



BREAKTHROUGH PROCESS FOR DECISION- MAKING CLARITY

Ten neuroscience-based questions that will bring you clarity about what is holding you back from making decisions that will make you happy.

1) What is the situation that is frustrating you?

Ex: "I can't decide between ___ and ___ or I'm feeling frustrated by ___."

I feel lost as to whether I should quit trying to have my own business or go back to full-time 'career' work

Write your thoughts here

Brain Fact:

Getting clear about the specifics of what's bothering you activates parts of your brain involved in problem-solving. Skip this step and your brain will just be a giant 'beehive' of scattered thoughts – and you won't be able to put a finger on what it is that's bothering you – which means you won't get any closer to a resolution.

2) What would be a worst case scenario that could happen?

Ex: That I would fail miserably at my business and this would make me give up on my dream completely.

Write your thoughts here

Brain Fact:

Even if you aren't always aware of it, you are wired to look out for danger – your brain will quickly find all the ways any situation will lead to 'doom'. When this happens, you trigger the amygdala – which will keep you from seeing other possibilities, and will keep you paralyzed – frozen from making any decisions or taking action. By naming your worst fears, you bring them to your awareness which then gives the rest of your brain a chance to help you see the situation more clearly..

Write your thoughts here

3) What words do I picture people saying about me if this worst case scenario happened (negative things people would say behind my back)?

Ex: She's pathetic. She's not as wise as she seems. She never gets her act together.

Brain Fact:

Thinking about people talking about you triggers one of your deepest fears – social rejection. This fear alone will prevent you from making bold, choices and will paralyze your creativity. Bringing these fears up will feel very uncomfortable. Once the discomfort (and possibly tears) subside, you'll notice a lighter feeling about the situation – and possibly some clarity into what is holding your back or causing you tension.

4) When in the past did I hear someone, or could I imagine someone would have) used those words to describe me?

Ex: my dad and grandma used to laugh when they heard someone talk about how mature or wise I was

Write your thoughts here

Brain Fact:

This step is to help you unlock some neural ‘pathways’ that may have been built up over time. If there have been situations in your past where you received negative words or feedback from someone, there’s a chance that your amygdala has held onto that as an “important” memory. By deliberately bringing past experiences to your current awareness, you activate new cells that will allow you to see through the filter of ‘life-threatening’ danger so that you can see the current situation with new eyes and new ideas of how to handle it (versus the limited ideas you had when you were first criticized and interpreted as “I am defective, broken, wrong”

5 a) Who am I
afraid of disappointing if this
worst case scenario happened?

*Ex: My mother and grandfather
– because they always believed
that I was meant to do
something special in the world.*

Write your thoughts here

Brain Fact:

Bringing up people who you feel you would disappoint taps into some of your subconscious processes. There is a repeat of this question on the next page – and I personally repeat this question at least three times. This is because if we dig deep enough, the idea of disappointing someone goes really far back to our earliest memories, even as early as our first days of life – we may not be consciously aware of this process, but we have been absorbing biofeedback from those around us since we were in the womb. Because most humans have bad days, there's a good chance we absorbed negative' biofeedback from them and created a story about what that means about us. I often find myself releasing tears (and fears) as I repeat this question.

5 a) Who ELSE
am I afraid of disappointing
if this worst case scenario happened?

*Ex: If I failed and then gave up on my
business, I would disappoint Daveed,
Alex, Lauren, and the many clients who
I helped uplift, and I would disappoint
the future children who could benefit
from my experiences.*

Write your thoughts here

Brain Fact:

Like I mentioned, I personally repeat this question at least three times, asking “Who else would I disappoint?”. Sometimes, people get to a really deep point in how far back this disappointment goes (even disappointing God, or Existence itself).

Most of us are afraid to go there, but by doing this deliberately and then going to the next questions, you will feel a sense of clarity and lightness – because you are facing the deepest fears that you have been carrying around... and then surviving them.

6) What would be a positive thing about this worst case scenario?
How does this challenging scenario benefit me?

Ex: If I failed and gave up, I would get to curl up in a ball and do nothing. I could just watch TV. By not making a decision, I can avoid work and not face any criticism

Write your thoughts here

Brain Fact:
Some people call it ego, some might refer to it as 'lizard brain' – it's the mechanism in you that wants to keep you safe and comfortable. Growth means change – which means the 'death' of something. Every choice we make (even if it looks like we are "not making a choice") – we choose it because we see some benefit to it. Here's where you can look at how you're benefiting from not making a choice, or how you would benefit from 'worst case scenario'. When you see that, you can ask if that benefit seems better to you than the growth that would come from a decision that could take you out of your comfort zone.

- 7a). What is the opposite of this worst case scenario?
b) What would be a worst case scenario of the most positive thing happening?

Ex: That I would have massive success. b) It would mean I would be really busy, have less alone time, and would spend less time with my loved ones. I might make people feel left behind.

Write your thoughts here

Brain Fact:
Remember, the 'primal' parts of your brain are always on the lookout for threat. Even your success or victory related to this situation has a price. With change, comes loss. What are you afraid of losing if you were to get the best case scenario from this?

By acknowledging this, you're once again tapping into your subconscious fears – this lets you bring them to the surface so you can make a conscious choice about it, rather than let it run in the background.

8) What is an opposite word that you wrote down in # 3?

Ex: Wise, knowing., good decision-maker.

Write your thoughts here

Brain Fact:

By bringing up all these fears, and then deliberately triggering thoughts that are the opposite – we are triggering new connections. We are creating an awareness that even when you have a fear-based thought, it is possible for you to choose a new thought, a new memory, a new vision. The following steps will add to this one.

Write your thoughts here

9) When have you demonstrated this quality? (from # 8)

Ex: when I counseled Daveed, Lauren, Alex, (etc.), when I gave that speech and received so many positive comments

Brain Fact:

Be very specific. Pick names of people who saw you demonstrate this positive quality. Pick as many as possible, the more the better. In this step, what we're doing is 'proving' to your ego, your fear-based storyline, that there is 'hole in the plot'. Any time there is ANY exception to something we believe to be true, it can no longer hold as a Truth. Whatever belief you have about yourself, the moment you can give an example of the opposite - it can no longer be held as the complete version of you. The more you train your mind to see exceptions to these negative story lines, the more you activate networks that will come into action more often whenever you start feeling that dark cloud of negativity.

10) What would be an action I could take right now (related to the situation in #1) that would lead others to use the words in #8 to describe me?

Ex: Create that product I've been thinking about and just put it out there

Write your thoughts here

Brain Fact:

An action is a decision, manifested into physical form. The only way to truly break a pattern of self-defeat, anger, blame, or hopelessness is to decide to do something new – and then **DO IT**. As small as it is, take some type of action that lines up with the words you used in question #8.

This is the only way you will build a 'body of evidence' (and the corresponding brain pathways) that get you to see yourself as the words in #8, versus the negative words from #3..

As Tony Robbins says in *Giant Steps*,
"Realize the power of a single decision acted upon immediately and with utter conviction"

This process may not bring you a final, clear-cut choice in terms of the situation you wrote down. *But*, if you dug deep with each question, even if you can't see it right now, you will have a heightened awareness of what is fueling your choices. Much of this is based on past experiences that have built up fear-based stories in your mind. Simply having this awareness gives you a higher chance of making choices that are based on what you CURRENTLY desire and know, rather than what your subconscious fears have collected over time. After I complete this process, I have new ideas of things I can do that then lead me to more and more awareness and clarity. I hope you had at least one interesting insight into your own feelings and behaviors.

May your choices
reflect
your hopes,
not your fears.

- Nelson Mandela

Questions?

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