



# STEPPING STOOL

*Coaching by Leah Zimmerman*

## Four Steps to Reducing Stress

*MOST of your stress doesn't come from what you actually have to do or the circumstances of your life. MOST of it comes from your thoughts, feelings and emotions about those things!*

*So this process is going to help you learn a technique for managing stress by growing your awareness and agency over the thoughts that you have.*

### **Step 1: Discover Your Stressful Thoughts**

Using the next page, make a list of all the stressful thoughts that you hear in your head. Go ahead, just dump them on the page. Write them all down!

ACCEPT them as they are. Don't try to edit them. They do not have to be nice or pleasant.

(You can always add to this list when a new thought pops up!)

Include:

- the fears that wake you up at night
- your worries
- your nervousness
- your anxieties
- your guilty thoughts
- your angry thoughts
- your doubts
- criticizing thoughts of yourself and others
- judging thoughts of yourself and others
- your usual excuses, arguments and defenses to any of the above





# STEPPING STOOL

*Coaching by Leah Zimmerman*

## **Four Steps to Less Stress**

### **Step 2: Discern which thoughts are absolutely true**

Look through the list and circle the thoughts that are scientifically provable.

For each of the other thoughts ask yourself, “How else could someone interpret this situation?” Think of as many possibilities as you can. Even if it feels far-fetched to you.

You can also give them *The Alien Test*.

*The Alien Test:*

*If someone from outer space landed into the situation would they be able see your thought as truth?*

*Or, would they have to know what someone else is thinking?*

### **Step 3 Discover which thoughts are helpful**

If something isn't scientifically provable, and an alien wouldn't understand it, that means that it is only ONE possible way of seeing the situation.



# STEPPING STOOL

*Coaching by Leah Zimmerman*

## **Four Steps to Less Stress**

### **Step 3: Discover which thoughts are helpful continued ...**

Now, go through your list and decide which thoughts are serving a purpose and which ones are taking you off track.

To decide if the thought serves a purpose, you can ask these questions: Does this thought protect me from real life threatening danger, or harm?

*If it does put a 'P' next to it.*

Does this thought bring me closer to my goals?

*If it does, put a 'G' next to it.*

Now, cross through any thoughts that aren't helpful and RELEASE them.

### **Step 4 Create New Thoughts**

What are the thoughts you want to be having? ALLOW yourself to be daring.

Use the next page to write the positive version of the thoughts you want to have!





# STEPPING STOOL

*Coaching by Leah Zimmerman*

## **Step 4 Create New Thoughts continued...**

What would it be like to believe your new list of thoughts instead of the negative thoughts?

---

---

---

---

---

---

---

---

What do you need to make those thoughts feel at home and true in your mind and body? RECEIVE the feelings these thoughts create for you.

---

---

---

---

---

---

---

---



# STEPPING STOOL

*Coaching by Leah Zimmerman*

## **Congratulations!**

You have just taken big steps towards creating change in the way you think!  
Yep! Changing the way you think is possible.

Your thoughts affect your feelings and your feelings affect your thoughts

You have interrupted the loop and introduced some new positive thinking.  
This changes your internal environment which changes the way you think  
and feel!

## **Some next steps:**

Review and reread your new positive thoughts daily!

Release the thoughts that don't serve you,

Allow yourself to feel everything.

Receive the positive feelings that come with the positive thoughts.

BONUS Suggestion: Create a ritual for releasing old thoughts.

For example: write them on individual pieces of paper. Then crumple them,  
rip them and throw them into the garbage.



# STEPPING STOOL

*Coaching by Leah Zimmerman*

## **CELEBRATE**

Book a casual chat to share your discoveries and insights!

<https://safeconversations.youcanbook.me> *(If you don't see anything that works for you, check again later in the week, and/or email me at [leah@steppingstoolcoaching.com](mailto:leah@steppingstoolcoaching.com))*

You can share comments, questions or thoughts by texting me at 909-833-0978. Be sure to tell me who you are!