it out
- Read it every day for a week, morning or evening
- Check in with your written Vision and Outcome for Module 1 – is it still the same? Did you really write down the best possible outcome for yourself, or did you write down what you think would be possible? Choose well – it's YOUR life, and you may choose!

### Affirmations and Feel-Good Exercises

- Get the Self-Talk book (Shad Helmstetter) on Amazon or book store
- Read a little bit every day, even if it's 10 minutes
- Start listening to your own Self-Talk
- Read the Self-Talk example in this Guide every day
- Continue your Gratitude Practice
- Choose an affirmation and continue to use it regularly
- Add tapping if it doesn't feel true yet

### Self-Care Activity

- Continue a regular Self-Care activity that makes your heart sing, at least once a week

### Share and Get Support

- Share in the Facebook group if you're comfortable. It helps every person in that group when one person shares a challenge, a fear, a success
- You can continue to get support in the Facebook group and you have lifelong access to the members area
- Ask for support if you need it. We're not alone in this world and we can start thriving if we ask others around us to support us.

## Program Content and Support

**To access your program materials, login to the member's area and head over to the Savvy Self-Care Strategies for Busy People dashboard.**

This is where you'll find support materials and conference call recordings.

<http://savvyselfgrowth.com/amember/login>

### **Join our private Facebook Group (members only)**

The Facebook group will be where we communicate with each other. I find it more effective than email and more helpful to us as a group. You can send me a message on Facebook, as well as post questions, share resources, and meet others, in our group area.

<https://www.facebook.com/groups/SavvyStrategiesYesAholics/>

Remember: taking action and implementing are essential but don't let it become yet another chore to complete (another to-do-list-item) or let it consume you. Take time to play, enjoy your loved ones, exercise, and eat well. You'll find you get more done in less time when you maintain healthy boundaries in your life and put self-care first. That's the point of this course, right?

I'm thrilled to have this opportunity to explore this topic together and I look forward to celebrating your successes!

Warmly,  
Liesel