🌿 OKAY... SO HOW DO I TAME THE BEAR? 😂

First...

Don't argue with the bear.

Your brain thinks something is happening.

So let's give it something **NEW to focus on.** 👀

🔄 LET'S SHIFT

Think about something that's bothering you **right now.**

Nothing huge.

We're just playing. 💜

Now ask yourself:

1️⃣ How am I feeling?

Don't fix it.

Just name it.

“I feel frustrated.”
“I feel nervous.”
“I feel irritated.”

Okay. Got it. 👍🏾

2️⃣ How do I WANT to feel instead?

👀 OHHHH.

Now we're going somewhere different.

Calm?
Confident?
Peaceful?
Hopeful?
Free?

YOU choose.

3️⃣ Do I NOW choose to feel that way?

Not:

“Can I?”

Not:

“Should I?”

Not:

“But what if THEY…?” 😂

Just:

Do I choose it?

Yes or no.

4️⃣ What's POSITIVE here that I haven't acknowledged?

This one might make your brain go:

“Excuse me?! Did you SEE what just happened?!” 😂

Yep.

Look anyway. 👀

What's ONE thing you haven't acknowledged?

Even something tiny counts.

🧠 DID YOU NOTICE THE SHIFT?

The problem may still be there.

But where is your attention now?

You just gave your brain somewhere else to look.

Instead of only:

🚨 **PROBLEM PROBLEM PROBLEM PROBLEM**

you introduced:

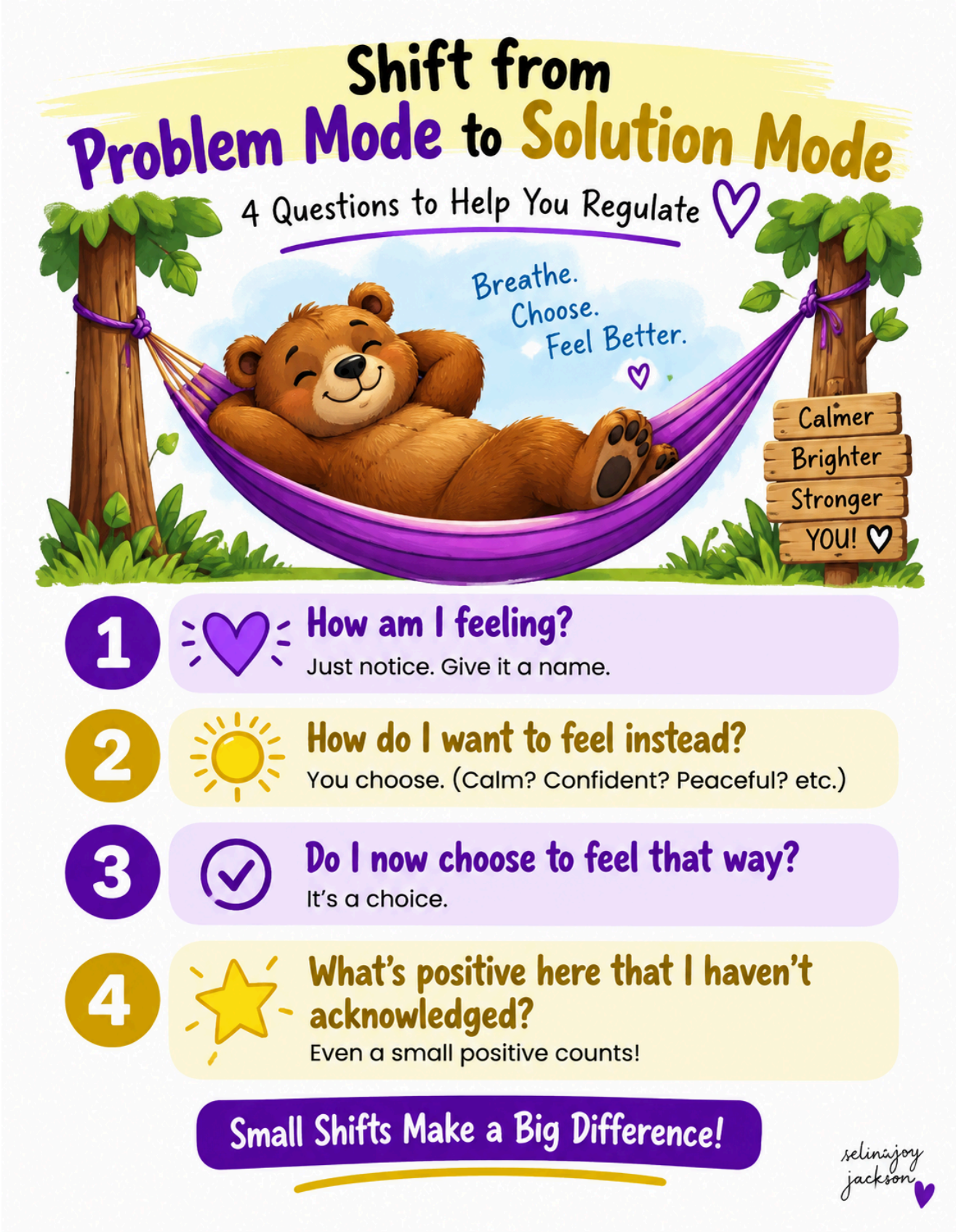
✨ **How do I WANT to feel?**
✨ **What do I choose?**
✨ **What else is true here?**

Keep This Tool

Take a screenshot of it and carry it with you.

Use it when you want to regulate in the moment.

Of course, it’s up to you.



🐻 **P.S. The bear may come back.**

That's okay.

Now you know what to ask it. 😂