



Hacks for "C" Challenges

Challenge 1: When you're feeling unsettled and wanting to avoid discomfort:

One of the main hacks to help you be a Healthy+Happy C is, when you feel like you want to back away from a situation to avoid feeling uncomfortable, *lean into the discomfort* instead and create comfort as you go.

A really good tool to use to help you focus on creating comfort, rather than avoiding discomfort is twofold:

First, write this down and put it where you can see it often:

"Avoiding discomfort almost always leads to greater discomfort!"

Then,

Notice:

How am I feeling right now?

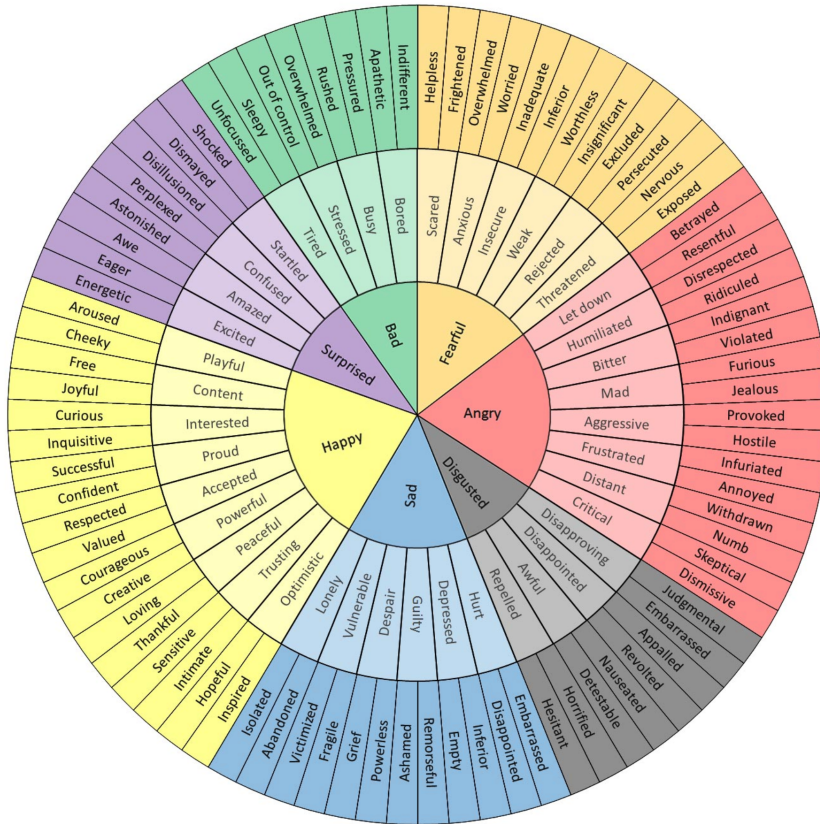
Use the feelings wheel below to help you identify exactly what it is that you are feeling. **Write it down.**

Ask Yourself:

How do I want to feel?

Again, if it is difficult for you to label the emotions you would like to feel, using the feelings wheel here might be helpful.

Feelings Wheel



Challenge 2: When you're having a hard time feeling understood by others.

A key component of feeling understood is learning how to effectively communicate the whole of your message to another person.

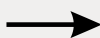
Understand:

It is first *your responsibility* to be understood.

It is true that for communication to be effective, the other person also has to receive the message as fully as possible. But, if the message isn't presented well in the first place, it dramatically diminishes the likelihood of that .

Learn:

The three essential components of a message--**BFW**



1. **B**: the behavior or subject matter that you're talking about
2. **F**: the way you feel (the emotion) about that behavior or subject matter
3. **W**: Why the behavior/subject makes you feel that way (the meaning you assign)

If you want to be understood, it is *imperative* that you clearly share each of these things with the other person. For example, "When you came home late the other night (**B**), I felt disappointed and unimportant (**F**) because I thought that we had made clear plans to be together and that I was making a special dinner (**W**).

Tap into the very powerful strength that you have of being intentional and thinking about what you want to say or how you want to feel, take time to identify the BFW at the beginning of the conversation, and then, at the end of the conversation, ask, "What did you hear me say?" to make sure that they have understood each component of the BFW.

Extra Practice

Practice noticing the BFW (Behavior, Feeling, Why) of different circumstances in your life so that when the time comes that you want to feel understood, you feel more comfortable and confident about how to go about it. Set an alarm 3-4 times per day for the next week to stop and notice your BFW and write it down.

BFW Journal

	Monday	Tuesday	Wednesday	Thursday	Friday
#1	B: F: W:	B: F: W:	B: F: W:	B: F: W:	B: F: W:
#2	B: F: W:	B: F: W:	B: F: W:	B: F: W:	B: F: W:
#3	B: F: W:	B: F: W:	B: F: W:	B: F: W:	B: F: W:
#4	B: F: W:	B: F: W:	B: F: W:	B: F: W:	B: F: W:

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