

THE COMPLETION PROCESS – ASK FOUR COMPLETION QUESTIONS, ACCEPT AND GROW

- Recall an unwanted uncomfortable moment that is important to you.

COMPLETION QUESTIONS

1. In the most unwanted uncomfortable moment, what are you feeling towards yourself?
Circle Your Resisted Emotion(s) - Powerless, Helpless, Small, Weak, Vulnerable, Wrong, Out of Control, Bad, Dirty, Hurt, Unlovable, Alone, Failure, Loser, Unimportant, Inadequate, Dumb, Inferior, Not Good Enough, Bored, Down

2. How did your reactions towards the other people/things restrict your relationships and results?

3. What critical thoughts did you have about other people, things or yourself? What does it say about them & you?

Other people:	They/(s)he	
Things:	It	
Yourself:	I am	

4. How does believing these thoughts justify you continuing to react and restrict your relationships and results?

ACCEPT & GROW

Imagine making a choice to allow yourself to experience your resisted emotion(s). In the above moment, if you were willing to experience your resisted emotion(s):

5. How do your feelings change?

6. How do your thoughts change?

Other people:	They/(s)he	
Things:	It	
Yourself:	I am	

7. What would you do differently?

8. How would feeling, thinking and taking these different actions have positively impacted your relationships and results?

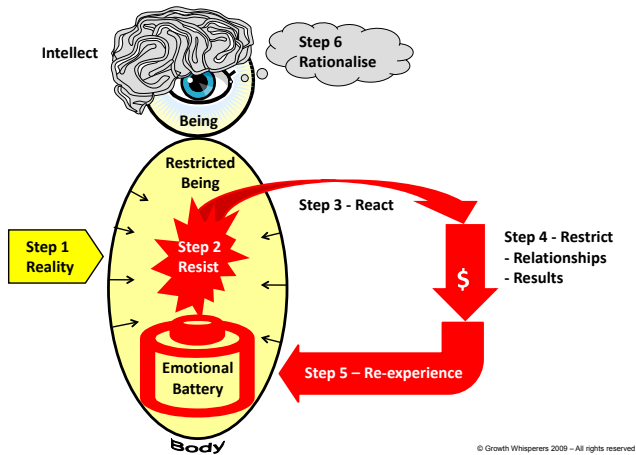
MY COMPLETION CHALLENGE

When I'm next in this type of situation:	
I will be willing to feel (resisted emotion(s):	
I will feel:	
I will think:	
I will do:	
And this is important because it will positively impact	

THE COMPLETION CREDO

- Whenever you notice something is unwanted or uncomfortable.
- Ask yourself: What am I feeling towards myself?
- Allow yourself to experience your resisted emotion(s).
- Notice how you feel and think differently.
- Take actions that grow your relationships and results.

The Six R Stress Model



The Five A Success Model

