

10 Steps through DOUBT

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of BEYOND THE DOUBT - Thriving through Uncertainty. A2A Alliance (adversity to advocacy) .org (look it up)

His book: When in Doubt, MAKE BELIEF. 1st book: Rewind, Replay, Repeat - An OCD-Inspired approach to living with uncertainty.

Obsessions raise doubt.

Compulsions are an attempt to gain certainty about those doubt... but just reinforce those doubts.

Is doubt all bad? No.

Healthy doubt: Intellect Based Doubt - based on reason, logic... tempts to prompt curiosity and/or caution.. leads us to act with doubt in a constructive way.

You WANT this type.

Unhealthy doubt:

Does the doubt evoke more anxiety than curiosity or prudent caution. Does the "doubt bully" cause a series of increasing distressing "what-if" questions? (*What if someone hangs up? What if someone yells? What if someone threatens me? What if someone caller-ID's me and reports me to DNC police? What if someone writes down my name and comes to my office and makes a scene? What if someone comes and shoots me? What if I DIE?*) Does this give me only 2 black/white choices? Does this create a strong act or avoid response that others might see as excessive?

Fear-based doubt can and often is something intellectual people do.... yet it's emotion that is driving the problem.

Trapdoors defined in the book: a perceived "Quick Escape" from the "shadow of doubt" - a cold dark lonely place - We

want OUT. But trapdoors are not a way out. They are false exits. Yet, we take them because we are trying to release our anxiety.

Four Traps

1. **FACT Checking** (and rechecking and rechecking facts, math,) - Leads to "analysis paralysis" and a lot of wasted time and energy - Excessive info gathering to "make sure"... so that some feared outcome won't happen.

2. **OTHERS Checking aka/Reassurance seeking** - Over-asking for other people's opinion. Shifting responsibility to someone else... so that if it's wrong it's "not my fault". Leads to dysfunctional dependence on others. The more you do it, the more you want to do it more. It makes you "feel better" for a moment. Like excessive hand washing... feels good after you do it, so when you "feel bad" again you want to go do it again.

3. **MENTAL Checking aka/Ruminating** - Mentally replaying events, conversations and other sequences in search of verification that some feared consequence did not, or will not, happen. Leads to distraction, worry and over focus on the past and future.

What MIGHT have happened in the past and with MIGHT happen in the future. Solve: Everything will be Okay.

4. **Avoiding** - Avoiding situations that trigger anxiety - The devil you know vs the devil you don't. Logic: Been on roller coasters and don't enjoy, so don't go (no benefit in this one). Illogic: I called 10 FSBO's, 7 were negative. So I don't call any of them anymore. (Huge benefit of getting enough data)-- Leads to "lost opportunities" or "opportunity costs".

Notice... our clients are in these. Can you see that in sellers and buyers?

10 Steps Out when "Stuck" in Doubt

Reverence Cultivating a "Triple A Attitude" - Abundance, Appreciation & Authenticity

1. Abundance: **Choose to see the universe as friendly.** "The single most important decision any of us will ever make is whether or not to believe the universe is friendly or not. There are on 2 ways to live your life: One is as though nothing is a miracle. The other is as though everything is." - Albert Einstein

2. Appreciation: **Embrace the possibility in every moment.** See the present moment as an opportunity to learn and grow.

3. Authenticity: **Affirm your universal potential.** We are NOT our doubts. We cultivate our "impartial observer".

Resolve

4. **Put your commitments ahead of your comfort.** It's OK to be uncomfortable. *Uncertainty paradox: the key to dealing with uncertain is learning to embrace the discomfort of uncertainty. "I feel scared and I want to this feeling to go away NOW". It's a reinforcing loop: Anxiety - Tense up - You tell brain "I'm in trouble" (activating amygdala) and sending out more stress chemicals - leading to... More Anxiety. A loop. You are afraid of what caused initial anxiety; you're upset because you are even more anxious.* This causes the "trapdoors" to be very attractive.

The OTHER way #1: Change your stance around anxiety. "It feels bad, I don't like it, but I can handle it. Hey rapid heartbeat, is that the best you can do? Well, this is bad, but it's not going to kill me. Bring it on. Let's call this "excitement" instead of fear. Breathe 3 deep breaths before I do/think anything else. IN:1,2,3,4,5 HOLD:1,2,3,4,5 OUT: 1,2,3,4,5) #2:

Change your stance toward uncertainly. Your test: Do you know if your car is where you left it? You mean, you left a \$30K car in the parking lot and don't know it's there? We actually handle a tremendous amount of uncertainty all the time... harness that! Habituation: We know through brain imaging that if we hang WITH the anxiety and uncertainty for a period of time, it WILL dissipate. You get USED to it and the next time it's less anxiety provoking.

I will cover the 2nd half of the 10 steps on another Monday Mindset call or in a special recording. For now... look at the titles:

5. Keep sight of the big picture and the Greater Good.

What does this look like to you? Life's intentions? Goals?

Investment

6. Claim and exercise your freedom to choose.
7. Picture possibility and "direct" your attention.
8. Act from abundance in ways that empower.

Surrender

9. Accept and let go of what you cannot control.
10. Allow for bigger plans than your own to unfold.