

Homework Week 2

If you haven't done so already, set a regular time each week for each of your Study Buddy calls. This may not always be possible, but if you can, do it. It saves all that scheduling negotiation time each week.

Before the practice calls, think through how you want to work with each practice partner.

Overwhelm. Pick one of your two overwhelms:

1. For each overwhelm, are you aware that you are in overwhelm?
2. How quickly do you become aware?
3. What do you want (when you do whatever you get overwhelmed about)? Are you clear about that desire?
4. What is the cost to you of the overwhelm?
5. Are you focused on what's wrong or what you want?
6. See yourself in this particular overwhelm. Imagine you have magical "X-Ray" glasses that highlight ONLY the overwhelm in you. As best you can, describe what you see. Remember, this is a metaphor – we don't want medical accuracy, we want emotional awareness.

Procrastination. Pick one of your two procrastinations. (If you haven't been making a written daily plan and comparing it to what you actually did, pick the daily plan.):

1. Are you aware for each thing you procrastinate on that you are delaying it?
2. How quickly do you become aware?
3. What is it that makes you want to delay?
4. What's the reward for delay?
5. What do you want (when you do whatever you're procrastinating about)? Are you clear about that desire?
6. What is the cost to you of procrastinating in this case?
7. As you procrastinate, are you focused on what's wrong or on what you want?
8. See yourself in this particular procrastination. Imagine you have magical "X-Ray" glasses that highlight ONLY the overwhelm in you. As best you can, describe what you see. Remember, this is a metaphor – we don't want medical accuracy, we want emotional awareness.