

3 Rings Stress Bucket Empty

Write everything in your Stress Bucket onto individual pieces of paper.

Sort them in 3 pile: **No Control, Total Control, Some Control**

No Control Steps (first)

Acknowledge you have No Control over this pile

Acknowledge how this pile makes you feel (frustrated, sad ...)

Remember Resist=Persist

Decide how you are going to choose to show up to this pile:

Patience, Kindness, Empathy, Support



Some Control Steps (second)

Take 1 item at a time from this pile

Decide what small steps you can take to remove this item from your Stress Bucket

When you have cleared an item from your Stress Bucket take another one

Keep going



Some control (last)

Now you have:

Acknowledged items where you have **No Control** & Cleared your items of **Total Control** you have a lot **LESS** Stress in your Bucket ...

Pick one item from this pile and decide what SMALL STEP you can take to clear this item from your Stress Bucket



A PEACEFUL PATH
HYPNOTHERAPY & RELAXATION

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