



Fillable Workbook for the

STOP worrying & start *Living!*

When your partner has cancer
3-Day Workshop



Coach Marika

Support for YOU when your partner has cancer



Welcome!

This is the first step in raising your resilience, so congratulations!

Few of us are prepared for the challenges that come when our partner gets cancer, but you've come to the right place!

Each day I will be introducing a new concept, sharing stories, and teaching you tools that you can use to strengthen your resiliency muscles.

Remember, information alone is not enough. If you want real growth, you need to implement and practice what you learn. I am inviting you to do just that with this workbook.



SCHEDULE for the week:

DAY 1: Identify the Obstacles

Wednesday, October 13 @ 4pm Pacific Time

Identify the obstacles that are keeping you stuck in the worry cycle.

DAY 2: Ride the Roller Coaster

Thursday, October 14 @ 4pm Pacific Time

Learn why emotions matter and how to actually feel them with more ease.

DAY 3: Take Control

Friday, October 15 @ 4pm Pacific Time

Get clear on where your power is in how to stay focused on what you have control over.



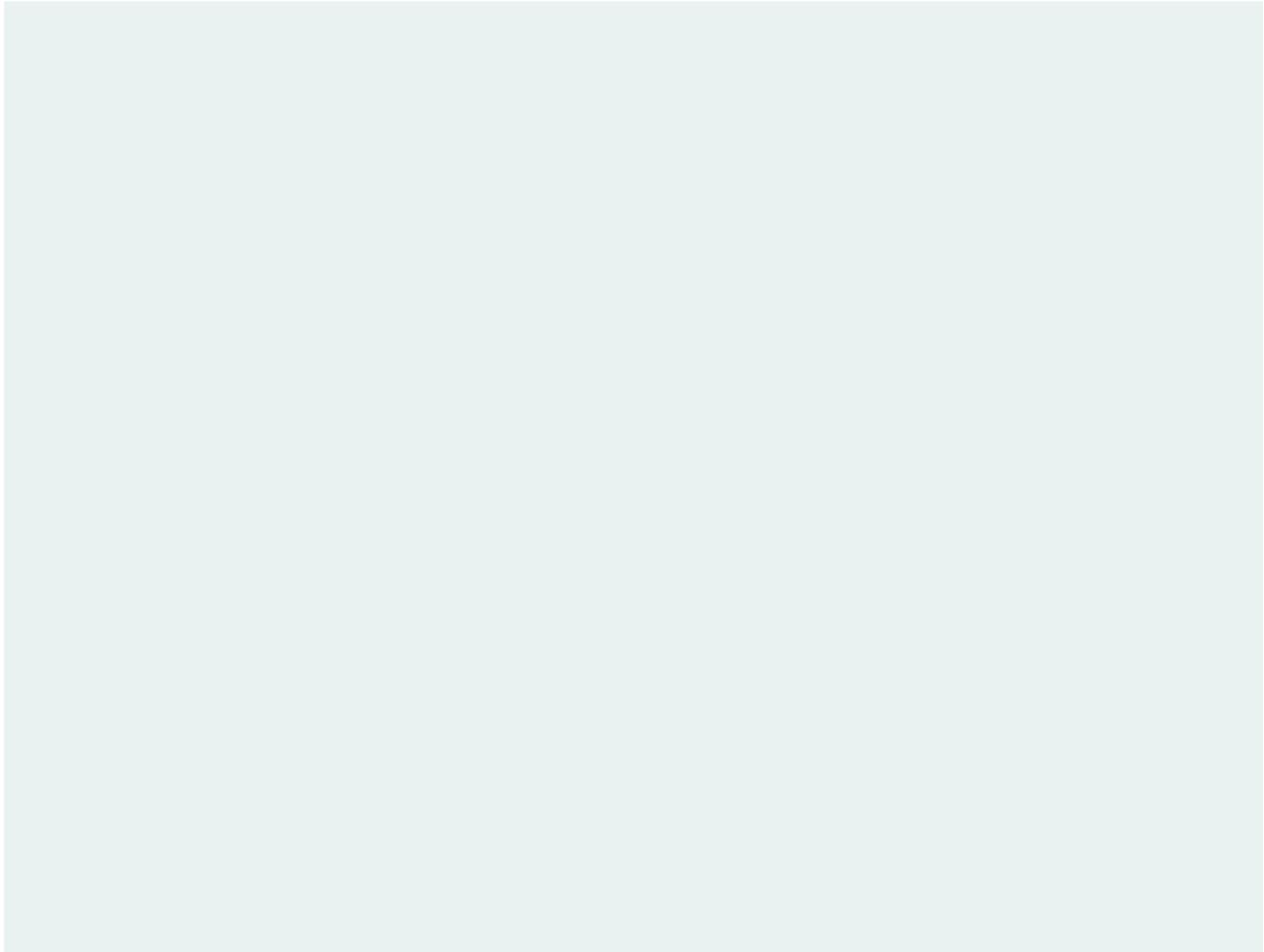
Important!

Each day builds on the day before.

Day 1 *Identify the obstacles*

NOTES PAGE

Capture your notes in the space below.



*"It's not the problem that causes our suffering;
it's our thinking about the problem."
-Byron Katie*



Day 1 *Identify the obstacles*

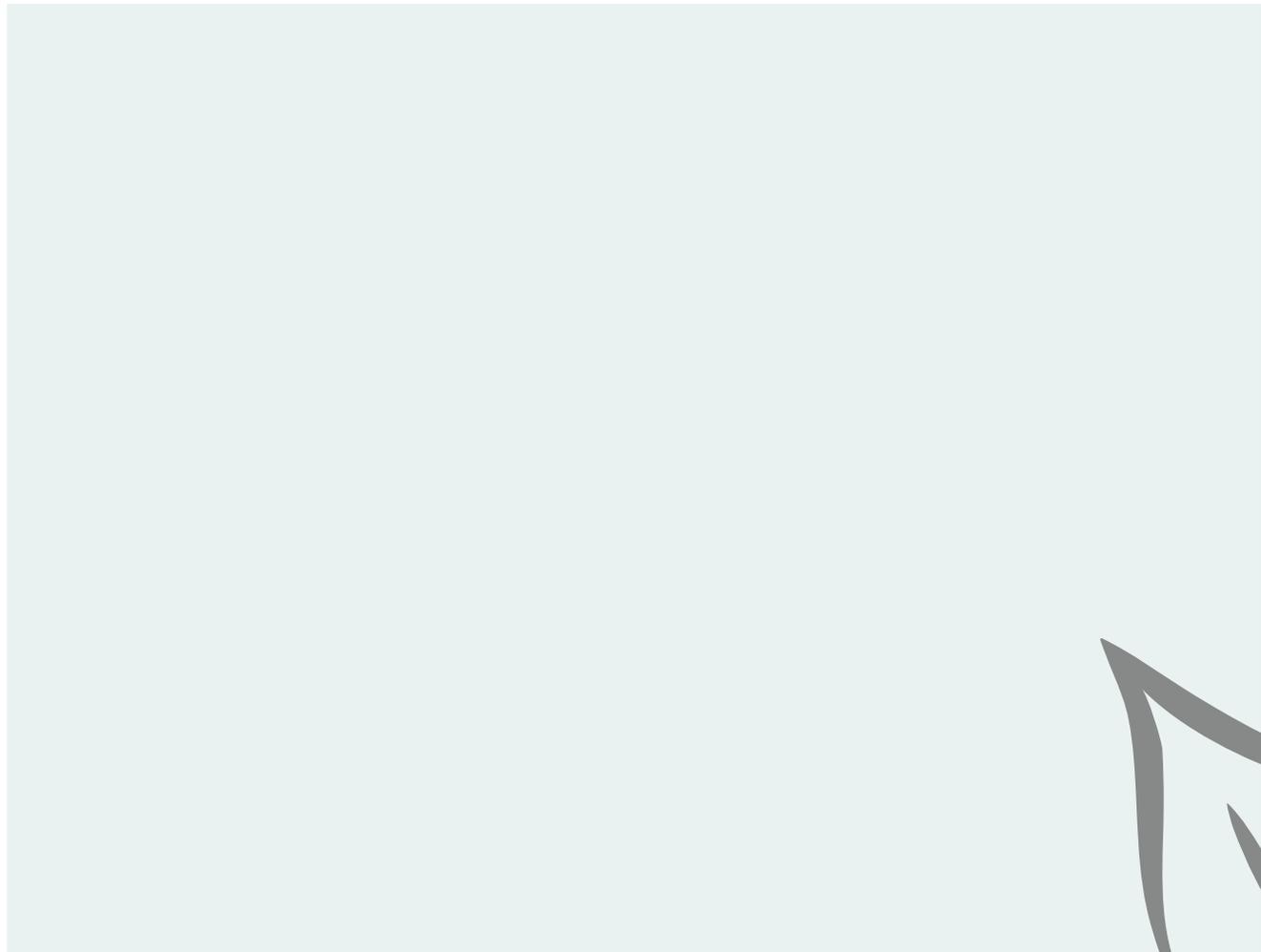
CLEAN OUT THE CLOSET EXERCISE

Think of your mind like a messy closet that is packed with stuff and every time you walk by, it bothers you. You may not even know exactly what is in there, but it is these thoughts that are causing your feelings of worry, fear, anxiety, stress, and overwhelm.

In order to take a good look at what is bothering you, you need to first clear out the closet.

Take a few minutes in a quiet space and download all the thoughts in your mind. Just write everything that comes up. It does not need to make sense or be in any order. Just write. This is only for you.

What am I worried about and why? What have I been feeling lately?



Read what you wrote and circle only the facts (circumstances). The rest are your thoughts, judgements, and opinions. Just notice, be curious, and have compassion for yourself.

Day 1 *Identify the obstacles*

Reflect & Engage

When you have thoughts in your head that you haven't taken out and examined, they will keep circling around like a trash heap in the ocean. These unexamined thoughts then become obstacles to feeling calm, strong, and in control.

Read what you wrote above and chose one thought that is the most troublesome or comes up most often for you. Write it below.

When you think that thought, how do you feel? Write the feelings below. If there is more than one emotion, then circle the one that is the strongest.



Great work! It takes courage to reflect and grow!

Share in the Facebook Group

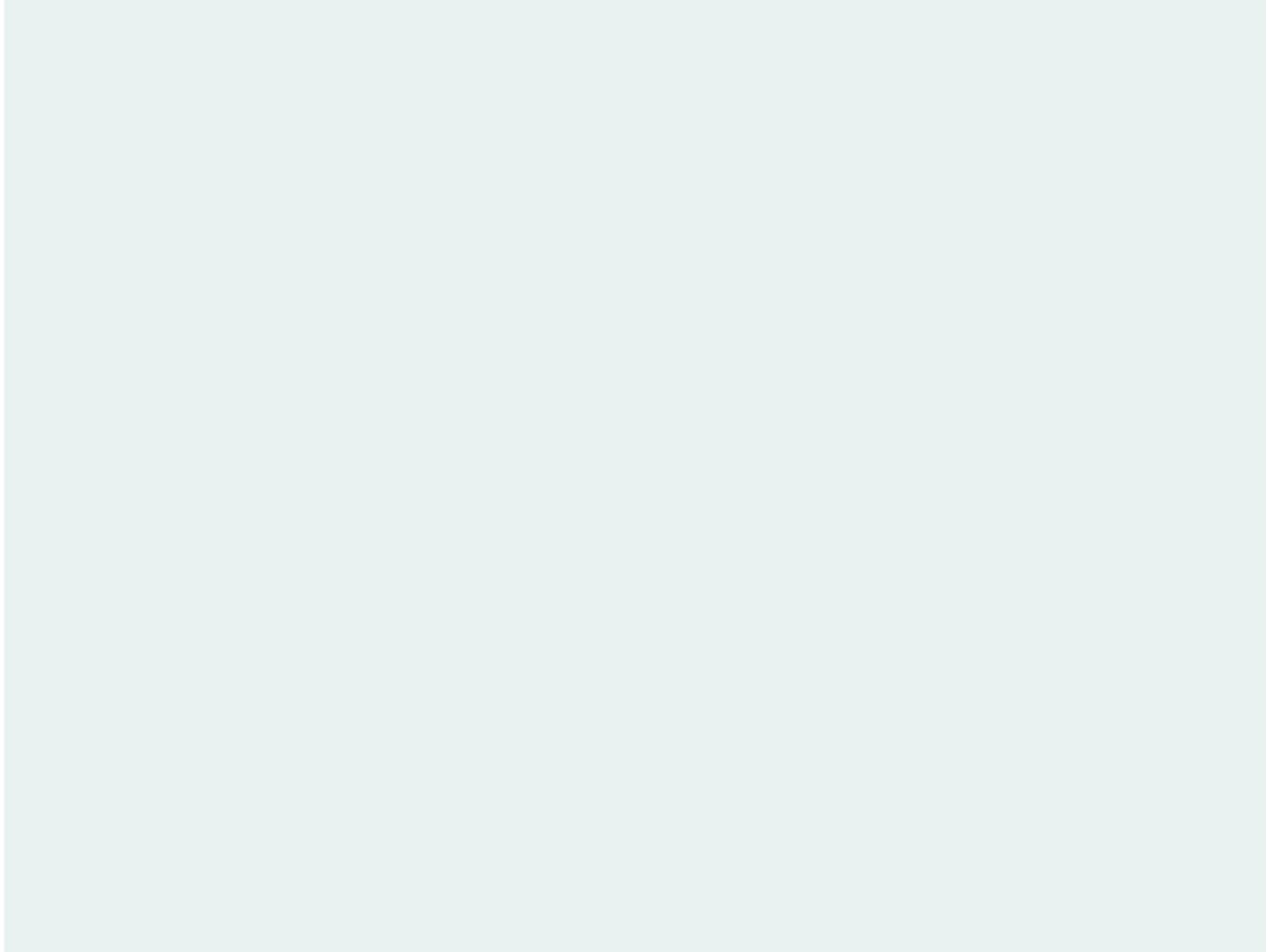
Go to the Facebook group and share the thought and feeling you wrote below. Remember, this is a judgement-free zone. Be willing to be vulnerable and you will find you are not alone!



Day 2 *Ride the Roller Coaster*

NOTES PAGE

Capture your notes in the space below.



*"Feel the feelings and drop the story."
-Pema Chodron*



Day 2 Ride the Roller Coaster

FEEL YOUR FEELINGS EXERCISE

The power of emotions

Emotions are incredibly powerful. They start wars, cause us to fall in love, and so much more! Right now it may feel like you are on a roller coaster of emotions and you are gripping the sides and holding on for dear life.

The key to smoothing out this ride is to learn how to feel (or process) your feelings as they come up.

1 Notice & Name the emotion:

2 Acknowledge the emotion. Say to yourself: *This is (emotion) and I can feel it.*

It's OK to feel (emotion) right now.

3 Allow yourself to *fully feel* the emotion. Picture it moving through you. Describe how it feels in your body. Location, color, size, shape. Write about it.

4 (optional step) **Why** are you feeling this way? What are you thinking that is causing this emotion?



Reflect

How was the experience of focusing on your body? Was it easier than expected or more difficult? Did you have trouble concentrating? What did you learn? Write about it below.

Day 2 *Ride the Roller Coaster*

Engage & Practice

Learning to notice and open up to your emotions as they come up is one of ***the most valuable*** skills you can learn. Seriously! Just think about it. So many things we avoid doing because we are afraid of how we will feel. Imagine if you weren't afraid of any emotion because you have become so good at just allowing it!

Emotions are not scary. They are simply vibrations in your body. Start paying attention and learn what they feel like. You will be surprised at how easy it can be!

Practice processing your emotions between now and the next time we meet.
Print out the next page and cut it in two. Aim to process two emotions!



Share in the Facebook Group

Go to the Facebook group and share your experience of processing emotion. Share what were you feeling, how it felt in your body, was it difficult to open up to, etc.

*Information alone
does not lead to transformation.
You have to take action
and apply what you have learned.*



NNAA System to Process Your Emotions

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.....
cut

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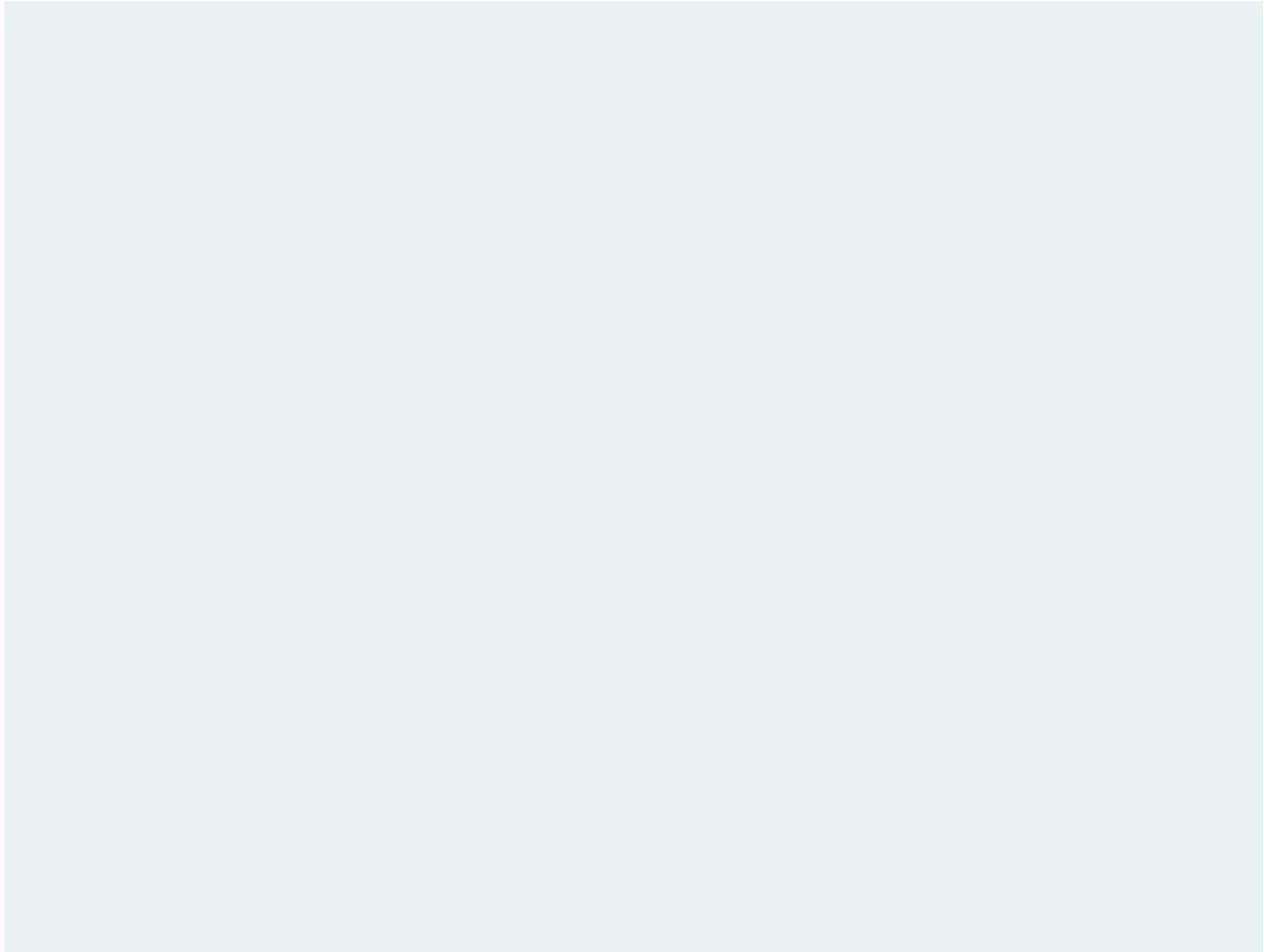
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Day 3 *Take Control*

NOTES PAGE

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*God grant me the serenity
to accept the things I cannot change,
courage to change the things I can
and the wisdom to know the difference.*



Day 3 *Take Control*

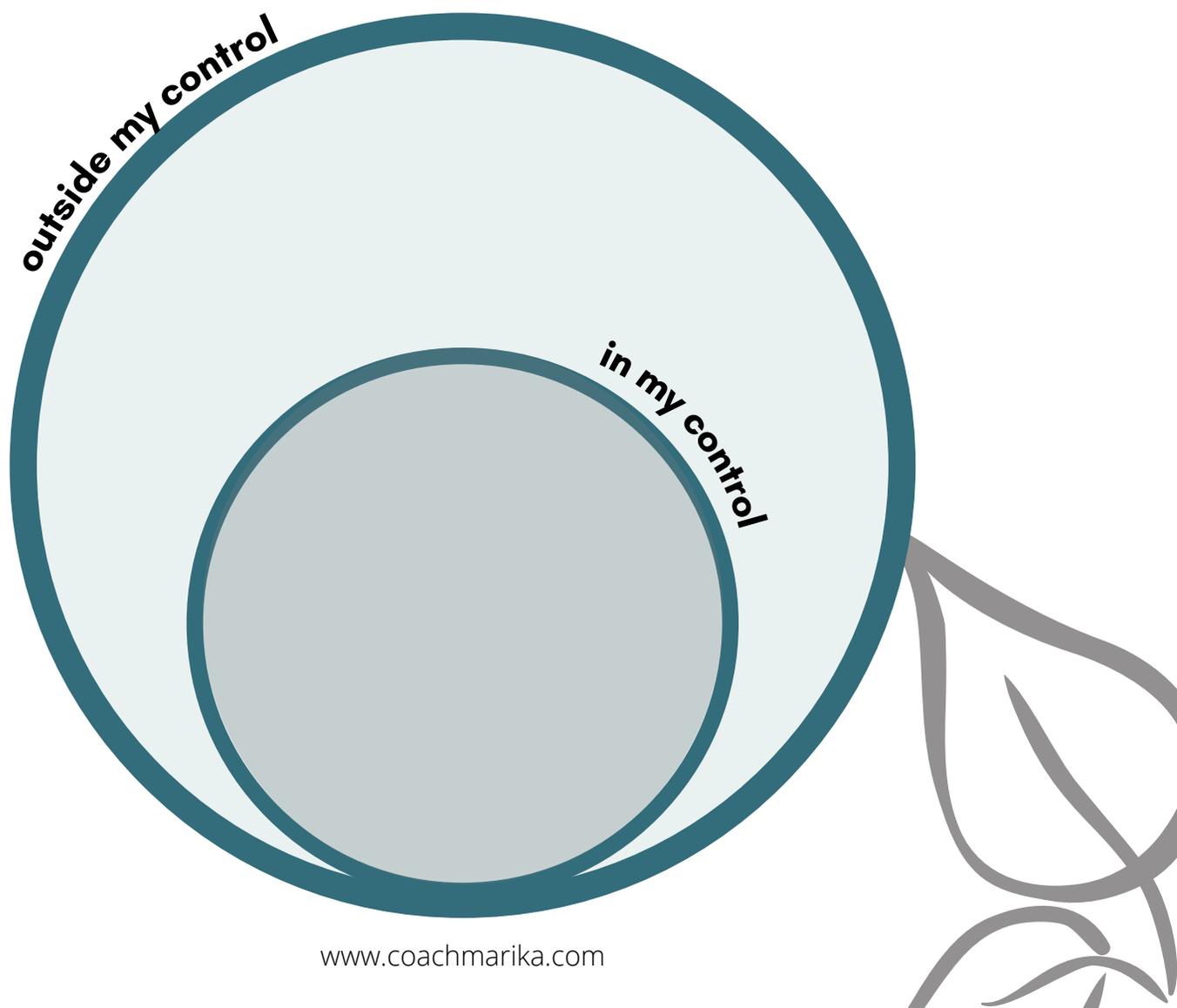
CIRCLE OF POWER EXERCISE

Where Are You Focused?

One of the most common reactions people have when something feels out of control is to reach out and try to take control of anything they can. It's understandable that we want a sense of surety in our life.

When we focus on controlling the wrong things in our life, we end up feeling frustrated and powerless. However, when we stay focused on our circle of power, then the actions we take truly make a difference.

Take a few moments and reflect on specific situations in your life. Fill the circles below. Try to think of as many things you can in both areas.



Day 3 *Take Control*

Reflect & Engage

What did you learn about yourself when yourself from this exercise? Have you been spending a lot of time focused on things outside of your control? Write below any take aways you had from this exercise.

Tip One helpful question I ask myself when I'm feeling worked up is:
Where am I focused right now? Is it in my control?
If the answer is no, then I work to shift my focus to what IS in my control.



Share in the Facebook Group

Go to the Facebook group and share your experience of processing emotion. Share what were you feeling, how it felt in your body, was it difficult to open up to, etc.





Well done!

Good work! If you continue to practice just the 3 skills you learned during this workshop, you will be amazed at the difference it can make.

If you'd like to get more support, then here is how I can help:

Be the ROCK you want to be without the fear and worry

This self-paced course teaches you the 4 key skills you need to learn so that you can be calm and strong for yourself and your loved ones. Regular price: ~~\$197~~ Only \$97 with the special offer below! [Click here to learn more.](#)

STOP worrying & start LIVING Coaching Support Program

If you are looking for tailored support and someone to be with you every step of the way, then this is for you. Regular price ~~\$1791~~ Only \$1591 with the offer below! [Click here to learn more.](#)

**Check your email
for the special offer
coupon codes*



Special Offers

\$100 off the Be the ROCK self-paced course plus 2 bonus individual coaching sessions!

\$200 off the STOP worrying & start LIVING Coaching Program plus 2 bonus coaching sessions!

Offers expire October 20th, 2021