



SURVIVAL: STRESS ON STEROIDS

REACHING THE PINNACLE...

CREATING AN EXTRAORDINARY LIFE

MODULE TWO – SURVIVAL, ANXIETY,
FEELING LESS THAN, STRESS

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Module 2

Survival, Anxiety,
Feeling Less Than, Stress

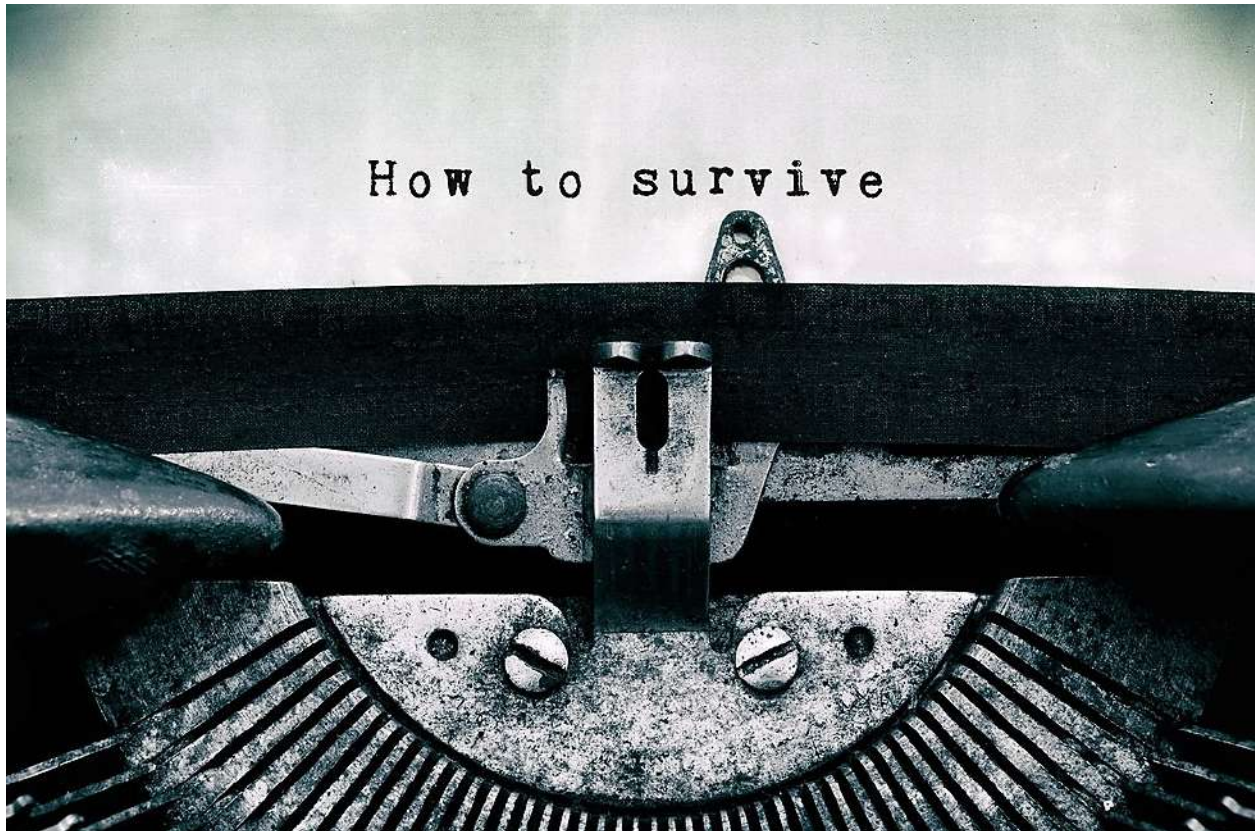


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Module Two

Survival, Anxiety, Feeling Less Than, Stress

The role of the physical body is to keep us alive. The body breathes for us, pumps our heart for us, regulates our body temperature, digests our food, and converts the food into energy. All without conscious thought.

The role of the physical body is to keep us safe. When our hand gets too close to a flame, the body automatically pulls the hand back to safety. When our face is submerged in water, our body stops breathing to prevent the body from inhaling water. All without conscious thought.

The role of the physical body is to keep us alive and safe. When it perceives anything as a threat, the body automatically goes into SURVIVAL MODE, FIGHT-FLIGHT-FREEZE, to prepare us to either fight, run away, or play dead. The body begins to breathe faster. Our awareness is heightened. The pulse and heart rate quickens. Survival mode is automatic...without conscious thought.

All of the above is automatic...without conscious thought. We don't have to tell the body to breathe. It knows we need air. We don't tell the body to heighten our awareness when threatened. It knows we are in danger.

Dr. John Montgomery says, "Biologically and evolutionarily, all 'negative,' or distressing, emotions, like fear, disgust, or anxiety, can be thought of as 'survival-mode' emotions: they signal to the body and brain that our survival and well-being may be at risk."

**Distressing emotions such as fear alerts the physical body
that our survival may be at risk.**

**When we feel fearful, the physical body automatically,
without conscious thought, goes into survival mode.**

In survival mode, the rational mind disengages. Fear is valued. We use anger to keep people at a safe distance. We become hyper-vigilant. We are constantly on edge. Our guard is always up. Fear, anger, depression, anxiety, avoidance become our constant companions. We are only able to focus on the immediate tasks at hand.

Long range goals are not even on the horizon. Interact with other people is risky. Relaxing could mean death. Enjoying life and thriving is not possible. Positive emotions such as love, joy, serenity, happiness, and hope do not exist.

In survival mode, the survival emotions of fear, anger, and anxiety flood the body. We view the world through the veil of fear.

SOS...Survival is Stress on Steroids. It's feeling anxious and not good enough.

Both stress and anxiety are internal reactions to an outer situation that the body perceives as endangering us. When the body feels it's life is threatened, it triggers the flight-flight-freeze mode of Survival.

Anxiety and stress are slightly different:

- * Anxiety is associated with a vague threat, whereas stress is a feeling of being overwhelmed.
- * With anxiety, our thoughts lend toward the worse case scenario. With stress, our thoughts are dulled from the fatigue.
- * With anxiety, we feel revved up, nervous, tense, on edge, and jumpy, whereas with stress, we feel exhausted, sad, depressed, resentful, and/or moody.

Anxiety is a combination of four things: Unidentified anger, hurt, fear, and/or self-pity.
We expect error, rejection, and/or humiliation.

*Survival may be the most important topic we can heal within ourselves.
Survival is programmed into our DNA.*

Module Two will deal with issues of survival, anxiety, feeling less than, and stress.

Begin with the worksheets on the following pages. Your answers will become EFT Tapping statements and/or scripts.

Following the Worksheets is Ella's Story and 500 EFT Tapping Statements.

Worksheets



Worksheet for Survival



Where do you feel caught in survival in your life, if you do? Relationships? Career? Work? School? Family life? Can you describe how that feels and what it looks like in your life.

Worksheet for Survival Mode



When you are in survival, which is your mode – fight, flight, or freeze? Have an example?

Worksheet for Anxiety



What makes you feel most anxious? Being alone?
Social life? Finances? Relationships? Parenting?
When was the last time you felt anxious and what
was the cause of your anxiety?

Anxiety



Anxiety is a combination of four things: **unidentified** anger, hurt, fear, self-pity. We expect error, rejection, humiliation, and actually start to anticipate it. How does anxiety play out for you...anger, hurt, fear, and/or self-pity? Do you expect error, rejection, and/or humiliation? Have an example to share?

Worksheet on Stress



What causes the most stress in your life?
Your health? Relationships? Children?
Work? When was the last time you were
really stressed? What's your usual mode
when stressed? Get angry? Panic attacks?
Work nonstop?

Handling Stress

Has anything helped with handling stress?
Exercise? Meditation? Yoga? Take a deep
breath? If so, what?



Ella's Story



Ella's Story

"Thank you for coming in today, Ella. At Celebrate Health we are looking for a fitness trainer that is not only a team player, but also someone that wants to build their own business as well as build our brand and be part of Celebrate Health," Greg says.

"Thank you for having me, Mr. Turner," says Ella with a huge smile. "Being part of a team as well as build my own business is exactly what I am looking for."

Greg asks, "Can you tell me a little about how you decided to become a fitness trainer?"

"Sure." Ella wasn't sure how much she should share of her story. Looking at the sincerity in Mr. Turner's face, she knew he wanted to know, so she takes a deep breath and decides she would tell him the whole story. "Three years ago, I came home from the market with my three-year-old daughter to find a note left by my husband. He told me he didn't want to be married anymore, that he didn't want to be a husband or a father. Under the note was \$500 and divorce papers."

Leaning back, Greg asks with intrigue, "What did you do?"

"Well, I called his place of work and they said he had quit that morning. I called his best friend who said he had dropped him off at the bus station and had no idea where he was going."

"Did you believe the friend?"

"Yes, I did," Ella says.

"What did you do next?"

"There was an attorney's name on the divorce papers. I called him. He told me the only thing he could tell me was that my husband had already paid him to file the papers and once I returned them to him, he would file the divorce papers."

"Wow. How old were you?"

Realizing she was getting anxious, Ella takes a deep breath and continues, "I had just turned 25. We had been married for nearly five years."

With compassion, Greg says, "Must have been tough."

"Very tough."

Greg asks with curiosity, “How did you get from there to here?”

“I called my best friend, Susan. We have known each other our whole lives. My parents were killed in a car accident my junior year of high school. Both my parents were only children and I was an only child. Susan’s family lived next door to us. I had no place to go. They adopted me and have been my family ever since.”

“Life has not been easy for you, Ella,” comments Greg.

“Maybe not. But, I still feel blessed,” Ella says with a sweet smile.

“How is that? Your parents were killed when you were in high school, your husband left you with a small child to raise on your own, and you still feel blessed?”

“I do Mr. Turner. Yes, my parents were killed when I was in high school and I miss them every day. I didn’t end up homeless or in an orphanage. The McDaniels adopted me and gave me a home. They were struggling financially, like my parents, but they still put a roof over my head, food on the table, and Susan and I shared clothes since we were the same size.”

Holding back tears, she continues, “My daughter is amazing. I love her so much. I want to show her that no matter what life throws at you or how many times life knocks you down, you get back up, dust yourself off, and carry on. She is the best thing that has ever happened to me. So, yes, I feel blessed.”

“Life has thrown you one challenge after another. And, you still carry on?” asks Greg.

“I do, Mr. Turner. I want to give my daughter the childhood I had. My parents didn’t have a lot of money, but I knew I was loved. I think their strength is what helps me through life’s challenges,” responds Ella.

“When you called Susan after your husband left, what happened?” asks Greg.

Sitting up straight in her chair, Ella continues. “Without missing a beat, Susan told me to pack everything up and move in with her. And that’s what we did.”

Greg asks, “Did Susan live here in town?”

“Actually, she did and does. She had a one-bedroom apartment. Ella and I shared her sleeper couch. Once we were moved in, I started looking for a job. I didn’t have a car, so I needed to find a job close to home or on a bus route. The salary also needed to be enough to cover daycare or the employer provided child care,” says Ella.

“Looking at your resume, I see you worked at the local gym,” says Greg.

"I did. I was hired to work the front desk. The gym was within walking distance and provided child care," Ella says brightly. "I'm still employed by the gym. My responsibilities have change over the last couple of years."

"How did you move from the front desk to being a fitness trainer?"

"Mr. Turner, are you familiar with EFT Tapping?"

"Emotional Freedom Technique? Yes, I am. Our practitioners use EFT Tapping with their clients here at Celebrate Health," remarks Greg.

"Way cool!" says a surprised Ella. "Yes, Emotional Freedom Technique. One of the other trainers and I became good friends. Besides being a fitness coach, she is also a life coach. One day when we were having lunch, I mentioned to her I wanted a career, but felt I was spinning my wheels, caught in survival."

"Did the other trainer know EFT?" asks Greg.

"She did. We worked out an exchange. She did EFT Tapping with me to help me out of survival and I babysat for her and her husband when they had date night." Ella continues, "I can't tell you how much EFT helped. I love tapping!"

"I do, too," Greg adds. "I use tapping anytime I want to get rid of something I don't want in my life anymore."

"That's what she says, 'Use EFT to get rid of anything you don't want in your life anymore,'" says Ella.

"I'm assuming that tapping helped you move out of survival?" says Greg.

"Mr. Turner, she is a masterful trainer and practitioner. In one of our sessions, she asked me where I saw myself in five years and even later, 10 years from now. I had never thought of my future. It took all my energy just to make it through each day raising a young daughter by myself and working full time," says Ella.

Greg asks, "How long ago did she ask that question?"

"Two years ago," says Ella. "It was a tough question for me answer. Since my parents died when I was a junior in high school it wasn't something we ever discussed. My adopted parents didn't ask the question either. They never went to college, nor did they have the money to send either Susan or myself to college, even if we went to a junior college. After we graduated from high school we both got jobs. I met my ex-husband at work. When he proposed, I thought I would be a stay-at-home mom the rest of my life."

Seeing that Ella was getting lost in her thoughts, he asks, “Are you officially divorced now?”

“Sorry. Yes, we are officially divorced.” Getting back on track, Ella says, “At first I wasn’t sure where I saw myself in five years. Ten years seemed like an eternity away. The trainer asked lots of questions to determine what I was interested in. They were difficult to answer, as well. Then one day I realized I found it fascinating to see out-of-shape people come into the gym and slowly, over time, transform themselves. It was like watching the inner beauty and love emerge in a person as they became healthier.”

Looking confused, Greg asks, “Is this when you decided to pursue fitness training?”

Excitedly, Ella says, “Yes! I realized from the transformation of their physical bodies, people began to blossom and bloom as they took care of themselves. They weren’t taking care of just their physical bodies. They were taking care of their whole self. They smiled more. They laughed more. They were happier than before. I wanted to help people find the beauty inside their selves.”

Greg says, “So, you wanted to help people transform their physical bodies to transform the mental and emotional selves as well.”

“Exactly!”

“Well, I never heard a trainer put their motivation of becoming a fitness coach quite the same was as you,” Greg says.

“Oh,” Ella says, a little surprised. “Is that wrong?”

“No. No. Not at all. You want to transform the whole person, not just the physical,” Greg says, both asking a question and making a statement at the same time.

“Mr. Turner, I believe impacting one area of our lives impacts all areas of our lives. Working the front desk at the gym and watching people day after day come and go, I could see the changes they made physically, emotionally, and mentally. As their physical bodies were changing, they were changing inside, as well,” says Ella.

Ella looks away, trying to find the words she needed to explain the transformation she saw in people. “I saw unhappy people that were overweight and out of shape join the gym. Those that stuck with getting in shape and working out, I began to see their inner beauty surface. Besides the obvious smile or cheerful greeting, they were more at peace. There was an inner glow about them.”

“And, you saw the inner glow and peace,” Greg says.

“Yes. I did. I wanted to help people transform physically, mentally, and emotionally. I started hanging around with the trainers, watching what they did. I knew I could do what they did. I researched where I could get a certification to become a fitness trainer. I found a school that had financial assistance.”

Greg asks, “Did your sister take care of your daughter while you went to school to become a trainer?”

“It is nice having family. I think there is a special closeness within an adopted family. I knew they loved me or they would not have made me a part of their family,” says Ella.

Ella continues, “Yes, my sister knew how much I wanted to get out of survival. She watched my daughter as I attended classes to become a fitness coach. Until I had enough coaching clients, I continued to work the front desk.”

Greg asks, “Are you still working with the Life Coach?”

“Actually, I am. She’s the reason I am here,” remarks Ella.

“How’s that?”

“Knowing I wanted a career and not just a job, she suggested I build a business for myself. For the last year, I have had enough clients so I didn’t have to work the front desk. I’ve been just a fitness trainer,” says Ella.

Greg asks, “Do you enjoy being a fitness trainer full time?”

“I do. All areas of health interest me as it does my sister. We still live together, although once I started being a trainer full time we rented a two-bedroom together. Once I build up my business, the plan is to move into a three-bedroom so my daughter and I can each have our own bedrooms,” says Ella.

Greg asks, “Ella, do you know what it takes to build a business?”

Without hesitation, Ella says, “I think I do. It’s what I have been doing for the last two years at the gym. I am willing to work hard to build up my business to get out of survival and eventually, one day, be able to buy a house for my daughter and me.”

Greg asks, “Do you still tap?”

“Absolutely. Even taught my daughter how to tap. Tapping helped me to find the courage to start thinking about leaving the security of a paycheck. At first it was scary to think about depending on my own abilities and talents for my financial security to build a life for my daughter and myself.”

“And now?” Greg asks.

“And, now Mr. Turner, I am so excited. I am ready. I want to be part of a team that helps people transform and to build a practice as a fitness trainer. I know I will succeed. I already have at the gym. Now I want to do it for myself.”

Fully satisfied, Greg says, “Ella, I think you would be a wonderful addition to our team. I do believe you can and will develop a practice that will support you and your daughter. When can you start?”

EFT Tapping Statements and Journaling Pages



- 8 - Top of the Head
- 1 - Inner Edge of Eyebrow
- 2 - Temple
- 3 - Under the Eye
- 4 - Under the Nose
- 5 - Under the Lips
- 6 - Under the Collarbone Knob
- 7 - 3" Under the Armpit

Instructions for Tapping Pages

1. The statements are divided into sections. Read through the statements in one section. As you read a statement, notice if you have any reaction to the statement or feel the statement might be true for you. If so, note the number for that statement.
2. Once you have completed reading all the statements in one section, go back and reread the statements you noted and rate them on a scale of 1 - 10, with 10 being a “biggie.”
3. Select one of these “biggies” and describe how it plays out in your life. It is important to recognize and identify the pattern. What are the consequences of having this mis-belief? Is there a trigger? How does it begin? How does it benefit you? How has it harmed you? There will be a different example listed in each section.
4. List the top eight statements.
5. Tap the eight statements.
6. Describe any flashbacks or memories that you might have had as you were tapping out the statements. Describe any ah-has, insights, and/or thoughts you might have had as a result of tapping the statements.
7. After tapping all the statements, review them to determine if you still have a reaction to any of the statements. If you do, you have several options. One, put a “Why” before the statement. Tap out the answer. Secondly, note that this statement may not have cleared and continue on to the next section. Most likely, after additional statements are tapped, statements that may not have cleared, will clear without having to tap the statement again.
8. Allow some downtime for integration and for the body to heal.
9. The number of sections you do at a time will be up to you. Initially, you might want to do one section to determine if you get tired and need to have some downtime after tapping.

Tapping Statements 1 – 25

No one can make you feel inferior without your consent.

Eleanor Roosevelt

1. I don't relax.
2. I have no value.
3. I don't exercise.
4. Life is pointless.
5. Life is a struggle.
6. I must work hard.
7. I freeze in a crisis.
8. My health is poor.
9. I don't plan ahead.
10. I worry all the time.
11. I will never be calm.
12. My stress is endless.
13. I am a loser, a failure.
14. I'm caught in survival.
15. I am unable to sit still.
16. The future looks grim.
17. I must put others first.
18. I am emotionally fried.
19. I sweat the small stuff.
20. I don't laugh anymore.
21. I am inferior to others.
22. My life is meaningless.
23. My sleep is not restful.
24. I race through the day.
25. I lack clarity for my life.

Journaling Page for Statements 1 – 25

Hidden within every problem lie the seeds of its own solution.

Unknown

1. Select one statement that was a “biggie” and describe how it plays out in your life. Give an example or two. It is important to recognize and identify the pattern. Is there a trigger? How does it begin? How has it benefited you? How has it harmed you? For instance, do your future look grim? Is it easier to feel hopeless than to do the work necessary to make your life a masterpiece?

2. From the tapping statements in this section, list the top eight statements that you thought or felt applied to you:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

3. Tap out the top eight statements listed above. If there are other statements you would benefit from tapping, tap those statements as well.

4. As you were tapping out the statements, did you have any flashback and/or memories of the past, any additional insights, and/or ah-ha thoughts? If so, write them down. Make note of them.



Tapping Statements 26 – 50

*Be who you are and say what you feel, because those who mind don't matter,
and those who matter, don't mind.*

Bernard M. Baruch

- 26. I am my own worst enemy.
- 27. I don't have a healthy diet.
- 28. I'm afraid of being judged.
- 29. I need the tribe to survive.
- 30. I am rarely in present time.
- 31. I am way beyond burn-out.
- 32. I lack focus and grounding.
- 33. Survival is my only identity.
- 34. I can't keep up with my life.
- 35. I have little time for myself.
- 36. I don't connect with others.
- 37. I am unable to concentrate.
- 38. I don't want to make waves.
- 39. I have little value to anyone.
- 40. There will never be enough.
- 41. I allow others to control me.
- 42. I live a day-to-day existence.
- 43. My needs are not important.
- 44. I have to sacrifice to survive.
- 45. I will never be good enough.
- 46. I have no value for who I am.
- 47. I have little time for hobbies.
- 48. I keep my feelings to myself.
- 49. I don't feel safe in the world.
- 50. I cringe when I am criticized.

Journaling Page for Statements 26 – 50

The moment your attention turns to the NOW, you feel a presence, a stillness, a peace, and joy. Love, joy, and peace are deep states of Being.

Pleasure and happiness are derived from something outside you, whereas joy arises from within. Be Present. Be the observer of the mind. Just be NOW.

Eckhart Tolle

1. Select one statement that was a “biggie” and describe how it plays out in your life. Give an example or two. It is important to recognize and identify the pattern. Is there a trigger? How does it begin? How has it benefited you? How has it harmed you? For instance, do you think you will never be good enough? Are other people’s opinions of you more important than your own? If so, what would be the downside of your opinion of yourself being more value than someone else’s opinion of you?

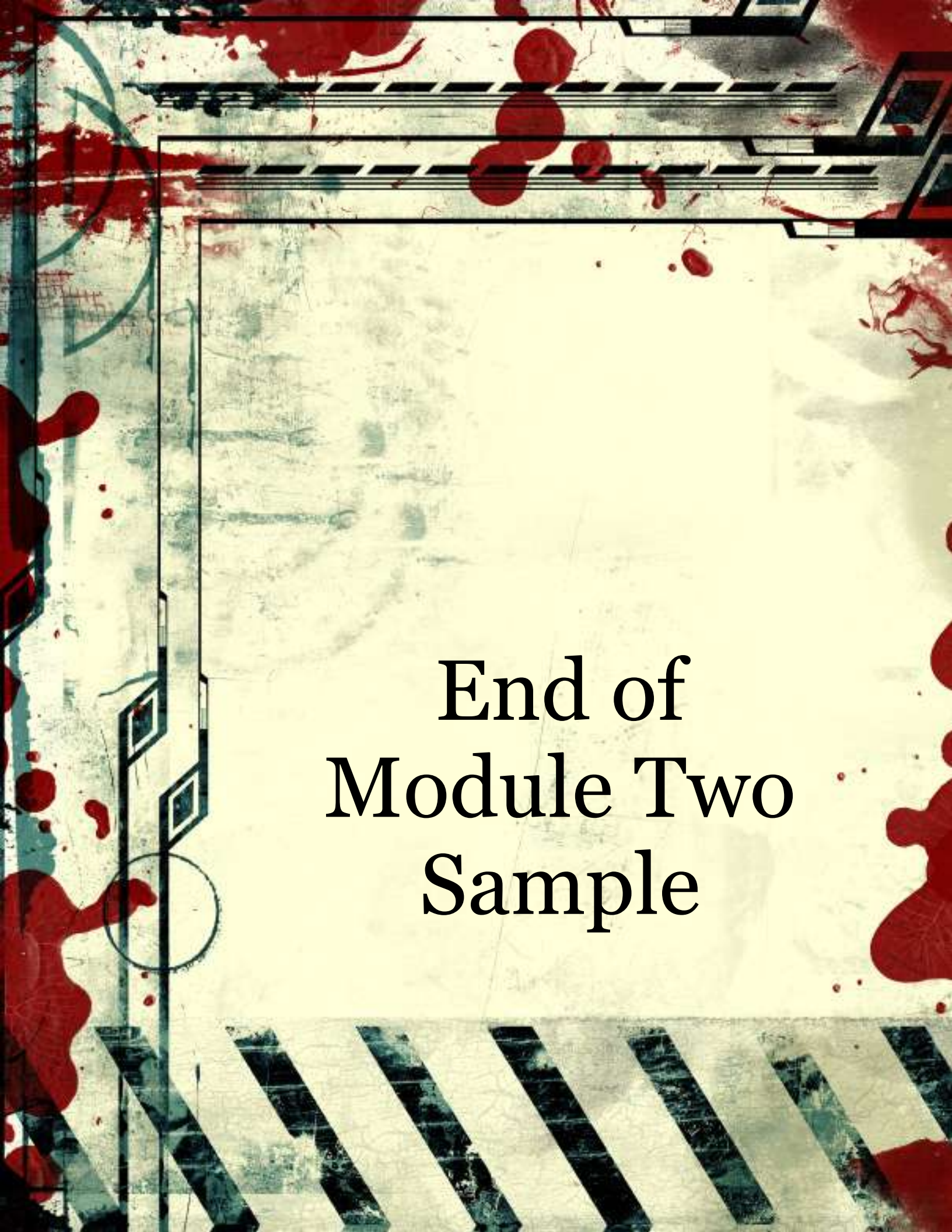
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1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

3. Tap out the top eight statements listed above. If there are other statements you would benefit from tapping, tap those statements as well.

4. As you were tapping out the statements, did you have any flashback and/or memories of the past, any additional insights, and/or ah-ha thoughts? If so, write them down. Make note of them.



The background is a complex abstract composition. It features a light beige, textured surface. Overlaid on this are various elements: horizontal black lines with white dashed patterns at the top; a large, irregular red splatter on the left side; a series of black and white diagonal stripes at the bottom; and several smaller red splatters and geometric shapes scattered throughout. The overall effect is one of a layered, artistic design.

End of Module Two Sample