

### Audio Training Transcript



This is Loren Gelberg-Goff, and I want to thank you for having the courage and desire to make a change in your life so that you can start on the journey to **TAKE BACK YOUR LIFE**.

You are one of **43 million family caregivers** who strive every day to take care of someone you love, and **this Step by Step Guide is the start as you learn to take as good care of yourself as you do of those you love.**

Let's walk through the **Step by Step Guide** that you've just received. Fill in the blanks on the guide itself, or use a separate sheet of paper. But this is for you to fill in - *and use!*

I want you to start with an issue that is causing you stress, guilt, anxiety or concern that you know you need to address, but haven't been able to in any significant way.

Underneath **STEP 1: AWARENESS**, fill in the issue that is uppermost in your mind. Maybe you feel resentful or angry, exhausted or overwhelmed... What is the issue you are most aware of?

Everything we want to change in our thoughts, behaviors and habits has to start with Awareness; awareness of either what your struggle is, or what it is you want or need that seems elusive, unattainable or maybe just not ok with someone in your life.

Take a breath, and let's move on...

...to **STEP #2: "WHAT IS MY DESIRED OUTCOME?** And a desired outcome has to be what you **want**, not what you don't want. And it has to be something that is within your control. So, if you want a weekend off, or lunch with a friend, maybe an uninterrupted hour by yourself, maybe even a vacation...fill in your desired outcome in the space below Step 2.

Take a deep breath, and this leads you...

...to **STEP #3: POSSIBILITIES**. What choices do you have with regard to this issue? It's time to think outside the box!

Yes, **you can list all the ways you've handled this issue up until now**. They remain options or choices, even if they are ones you no longer like, or that no longer give you the results you want that will lead you to your desired outcome.

And now, write down new possibilities, new ideas, new options - *even if they seem outrageous and not possible*. Even if they're ideas you've dismissed in the past because someone would be upset, or not like them, or tell you you're selfish....

Write them down anyway. You may need a separate sheet of paper for new ideas!

***Take a breath.***

Remember, this guide is for you to make changes in your life that bring you to place of empowerment and self-respect. And yes, others may not like this change in you because they are used to you behaving in a way that they are familiar with, and that works *for them*.

Are you fearful that your new possibilities may not give you the results you hope for or want? This is about learning, growing and evolving, keeping your sights set on the goal and taking care of yourself in a new way...learning that you do, in fact, matter!

So, no, you don't know how something will work out, but you *do* know how things have been working, and you are aware that something really isn't working for you in a way that feels uplifting, empowering and hopeful. The possibilities we are talking about here on this guide are about creating *new* possibilities.

***Take a deep breath.***

Now that you have some possibilities spelled out, move to **STEP #4: DECIDE**. Pick one of your possibilities, one of your choices. Commit to the choice that will move you in the direction of your desired outcome. Fill in the space with your decision.

Take a deep breath, and let that decision settle into your system. Feel whatever discomfort you may feel, and remind yourself that *"It's not my feelings that get me into trouble, it's my actions."* Will the decision you make in this step bring you closer to your desired outcome?

Your decision is not written in stone. It is an *option* that you now get to explore and learn from, as you move forward in a new way that helps you to live more empowered and fulfilled. Your choices and decisions can change and be adapted as you move forward. This *Guide* can be used as you face each new awareness in your life.

***And we breathe....*** And move on...

...to **STEP #5: TAKE ACTION**. What action? Fill in what one step you will take to honor your decision. Just one step can make all the difference between *"Same old, same old"* and something new - something you want, need and deserve. Something that will move you forward to ***take back your power and your life!***

***AND WE BREATHE....***

In **STEP #6** it's time to notice your **RESISTANCE** to taking action. What thoughts are running through your head that make you want to ignore your awareness, new possibilities, and your decision? *BREATHE* through your urge to give in. Simply *NOTICE*.... We talk a lot about these issues that pop up in this step during our *Take Back Your Life* group program.

This step is about moving out of your comfort zone. It's important to remember that *SUCCESS lies just outside your comfort zone*. And each step on this guide is about moving forward, moving beyond your comfort zone (which I usually refer to as "familiar zone" - since we rarely make changes if we're *really* comfortable!). Are you breathing through your resistance? Write in that space: "**YES.**"

As you continue to breathe through these messages, urges and discomfort, move to **STEP #7: ALLOW**. Allow the feelings to flow through you, and recognize that all changes require a period of adjustment.

In this step you are focused on the feelings that arise as you choose to make a shift in your behavior and outlook. Take time to let that shift - that idea, thought, attitude - settle in. Are you willing to *ALLOW* yourself time to adjust to your new choices? Fill in on the blank line: "**YES.**"

The more you allow the idea of adjustment to a new behavior to settle in, you'll find yourself moving toward **STEP #8: ACCEPTANCE**. We are talking about shifting attitudes and behaviors that are for your greater good and your overall health and wellness. Do you *deserve* this?

*IF* you still feel doubt, uncertainty, *FEAR*...I understand! Go back to steps 2 through 6, one at a time. Are you ready to accept a new possibility for yourself? Are you feeling just a little more hopeful going through this exercise with me?

I know these changes can feel overwhelming and maybe even intimidating. That's what a "step-by-step" guide is for...and why I offer ongoing support.

Are you willing to *observe and allow others' reactions* to your new behavior...without giving in to them? Fill in on the blank line: "**YES!**"

***And We Breathe....***

**STEP 9!** Even though I've been recommending that you breathe through each step, this is where you are allowing your new idea, attitude, and action to *settle in*, so that you can *actually move forward* in a new and healthier, more empowered way. *And we breathe!*

Ready? Each step you take is one more on your journey to *take back your power, and to take back your life.*

Are you ready to breathe through your fear and uncertainty and let the new you settle in? Type in on the blank line: **"YES."**

Let me now direct your attention to the middle of the page - the *bullseye* - the core of everything that is affecting you as a caregiver.

For those of you who are knee deep in feeling the imbalance, the overwhelm, and the stress, and know you need a deeper level of support...consider doing something meaningful and worthwhile *for yourself*.

After all, we cannot effectively give to those we love if we are not effectively caring for ourselves...and yes, I learned this the hard way.

Ask yourself: what would it be like to finally wake up each day without the feeling of guilt, anger or resentment as a caregiver?

Have you been wondering...when is it YOUR time?

Are you ready to find a way to start *TAKING BACK YOUR LIFE*?

If so, say **"YES!"** and write that down.

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### Let me share something with you...

Caregivers **ARE** finding a way to do just that...having a life, catching a break, and breaking that cycle of guilt and overwhelm.

And it's called the ***Take Back Your Life Group Program***, a truly meaningful and yet simple way to take care of yourself while reducing the pressure, stress, tension and overwhelm that impacts **YOU** in your everyday life.

The ***Take Back Your Life Group*** covers exactly what is overwhelming you:

- **It gets you out of self-sabotage** - stop doing the same things over and over again that DON'T work!
- **Finally end self-deprivation** - you get to stop *making yourself last on the list!*
- **Recognize the strong hold of guilt...** and discover powerful ways to eliminate it from your life
- **Start overcoming the daily resentments...**so you can find a way to actually *enjoy time with your loved one again*
- And **find the right way to deal with anger**, so you can find forgiveness and compassion for others.....and ***most importantly, for yourself!***

**...and we breathe....**

Just reflect for a moment...How many of these issues are *impacting YOU every day of YOUR life?*

Take a **deep breath**, and **DO SOMETHING FOR YOU**. This is your next step.

Go to the link in the middle of your Guide.

Click on that link, or copy and paste it into your web browser (or *click right here!*):

<https://www.lorengelberggoff.com/contact/>

Schedule some private one-on-one time - just you and me - to talk about your **BIGGEST** challenge caring for your loved one. And to see if the Take Back Your Life Community is a fit for you.

Go do that now.

My departing wish for you - as the female caregiver - is to find ease, to find joy again, and to start today... to **TAKE BACK YOUR LIFE!**

This is Loren Gelberg-Goff **...and We BREATHE!**