

Questions – Stressful emotions around your Safety and Performance

As you read the questions, feel into your body and ask yourself “Do I feel at peace?”

If you answer YES then move onto the next question

If you answer NO and you feel any discomfort, then do self EmRes – Close your eyes

Safety

Where do you not feel emotionally safe in your life?

What beliefs and thoughts do you have that leave you feeling unsafe?

What stressful emotions come up when you don't feel safe? (fear, rejection, sad, alone, judged)

Do you feel the fear of safety around your physical, health, wellbeing, connection with others, or finances?

Fear/Avoidance

What fears, worries, anxiety or stress do you experience with your performance?

Do you fear a previous injury, illness, pattern, or thought will affect your performance?

Do you experience performance anxiety in situations?

Do you avoid exploring opportunities from a fear of failure?

Do you fear being rejected if you “put yourself out there” or step into a leadership role?

Do you avoid intimacy, physical connection, sensuality, or sexuality?

Anger/Frustration

What makes you angry/frustrated regarding your ability to perform?

How does it make you feel when you make mistakes, mismanage time, or feel unprepared?

Do you become angry when you let down others or yourself?

How do you feel when someone criticizes or critiques your performance?

Do you direct your anger towards another family member, group, political organization?

Inhibition

Is there a person, situation, circumstance, or something else that you feel is holding you back from your optimal performance, achievement, or success?

Do I feel limited, stifled, bored or creatively stuck?

Do you feel held back, limited, or restricted by past failures and disappointments?

Control (Attempting to control yours or another's emotions)

Do you have a strict routine, regimen, or self-imposed restrictions that must be followed to ensure your success?

Do you ruminate or obsess about making a mistake or letting down others?

Do you try to control a situation to ensure others do not experience difficulties or fail?

Do you feel shame or guilt about achieving more than others, family, parents, friends?

Do you limit your expectations of what you can achieve or become?