

Feel Bad.

Do This.

When something bad comes up, do not try to solve your whole life. Catch one reaction before it runs you.

This is the whole process.

Notice. Write down the situation, the thought, and the feeling. Do The KUGEL™. Then see whether you can bring the original feeling back at 100%.

1

NOTICE. PAUSE.

Something bad comes up. You feel yourself wanting to run, fix it, argue, shut down, check again, or attack yourself. Stop for a moment. Something is happening.

2

WRITE THE WHOLE MOMENT DOWN.

Write the situation. Then write what you are thinking and what you are feeling, including what is happening in your body. Keep it raw. Do not clean it up.

3

DO THE KUGEL™.

Use the full free practice in video, audio, or writing. You do not have to explain the issue to anyone. Work with the feeling that is here.

4

TEST IT HONESTLY.

Bring the same issue back to mind. Can you still bring back the exact same feeling at 100%? Really try. Do not force an answer. Notice what is true now.

USE THIS WHEN...

- You need to have a conversation and your chest has already locked up.
- You want to text, check, avoid, explode, or disappear just to stop the feeling.
- You know the fear makes no sense, but you still cannot switch it off.

THE KUGEL™ PRACTICE

Open the complete free guide: buildselfesteem.com/kugel

USE THIS PAGE WHEN IT HITS

One moment. Write it down.

The point is not to sound reasonable. The point is to catch what is actually happening before it takes over.

THE SITUATION

What happened? Where were you? Who was there? What do you need to deal with?

WHAT I AM THINKING

Write the exact sentences: "They will...", "I cannot...", "I have to...", "I am..."

WHAT I AM FEELING

Name the feeling and the body: tight chest, black pressure, heat, guilt, fear, shame, numbness...

IF YOU NEED AN EXAMPLE

"I need to have a hard conversation with someone close to me. I think: they will attack me, make me feel guilty, and I will not know what to say. I feel bad, guilty, and not good enough. There is a black pressure in my chest. I cannot think clearly. I want to run away."

NOW DO THE KUGEL™

Watch, listen, or use the written practice.
buildselfesteem.com/kugel →

THEN TEST IT

Bring the same issue back. Can you bring the original feeling back at 100%?
What is true now?

KEEP THIS SIMPLE

The situation I want to come back to is:

The next time it happens, I will notice, write it down, do The KUGEL™, and test it.

After I do The KUGEL™, what is true now?

Use this privately. Nothing on the guide is submitted or saved.