



Turning Stress into Success!

STRESS ASSESSMENT SHEETS *Instructions and Examples*

The science behind Stress:

We get stressed if when we do not get what we want. More specifically, stress is caused by fear of not getting what we want. However, stress (fear) can become one of our greatest assets if we learn how to understand its purpose. It is simply a signal from our own brain warning us to take action to prevent a possible worst case scenario. An example of this is the feeling you experience when an angry dog threatens you on the street: getting hurt by the dog is the worst case scenario and your feeling of fear is your body's indication to get out of the dog's way to prevent the possible attack.

Be it an attack from an angry dog, the possibility of getting fired, not having enough money to pay the bills or giving a presentation without being prepared, our brain interprets all these situations as pain and asks us to do something to prevent it by sending us the warning signals we know as fear. If we do not heed the warning, the feelings accentuate until we actually DO something to help ourselves. By interpreting our fears as soon as we experience them and taking the appropriate action, we can prevent or manage the negative situation with greater success, thus managing our stress.

Using the Sheets:

The best way to interpret fear is by asking ourselves a series of questions to direct our focus.

Use Eflexx S1 below to help you determine what your fear is warning you against and what you should do to solve the problem. Use the power questions section to write down questions that will help focus your brain in the right direction. Also, in the appropriate sections, list the assets that will help you achieve your goal and write down the "roles" you will assume in order to maintain the emotional state necessary to get things done.

Use Eflexx S2 if the fear is still present after using form F1. This may mean that your warning system is too sensitive and needs readjusting. As with a very sensitive car alarm that goes off every time a car passes by, we can adjust our own sensitivity by using logic to "fine tune" our internal rules that trigger those signals. We can even program new rules if the old ones are not in sync with what we want. Use the scale of 1 to 10 to qualify your answers (10 is the highest value).

Use Eflexx S3 to further enhance this programming by listing all the pain you'll get from not taking action and all the pleasure you'll receive by actually doing something in response to your fears.



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SAMPLE FORMS



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Eflexx S1 - Managing your fears

What am I afraid of?	What is the fear warning me about?	What result do I really want?	Why do I want this? What do I want to feel?	Action Plan
<ul style="list-style-type: none"> -Failing by not turning in the project on time. -Loosing the customer. -Not having enough time to assure quality. - Not having enough time to finish the job. 	<ul style="list-style-type: none"> -If I do not get help I'll probably fail. -If I do not work hard, I'll probably fail. -If I'm not proactive I'll fail. 	<p>To deliver my work on time, with minimal errors.</p>	<ul style="list-style-type: none"> -To have peace of mind knowing that the customer is happy and continues to do business with us. -To feel successful by having overcome the odds. -To have fun doing what I love. 	<ul style="list-style-type: none"> -Get enough help to do the job well. -Set a schedule and stick to it. -Do not play around until I'm done. -Ask the customer to send the project in a week earlier to prevent delays.

Power Questions	Assets	Power Roles
<ul style="list-style-type: none"> - What's fun about this? -How can I enjoy myself while accomplishing this? -How can I feel relaxed while doing this? -How can I best solve this and have fun at the same time? 	<ul style="list-style-type: none"> -Existing Team -My intelligence -My experience -New recruits 	<ul style="list-style-type: none"> -Creator of the Magic -Business wizard -“It's a mystery, but it always works out.” -The sea of tranquility. -Certainty Master. -Powerful creator.