



# **Learn How to Overcome Freezing When Stepping Out of Your Comfort Zone**

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Hi! I am Debbie.

I am an RSD/CRPS Warrior, in remission for 2 years now.

I lost myself in the pain, gave in to the despair, gave up on life for a while, and lost myself in the process. I was surviving each day but not living. I was going through the motions, but not enjoying life.

In one particularly bad 3 week flare God and I got very close. I was in my room, with sunglasses on, no lights on, no noise, and in the worst pain ever. I realized at that point that it was up to me to make a change because the doctors could not do anything else for me. My life was just a circle of medicines, infusions, and pain.

Everything the doctors did was just a bandaid. The doctors were treating my symptoms but not the root cause of my symptoms, so I was not getting better. I wanted to get better, not keep getting worse.

I made the decision to take care of myself, my health and lose weight. I made a promise to myself that I would lose the weight, get healthy and go into remission. I decided what steps I would take to get there. I changed how I was eating. I changed what I was eating. I started cleansing my body to get rid of toxins,

Going into remission was a crazy wild ride! I had to learn to overcome the fear of having pain. I had to learn to overcome freezing from the fear that this beast would come back. I had to focus on the positive and be positive. I had to work on my mindset hourly.

I had to learn to get comfortable being uncomfortable. I had to step out of my comfort zone daily in order to keep improving. Were there days I froze and hid? Sure but, I got back up and did it the next day because I promised to myself to show up for myself.

I set monthly goals for myself. Each time I reached that goal, I made another goal for the next month. If I didn't reach it, that was ok as long as I did my best every day to reach that goal. Celebrate all the small wins along the way! Each win gets you closer to your big goal.

I set a weight loss goal and a fitness goal every month. In the beginning, my fitness goals were just to get around the house safely without the use of a walker. Then that goal became walking my street unassisted. That fitness goal then transformed into half a mile, a mile, a mile and a half all the way to a 5K before breakfast. Each goal I met was celebrated!

I wrote this PDF to help you see that anything is possible if you change your beliefs and make the decision that you are worthy of taking care of yourself.

Are struggling with freezing? Can you not get back up once you are down?

Here are 10 tips to help you start to regain your sense of self, and stop freezing as you step out of your comfort zone.

## **1. Do you struggle with freezing and not being able to step out of your comfort zone?**

You are freezing is because you have stepped out of your comfort zone to learn or do something new.

You are starting to grow. Growth feels uncertain because what we are learning is new to us. We are used to being sure about our lives. We are so used to the certainty of life, that going into uncertainty is very uncomfortable for us.

We have to embrace the uncomfortable and uncertainty of growth to continue growing and flourishing. Through the uncomfortable times, we become our true authentic selves.

**My motto became,**



**Get comfortable  
being  
uncomfortable**

## **2. Are you overwhelmed with your feelings?**

Our feelings can be overwhelming at times. Many times we either get consumed by our feelings or we stuff them down and don't deal with them. A healthy way to deal with our emotions is to just sit with them. Journaling is a good way to work through these feelings.

Our feelings are not good or bad. Feelings are just feelings. When we label the feeling, that is when giving the feeling a "good" or "bad" meaning. We are allowed to feel all of our feelings, without labeling them as good or bad. They are just how we are feeling at this moment. Accept the feeling, allow it to be in you, and then release the feeling of having to label it as good or bad.

Did you know that fear and excitement feel the same way in the body biochemically? When we feel fear or excitement it feels exactly the same way in the body, but the meaning of the feeling/the emotion is different. The connotation we put with the feeling determines how we react to the feeling.

Instead of saying, "I'm frozen in fear I cannot do this," say, "I'm so excited to learn this." By changing the thoughts we tell ourselves, we can change how we perceive what is going on with us.

What emotions are you feeling right now? What are your feelings telling you? Are your emotions telling you the truth, or are they not true?

Where are these feelings in your body? What do these feelings look like to you? Can you change this feeling into another feeling? Can you replace this feeling with a new feeling? These are all questions you can ask yourself and picture in your body.



### 3. Why do you want to do what is making you freeze?

Stop and think for a moment about why it is you want to do what you want to do. Remind yourself why you want to do this new thing. Did you go deep into why you want to do this? What will you get once you have learned how to do this?

Remember that doing something new is hard to do at first. Think about what it was like trying to ride a bike. In the beginning, you had training wheels, your parent helped you by holding the bike, and then they let go, and you are riding your bike without even realizing it.

The same goes for learning anything new. It takes time to get comfortable with it. One day you will look back and be amazed at how far you have come! Why do you want to do this?

**Ask yourself 7 times why you want to do this and write down the reasons.**

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### 4. Are you getting frustrated?

Take a break for a moment and change your state of mind. Do something else and think about something else for a while.

Completely transform your environment. You can go out for a walk. Play some music and dance. Change what you are focusing on at the moment. Give your brain and subconscious brain a break. When we give ourselves a break, we let our subconscious minds think and figure things out for us. We have to have time to relax and not think all the time.

What do you like to do to change your state of mind and body? What things can you go do when you are feeling frustrated?

**List the things you like to do to change your state here**

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### **5. How is your mindset?**

Are you down on yourself a lot or are you talking with kindness to yourself? Your mind is a powerful thing!

In life coaching, we use what we call a reframe to help change your mindset. A reframe takes your negative statement and transforms it into a positive message, by looking at the situation a bit differently.

Instead of saying, "I cannot figure this out." Say to yourself, "I will figure this out."

Instead of saying, "I will never be any good at this." Say, "I am just learning this. It takes time to learn a new skill."

Instead of, "What was I thinking, thinking I could do this?" Say to yourself, "This will get easier with time."

Instead of saying, "I'm going to quit." Say to yourself, "I really want to do this, I just need a break for a moment."









## 7. Do you feel like you are on a rollercoaster of emotions?

Some days you are fine, other days you are not?

There is a cycle of learning. In the beginning, you think you can totally do this! Then, as you learn it you think, "What the heck was I thinking? There is no way I can do this." Then you get to the point where it is hard and you just want to quit. You are so confused, you get to a place where you are very down again.

Confusion is a good place to be, even though it feels terrible. Confusion shows us we are learning new things and our brain is rewiring itself to make all these new connections. In Life Coaching we LOVE when people are confused because we know that is when the mind is the most open to new information.

Embrace the confusion! Remind yourself you can do this! It is only difficult because it is new. There is a learning curve, but before you know it what you are doing will become to do easier to do! The more you practice and learn what you are doing the easier it will become.

Before every breakthrough, there is a low period, where you are frustrated and your emotions are everywhere but where you think they should be. These feelings of overwhelm, confusion, and frustration are completely normal. You have to break down your old beliefs to make room for new beliefs.

Once we understand that the emotions are okay to have, we just have to start taking action to do what we want to do. We go from the word "why" to the word "what". What do I need to do to make this thing I want to do actually happen. What are the steps I need to take to do this?





## 10. Have you heard of time blocking?

Time blocking is where you use a planner that is hourly to schedule everything you have to do each day.

You schedule your work time, what you are going to do each hour during work, your lunch, your family time, the meals you are cooking, and any appointments you have coming up.

When scheduling your work time be specific each hour. Write down the tasks from above into those hours. If it takes longer than an hour give yourself as much time as you think it will take you.

Most importantly schedule some downtime too! You do not want to get burnt out.

It helps to plan your week on Saturday or Sunday gives you a game plan for the week. This way you know exactly what you are doing when.

Schedule in EVERYTHING!!



# DAILY PLANNER

\_\_\_\_\_ Date

6 am \_\_\_\_\_

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I hope you received some great value from this PDF and some strategies to help you continue your journey.

Personal growth is hard alone, that is why having your own life coach to help you through the strategies is so helpful! Having a person to help you balance life and new habits is a lot easier than trying to do it on your own.

If you need some help with what you are going through right now and would like some guidance and coaching click below to connect with me.

Would you a free-one hour Strategy Call with me? Click the heart to get your Strategy Session.



*Debbie Hall*  
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