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## 7 Days to a Deadline From Panic to Done

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Course 7 Days to a Deadline: From Panic to Done



# Wanting to Succeed and Expecting to Fail

## Day 1 of 7: Wanting to Succeed and Expecting to Fail

Note: The Uncovery project has been renamed “The Undoing” The new name is inspired by Lester Levenson imploring us to *undo the mind* to reveal the wholeness and peace beneath the maelstrom of thought.

This program “7 Days to a Deadline: From Panic to Done” will cover topics like deciding how to use the time available, what to prioritize, how to deal with any anxiety or resistance to getting things done, and any indecision or ambivalence about the project.

These sessions are recorded to address a real situation: I do have a deadline in seven days that I'm very preoccupied with it. I'm pretty sure I need more of an overview, so I need to prioritize how I'm going to use the time. It is something I really want to get right as well, which often causes more chaos in the mind (UPDATE: I was preparing for an opportunity to get funding for this project, and it succeeded – so I hope you have the same result!)

As usual, I don't know how this is going to unfold. I don't know what releases we'll use or what the topics will be, but I do know that it will be time well spent – no matter how busy we are.



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### Releasing tension around this program

Let's begin.

- Could you just allow whatever's here to be here?
- Any expectations you have of the release, any doubts, any confusion?
- For example:
  - Is this worth doing?
  - How's it going to help?

Just allow all of that to be welcome here, just allowed, given space.

Allow any bodily sensations, and the thoughts, the pictures that are appearing in consciousness. And then just bring up the topic of deadlines. You've got to do something, it matters to you, and there's a limited amount of time in which to do it.

- Welcome, allow, acknowledge whatever the word "deadline" brings up into your mind, body, consciousness – however you like to think about it.
- Just allow it to be there.

There may be fear, there may be excitement, there may be a mixture.

### Releasing on expecting *not* to meet the deadline, to not get stuff done

and there may also be a sense that you're not going to be ready. And that might also be a thought that you don't want to have.

- So let's just allow, acknowledge notice that there's an expectation or a plan to not be ready?
  - To not get the stuff done that you really want to get done?
  - To not get the stuff done that needs to be done?
- And could you just allow any planning to *not* meet the deadline to be here?
- And could you just allow any thoughts, any ideas, any expectation that you're not going to meet the deadline, you're not going to get stuff done?
- Could that just be here?

### Releasing concepts related to deadlines

- Could you welcome the concepts you have related to deadlines?

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- Could you welcome the memories and just allow that to be here – all of it – as best you can?
- Could you welcome any resistance to even thinking about not meeting the deadline?
  - And could you just allow that to be here?

### Why we release on predicting failure

Maybe you'll begin to notice that these thoughts – predictions that you won't be ready in time – were probably present already. There's often some resistance to paying attention to our worst-case scenario, even though it's playing out in the back of the mind. But once we actually allow it, or if that's too much, don't even just say, yes, these thoughts are here, they start to lose their power.

It's almost like they're little insects, and you've put the light on and they sort of scuttle away.

This is why we ask questions like,

- Could it just be here, that you have doubts you're going to meet the deadline, almost plans that you're not going to meet it?
- Could that just be here?
- Could it be welcome?
- Could those just be automatic, habitual thoughts?
- Is it possible that your doubts don't mean anything at all?
- Is it possible that they have no meaning?

### Thought patterns are habitual

If you've been in spiritual circles or around the self-help industry, you might have been told that you mustn't have negative thoughts or negative expectations because they come true – they're like magnets and create your reality.

Yet, if your mind is anything like mine, that will set off a whole load more stress, which is why we do things differently here. They're just thoughts, and they're automatically generated – because the mind has produced them an infinite number of time before. You're thinking how you're thinking because it's how you've always thought. It really doesn't mean anything (this perspective is inspired by the work of neuroscientist and psychologist [Lisa Feldman Barrett](#)).

### Releasing the meaning we give to thought patterns

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- So could those doubts just be welcomed into a vast space?
  - The doubts ... the expectations of failure ...
- And could you just set yourself free from all of that – maybe quite familiar – way of thinking.

### **Holistic releasing on success and failure**

Stuckness is often caused by having strong, opposing feelings about an action, a person, or even the Sedona Method itself.

Although one side (usually the more socially acceptable perspective) will be more easily accessible, if you're struggling with motivation it's always worth delving into the opposite just to see what's going on. This is a very simple way of applying the [Jungian concept of the shadow](#) without getting bogged down by it.

### **Releasing on wanting to succeed**

Bring to mind the project, the event – maybe it's an exhibition, or maybe it's a work deadline, or maybe it's something you just need to organize, it could be a dinner party, could be anything.

- So bring to mind this event, this opportunity, this situation that you need to prepare yourself for, and could you allow yourself to want to succeed?
- Could you allow yourself all the pictures, images, concepts, ideas you have around success?
- For example,
  - you might imagine the other people receiving you very well, thinking very well of you,
  - or you might picture telling other people how well you've done,
- Could you just allow all of that to be here?
- Could you allow wanting to succeed?
- Could you allow yourself to want to succeed as much as you do?
- Could you allow yourself the pictures, the other people, the other characters in your mind's eye?
- Could you allow yourself any body sensations that are associated with wanting to succeed?

### **Releasing on wanting to fail**

- And then could you allow yourself to want to fail, to expect that it's all going to go wrong, that whatever you hope for probably won't work out?

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- And allow any sensations, facial expressions, muscular tension that is associated with wanting, expecting to fail, that things will go wrong?

### **Repeat the releases on both sides until they merge into one**

And then we go to back to the other side, to success.

- So then allow, acknowledge, notice, wanting to succeed.
- Imagine all the other people, imagine being received really well, doing great presentations, talking away with people, being so comfortable, being confident in your idea or whatever is appropriate – your cooking, your conversation ... whatever's relevant in this situation.
- And just imagine feeling sparkling, confident, comfortable, entirely yourself, relaxed in you.
- Just allow yourself to want that.

And then back again, to failure.

- Allow yourself the expectation of failure.
- It's not going to work.
- You're not going to be ready.
- Something's going to get in the way.
- It just won't work.
- Just allow any sense of disappointment – or expectation of disappointment – to be here.

And back to the other side, to success.

- Just allow yourself again to want to succeed
- Allow all the pictures that come into your mind – imagine it going really well for you.

And back to failure

- And then welcome the expectation of failure – of it all going wrong, of being disappointed.

Then keep going swapping from releasing on one side to releasing on the other.

- Could you just notice that the two experiences have become less polarise?  
*Failure, success, failure, success, failure, success ...*

So as you work through the release, those loaded words lose their meaning and start to have less impact on your perceptions of yourself and the work you'll be doing to prepare for the deadline.

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### What to do if you can't picture success

Many of us find it much easier to picture failure than success. If this is happening you, don't worry, as we can release on that too.

*Also, try paying attention to the enjoyable or life-affirming pictures and ideas that your mind creates. Whenever you're just day-dreaming or not doing much, take note of the enjoyable outcomes you imagine and explore the bodily sensations that go with them. Make a mental note of the pleasurable images it produces naturally.*

- Could you allow it to be difficult to imagine success?
- Could you welcome that your mind doesn't seem to contain pictures of the outcomes you'd like?
- For example:
  - I don't have any pictures ...
  - I can't imagine anything good ...
- All of that is welcome here. All of it.
- And could you just allow yourself success?

If that's a step too far, and it sends your mind into a spin about what that what success would mean in this situation,

- Could you allow yourself ease?
- Could you simply allow this to be as it, just for now?

### Releasing your natural enthusiasm

Once the initial tension has let go, you can focus on your innate life-force, desire to participate in the world, communicate your ideas or whatever activity is appropriate for you.

- Could you allow yourself to access your natural enthusiasm?
- Could you allow yourself whatever comes naturally to you?
- For example,
  - It might be more work on a computer,
  - it might be socializing,
  - it might be connecting with other people.

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- Whatever it is, could you just allow what's easily accessible to you, what your energy and enthusiasm naturally gravitate towards?
- Could you just allow that to be here?
- Could you allow it to expand?
- And then could you allow the energy that comes quite naturally to you just to settle in the body and mind, just to be here?

### **Releasing means less effort is required**

And you might start to notice that you don't have to do too much effort to access that.

A lot of what makes us exhausted is all the confusion and anxiety, all the going to and from what success is, trying to figure things out, trying to stop ourselves having negative thoughts. That takes up a lot of attention, a lot of energy.

As we work through the release, and allow ourselves to have the worst possible thoughts we can have about this deadline and how it's all going to go, we discover that it really liberates a lot of our innate energy. You might describe this as, enthusiasm or life force – or whatever word works for you.

So that's when I'm going to leave it for day one.

The next topics that come to mind are related to procrastination – of course – and related to prioritizing the things that really need to be done versus the things that maybe you can leave aside. Working out the difference between the two.

But today I really wanted to focus on allowing the thoughts, the negative thoughts – supposedly – as they're called. They're just thoughts. And so as soon as we allow those thoughts, we have access to a lot more energy. So we'll leave it there today and we'll be back tomorrow.

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# Letting Go of Impossibly Long To-Do Lists



## Day 2 of 7: Letting Go of Impossibly Long To-Do Lists

This is day two of seven days to a deadline.

So today, we'll be releasing on how we are going to use the time remaining, the six days.

Releasing how to use the time

With six days until the deadline, the questions you are likely to be asking yourself will include,

- How are we going to use that time?
- What really needs to be done and what's not so important?

Let's get straight into it.

### Releasing on time and to-do lists

- So can you just acknowledge, notice, allow the to-do I you're making in your head in relation to this deadline?



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- All the to-do Lists... Maybe you keep a List in Trello or another organisation app.
- Welcome any urge to keep adding to the List...
  - “Yeah, I could do that, and I'll do that...”
  - and, “I'll show them that...”
- Could you just welcome that?
- Could you just allow that experience?
- Could you just allow the mind to be making to-do lists?

Most of us have developed habitual behaviours around to-do lists which often include adding tasks to them that we've no intention of doing, that aren't necessary and then avoiding the reality that the list not be possible to complete.

The following releases address these tendencies.

### Releasing on completing the to-do list

- Could you welcome the possibility that you will in fact get everything done?
- Could you welcome the possibility that you will in fact do all the things on your to-do list, and just notice whatever that brings up into consciousness?

### Release on the impossibility of completing the list

- Could you welcome the possibility that your to-do list is now so long that it's not possible to complete it in six days?
- That it's not possible even if you didn't sleep – even if you planned to work from 7:00 am to 11:00 pm?
- Is there a possibility that your to-do list is so long that it's not possible to do everything on it and just notice whatever that brings up into consciousness?
- Welcome any muscle tension in the body, any sensations, any switch in energy level, or in mood, and just could all of that be welcome here just as it is?
- Could it be possible that your to-do list is not possible to complete before the deadline?
- And can you welcome any and all sense that you need to control your response to that?
- Any resistance to that idea?
- Any willing yourself to just try it anyway?
- And could all of that just be here?
- Can you welcome any concepts, any memories, any meanings you've given to either making to-do lists that are so long they're impossible, or to not getting everything on them done?

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Releasing attachments to lists and getting things done

- Can you welcome all the concepts and meanings that have been given to this tendency?
- Can you acknowledge, welcome how writing things on your to-do list gives a sense of achievement, empowerment?
- Could you welcome how long to-do lists make you feel good, excited,
- For example
  - "I'm sure I can do this..."
  - "Everyone else tells me I can't, but I bet I can..."
- And can you also notice, acknowledge or allow knowing that you will never get those things done?
- Can you welcome knowing that you will never complete that to-do list?
- And just allow whatever emotions, ideas, responses, concepts appear as are in response to that idea.
- Any resistance to it, any wanting to switch off the release and could all of that be here?

### **Why do we release on not finishing to-do lists?**

Its helpful to explain why we go in this direction with this particular release. For some personality types or brain types this won't be relevant but for those of us with this ADHD-style brain, you'll probably know exactly what I'm talking about.

As a deadline approaches, I have this sense that I write things on a to-do list just to try and make myself feel less afraid, or to try and shift myself image into a doer and someone who meets deadlines easily. But even as I'm writing tasks on it, I'm pretty much sure I'll never do them – because I simply couldn't possibly do everything that's on my list.

So that's why we release on both sides of this and make it quite clear that it's just a behaviour, a habit, a thought process and it can be released.

It's very helpful to bring it up into consciousness because that's the only way we can release it. If we will ourselves not to see what we don't like in ourselves, those tendencies will stay stuck, and they will continue to influence our behaviours in baffling ways.

As always, if it doesn't apply to you, then good luck and enjoy it.

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But if it does, it really will help to just say, “I cannot finish all of this work on time.” And there is such relief that comes with simply stating that.

Releasing conflicts frees up energy

By releasing, you can stop wasting energy that is being used to suppress thoughts you don't like. When you let go of trying to convince yourself that you can work 24 hours a day for the next 6 days, that you will get all of this stuff done while trying to fend off the doubts that you won't, you'll find you do have a lot more energy. This means there will be a lot more ease when you have time to do some work on this deadline, or prepare for it.

So that aside, let's continue with the release.

### Releasing on prioritizing tasks

So if the to-do list is too long, and it's simply not possible to finish it, there's only one way out of it and that is we're going to have to prioritise our tasks. I don't know why, but that is just a horrible idea. I'd so much rather convince myself I can finish the whole list. So let's let's get free of that.

- So could you just notice whatever comes up in response to, “I'm going to prioritise my tasks, I'm going to cross some things out that I've put on my list and say to myself they're not necessary or important. I can leave them – do them maybe next week, another time.”
- So could you just notice, allow, acknowledge whatever appears in mind and body in response to prioritising your tasks?
- Could you welcome an innate knowledge, an understanding that that's a necessary thing to do?

Releasing resistance to prioritising

- Could you welcome not wanting to do it?
- Could you welcome being irritated by this suggestion?
- Could you just allow yourself to respond, however you do, to the word, the phrase, “I'm going to prioritise my tasks.”
- Welcome all the memories that come up.
- Welcome any and all sense that you need to control your response to this release, to this suggestion, that you need to do something with it.

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- And just let that free – any sense that you've got to do something with your response to the suggestion that you prioritise your tasks.
- And could that just be allowed to be here, that sense that you have to do something with this?
- Could that just dissolve, fall away, leave you in peace?
- Just could it?

Releasing how personal this feels

- And then can you just notice or allow how personal this feels?
- Any sense of,  
“Well, I know other people can prioritise, but I can't.  
Doesn't she realise I can't prioritise?  
I'm not going to...”
- Welcome how it feels that it's about you or who you are – this issue around prioritising?
- Welcome or allow how this feels like it's about other people and who they are,  
“They can do it – I can't.”
- And could you just allow it to feel as personal as it does?

Releasing on how personal a situation feels often causes confusion. As usual, the question is not asking you to deny that feels, it's inviting you to notice how personal it does feel. That's also things like, “it's especially difficult for me,” “I always do this,2 or “it's just who I am.” It's very much about how you perceive this on an identity level.

- So could any issues around prioritisation just feel as personal as they do?
- And could that all be absolutely welcome here?
- Could it be welcomed into a vast open space?
- This feels personal... of course it does.
- And then could that fall away, dissolve, let go of you?
- Just could it?

### **Releasing on allowing yourself to prioritise**

Once you've cleaned out a lot of the thinking and feeling around this topic, you can experiment with putting this into action, releasing as you do so.

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Most of us have tasks that we really like, but deep down, we know they don't matter. We also have the tasks we know are important, but we'd rather not do them. Bringing these preferences up into conscious is a powerful way of releasing tension.

- And then could you just allow yourself to prioritise tasks?
- Could you just allow yourself to do that?
- For example,
  - Perhaps imagine a task that's on your list that is your little favourite, but you know is really not necessary.
- Could you just cross it off the tasks that you don't need to do – leave them till next week or after the deadline?
- And could that be done with ease and comfort?
- Could it even bring about a sense of relaxation because now your list is shorter?
- Could you look down the list in your mind and see something that you know is absolutely essential, but you don't want to do?
- Could you just allow yourself to do it?
- Could that task simply be essential for this deadline?
- Could it just be allowed to be essential?
- And could you just do it with ease?
- And can you just welcome here and now, as best you can, whatever's left in response to having to choose one task over another?
- Welcoming whatever comes up in response to having to cross off your little darlings, and having to do the things you don't want to do?
- Could all of that just be here?
- And could you allow yourself to complete that process with ease, comfort?

Releasing on your releasing experience

As always with The Undoing releases, we never need to apply force or try to feel differently from how we do. As I explain in the intro course, you can always answer “no” to the questions. It can be very liberating to do that.

This is why it is helpful to conclude the release with allowing ourselves to be as we are, where ever we've got to with the process.

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For example, it may be that there's some sense of ease around prioritising. It may be that there's only a small amount. It may be that the battle in the mind has just stopped – that there's been a ceasefire, and could that just be here?

- And so wherever you've got to with this process, could that just be OK too?
- Could that just be here?
- Could however you react to having to choose one task over another – particularly when it's one you don't like over one that you do like – could your response to that just be as it is, just for now?
- Just could it?
- And could we just have a ceasefire in the mind?
- So could the impact of this release just be allowed to settle in body and mind and allow you to work towards this deadline with ease?
- And could whatever's here just be welcomed here, and could you just allow yourself to be as you are just for now and as best you can?

So we'll leave it there for today and I'll be back tomorrow. Thank you for your attention. Thank you.

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# Resolving Inner Conflict aka Procrastination



## Day 3 of 7: Resolving Inner Conflict aka Procrastination

It's Day 3, and today we're going to do some releasing on procrastination. I don't know about you, but even the word "procrastination" has a heaviness, a sense of defeat about it.

What do we mean by procrastination? Just not doing stuff that we need to do, either doing nothing or doing something else instead.

So let's unravel procrastination.

### Release on procrastination

- So just allow, welcome, acknowledge whatever comes up into mind in response to the word "procrastination."
- As best you can, just allow whatever comes up in mind and body in response to the word procrastination.
- For example,
  - It might be some muscle tension.

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- It might be a mood change.
- It might be memories, predictions of the future,
- Whatever comes up in response to the word procrastination, could you just allow it to be here?
- Could you just welcome it as best you can? Just allow your response to that word.

### **Releasing the belief that you must do something about procrastination**

- And then could you notice any sense that you need to do something about procrastination?
- Could you welcome any wanting to get control of it, get a grip of it, to change your behaviour?
- Could you allow any inner nagging?
  - For example,
  - “You've got to change it.”
  - “You've got to fix it.”
- Welcome any thoughts telling you that unless you fix it, something terrible will happen?
- Could this whole experience of wanting to fix procrastination, of wanting to change it, wanting to get control of it, could that all just be here?
- Could it be welcome here?
- Just could it?

### **Releasing attraction and aversion to procrastination**

When an emotion, thought pattern or behaviour is very persistent, you'll often find that there are strong polarised feelings about it. The more socially acceptable side of this usually easiest to access (e.g. “Of course I want to stop procrastinating!”) but as you move through the releasing process, the opposite feeling can will appear in consciousness (e.g. “I have no intention of changing this! None!”). Again, remember this process is private and only for you, so feelings that are illogical, destructive or simply embarrassing are all welcome here, and – better still – they can be let go of.

This process is called holistic releasing, and you'll find more information about in this video [4 - Letting Go of Emotional Conflicts \(Holistic Releasing\)](#)

- Could you just allow yourself to feel as averse to procrastination – and having had a tendency to do it – as much as you do?
- Could you just allow yourself your aversion to this behaviour?
- Could you allow your inner voices to say, “you've got to fix it”?
- Could all of that just be here?

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- Could it be allowed to be here?
- Could it be welcome?
- Could they be welcome?
- All of these thoughts?
- Could all of these concepts about wanting to fix this, feeling that you must fix it, any sense that you've got to fix this otherwise something terrible will happen, threatening yourself simply be allowed to be here?
- Could it be absolutely welcomed here?
- And then could some or all of that just start to loosen, dissolve, fall away, soften?

Having allowed our aversion to procrastination and everything that goes with it, the next step is to release on any attachments to these behaviours

- Could you welcome your attachment to procrastination?
- Allow any sense that you want to keep this behaviour?
  - For example,
  - Any secret attachment to it?
  - Any sense that it gets you out of doing things?
  - Any sense that you've survived OK so far, so why not?
- So what ever of that is here, could you just allow yourself to want to keep procrastinating as much as you do?
- Could it just be OK to feel like that?
- Just could it?
- Could you welcome or allow any and all attachment to a tendency to procrastinate.
- Allow any sense that you've got no intention of changing this behaviour – and just allow it to be here as best you can.
- Welcome any not wanting to fix it, any wanting to just stay as you are – all of that is welcome here.
- Even if you have some aversion to those thoughts, it's all welcome – and so is the aversion.
- And then could you, just for now, allow some or all of that just to fall away, just to dissolve, soften, loosen its grip on you?

Following the holistic releasing process (releasing on both sides of an issue), we'll return to our aversion to procrastination and repeat the questions.

- So could you welcome your aversion to procrastination?

## 7 Days to a Deadline From Panic to Done

- Could you allow all the inner voices and thoughts that tell you've got to change it?
- Welcome any regrets, memories of how you've procrastinated?
- And could that just be allowed to be here?
- Just could it?
- Could you feel as averse to procrastination as you do?
- And then could some of that drop away, fall away, let go, dissolve?

Having explored the aversion again, we return to see what's left on the other side, the attachment to procrastination.

- Could you feel as attached to procrastination as you do?
- Could you allow yourself to not really want to change it, to want to keep this behaviour, to want to stay as you are?
- All is welcome here – all feelings, all thoughts, are absolutely welcome.
- And then just notice that some are all of that might just spontaneously drop away, dissolve, and then again allow your aversion to procrastination and allow your attachment.

And then just notice that as this polarisation – attachment and aversion – as both sides are allowed to exist, welcomed, they begin to merge.

### **The polarisation dissolves**

And from that position you may start to notice that as both sides are allowed, one side the attachment and on the other side the aversion, that they start to become less polarised.

### **Releasing on procrastination as a concept, not a thing**

As part of the releasing process, we dive into the true nature of procrastination and discover that it is merely a concept. Even if it's become quite a loaded one for you, it still has no more substance than a cloud.

- Could you just notice, allow, that procrastination, it's not a thing?
  - It's not a wall or a floor or a tree or a mountain.
  - It's an idea, a concept, and just allow that to be true for you as much as it is in this moment.
- Repeat this as many times as needed

### **Release on how personal it feels**

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- Could you welcome any sense that all of this tendency to procrastinate, the memories, your behaviour around procrastination deadlines is personal?
- Could you allow yourself to feel that it's about you and who you are?
- And then could some or all of that fall away, dissolve and unwind?
- Just could it?

This usually appears as though something is especially difficult for me, I procrastinate more than other people .... and things like,

“I always do this ...”

“I always will do this ...”

So it's those kind of thoughts that represent how personal this feels. You can find a more detailed explanation of this question and why we ask it here [3 - Asking the Question "Is It Personal?"](#)

### **Release on allowing your motivation, enthusiasm to flow**

Once we've allowed the mental activity – all the memories, concepts, predictions etc. around procrastination – to fall away, it's much easier to access our innate clarity and enthusiasm.

- And then just notice that the inner turmoil around procrastination, the attachments, the aversions, the feeling it's personal, the wanting to change it, the wanting to keep it, all of that have softened, lightened, fallen away.

As that starts to fall away, just through welcoming it and bringing it into consciousness, you start to have more access to your natural inner motivation, energy, determination ... whatever words work best for you.

- And just could there be more ease in the way that you do the tasks you need to do?
- Could it be easier to do the ones you want to do and those you have to do?
- Could there just be more ease in getting things started and completed?
- Could there be? It's just a suggestion.

### **Release on your experience of the release**

No matter how many times we are told that everything we do here is about welcoming and allowing and never about force or trying to feel other than as we do, we most likely still want a result from our releasing practice. This is why it's helpful to close the process with just allowing ourselves to be however we are, right now.

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- And then wherever you are with this release, if there's any trying to figure it out, any not believing it,
  - For example,  
any sense of, “Well, I feel good now, but I probably won't later.”
  - All ideas like that.
- Could all of that simply be allowed?
- All of those thoughts given so much space – could they be welcomed into infinite space?
- Whatever is here, the thoughts, the doubts, the emotions – all of it is welcome here.

### **Allowing the release to settle in mind and body**

And then could you just allow your natural energy, natural enthusiasm, natural life force to just settle in body and mind just to be here?

- So could you just allow whatever is here to be here?
- Could you just allow yourself to act with ease, even if it's not quite at the stage of being joyful or pleasurable?
- Could it just be easier?
- Could it just be softer, more relaxed, easier access to energy?
- Just could it?
- So again, wherever you are with this release, could whatever's here just be welcome here?
- Could it simply be allowed?
- And just for now, in this moment, as best you can, could you just leave yourself be, just allow it?
- Could you just allow yourself just to be just exactly as you are, just for now?

And again, welcome any doubts, anything that comes up in response to that and just allow it. It's welcome here.

So thank you. We'll leave it there for today. Thank you.

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## 7 Days to a Deadline From Panic to Done

*Course* 7 Days to a Deadline: From Panic to Done

# Dealing With Missed Chances and F\*\*k Ups



## Day 4 of 7: Dealing With Missed Chances and F\*\*k Ups

This is day four, and we're going to undo is the feelings we have around missing out. What I mean by that is not so much fear of missing out – although that might be a component of it – but on the (better) life we think we should have had.

### **The life you would have had if you were different**

With this style of brain (in my case ADHD, but it could be any kind of eccentricity or difficulty), we often have a sense that we've missed out on the life we would have had, had we been more able to meet deadlines, organise ourselves, and finish one project without starting another. Also, if we'd maybe been a little more tolerant of other people, maybe just be a bit more organised and better at prioritising, better at meeting deadlines, all of that stuff that goes with various neurotypes.

People have probably assured you tell that you're fine as you are, or "you're just you." You've most likely recognised how illogical it is to believe there could have been a different version of you ... that is also you. Nevertheless, feelings of regret and even grief can be extraordinarily persistent.

## 7 Days to a Deadline From Panic to Done

### **Being seemingly unable to use your talents**

Part of the frustration comes from knowing you have a lot to offer – you have lots of talent and creativity – but somehow you can't quite seem to make it work for you. It can feel as if you can't quite seem to get the benefits from your abilities.

And so that can very easily lead to feeling that somehow you should have had a different life.

### **Missing out is universal**

Now, this is also part of being human, of course, (psychoanalyst Adam Phillips has come across this so often among his patients that he wrote a book about it [LINK](#)).

But still, from my experience, with this kind of brain, this perspective can be quite an obstacle, actually. It's upsetting, it makes you angry, maybe resentful. (Maybe I should say, *it makes me* angry, resentful and easily jealous.) Those feelings are not banned or bad or anything else, but they do get in the way of an easy life.

So let's see what we can do with that. Let's undo it.

### **Releasing on, “I should have had a better life”**

So we're going to undo this sense that we should have had a different or easier life, that we should be in a better position from where we are, where we find ourselves.

And that might also feed into preparing for an upcoming deadline because there might be an underlying sense that we shouldn't really have to do this work (for the deadline), because if things before had gone better, we wouldn't have to.

Maybe you resonate with that kind of thinking. It's certainly what happens in this head here. So let's get started with our ... let's do some undoing.

Releasing the concept and your response to it

- Just begin by getting as comfortable as you can, and then just allow your response to what I've just said.
  - For example,
  - You might be trying to figure it out.
  - You might be agreeing with it.
  - It might resonate with you.

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- You might have no idea what I'm talking about.
- Just allowing your response, allowing yourself to respond however you do, to this idea of *you should have had a better life, not just could have, should have*.
- Welcome how you were talented enough, skilled enough to have a better life
- Allow any sense that you haven't been able to use your talents and skills ...  
Friendliness or whatever, or programming skills ... or whatever it is you have that you've just feel like you haven't been able to use or apply.
- Could you just allow the first layer of that just to be present here, just to be here.
  - There may be lots of thoughts, the mind may have got very busy with that.
  - Or there may be some waves of emotion, maybe some grief, maybe some anger, maybe some fear.
- And just as best you can, just allow all of that just to be here, just to be welcomed here – just as it is.

### Releasing any identification with regrets or current difficulties

- Could you welcome any sense that this defines you, that it is you, that it's who you are?
- Your response to that right now might be, "Of course it is."
- And could that just be here?
- Could you allow yourself – as much as is true for you – to feel that this is just how you are, that *this is you* and that means it's always going to be the same.
- Just allow that as best you can.
- And then can you welcome any emotions associated with that, any sense of defeat, any sadness or anything else that arises?

### Release wanting to undo mistakes, to recover a past opportunity

- And then could you welcome, allow, or just acknowledge any and all sense that you have to get that life back that you've missed out on?
- Welcome any sense that you have to get even with the world, or that you have to prove yourself?
- Allow any and all sense that you have to undo this situation, this state of feeling that you've missed out on what you could have done.
- Welcome any sense of you really want to be finally seen and appreciated for who you are and the things you can do and how much effort you've put into the world.

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Just as I say this, I can feel how much energy there is in me. There's a lot of, it feels like there's a lot of pressure in these thoughts and feelings that are associated with this. It's very strong, and it may be like that for you, or it may just be a glimmer of something in the background.

- Whatever it is, could those feelings be allowed here?
- Could you want to get even as much as you do?
- And could that just be allowed?
- Could that be welcomed into vast open space?
- Just could it?

Releasing wanting your abilities to be seen and recognised

- Could you allow yourself to want to really be seen, to be appreciated for what you can do and for your talents?
- Could you allow yourself to want that?
- Just want it?
- It's all welcome here.
- Could you just allow yourself to want to be seen and want to be appreciated?
- It's just thought, and they're all welcome here into a vast, unrestricted space - which takes the pressure off us.
- Could you allow yourself to be appreciated for all the efforts you've put into life, even if the results don't really reflect the amount of work, mental engagement, enthusiasm ... the amount of effort you've put into life?
- Can you just allow yourself to want that to be recognised as much as you do?
- To want it to be appreciated, to want it to be seen?
- And could you just allow yourself just to want that?
- It's absolutely welcome here, and it just relieves the pressure, just to allow that wanting.

Releasing any sense of defeat or hopelessness

One of the most powerful features of the techniques we use here is we never shy away from difficult feelings, or from feelings that we've been told we shouldn't have because they are "negative." We have these thoughts any way and bring them up into consciousness neutralised them and sets us free.

- Could you welcome any sense of defeat that this will never happen?
  - For example,
  - It's a futile dream.
  - It's never worked out before.

## 7 Days to a Deadline From Panic to Done

- Just allow all those thoughts that are supposed to be banned because they're negative, but we have them anyway, so you may as well welcome them.
- So could you just allow any sense of defeat or impossibility?
- It might be quite heavy, it might appear in the body as a pulling down, a sort of collapse, or it might just be quite light, maybe a flicker of memory.
- But whatever it is, could you just allow all of that to be here?
- Could you just allow yourself to think, it will never be any different ... I will
  - I never be able to use my talents ...
  - It's too late ...
- They're just thoughts. And could they just be allowed to be here?
- Just could they?

Releasing the belief that you have to do something with all of this

Paradoxically, the more we try to change how we feel, the more stuck we become. This is because we are usually simply applying more thought to an already busy mind, and therefore creating more frustration and more ways to fail to live up to our expectations. All of this increases pain and stuckness. Using the processes we have here encourages a spontaneous letting go or dissolving of emotions, so it's a much gentler approach and a much more powerful one, too.

- Could you welcome, allow, acknowledge any sense that you have to do something with or about those feelings of defeat, fear, regret, the heavier end of the emotional scale?
- Could you welcome any and all sense that you have to get that under control?
  - For example,
  - You have to stop it, you have to ban it,
  - You have to be more positive.
  - Just allow all of that to be here.
- Acknowledge how once it's allowed into the vast open space that we create by doing these processes, it starts to simply dissolve.
- They're just thoughts.

Further releasing on being seen and recognised for your talents

- And then again, could you allow all of the wanting, wanting to be seen, wanting to be recognised for your efforts?
- Welcome even wanting to be different or wanting your results to be different.
- Could you allow yourself to want that as much as you do?

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- Just allow yourself to want things, to want to be seen, want to use your talents, want to be recognised and acknowledged for all that you've done.
- And then just notice any response to allowing yourself to want that, to want things, to want what you deserve, and just allow that to be here.
  - For example,
  - Perhaps some waves of emotion.
  - There may be some resistance to wanting,
  - there may be some discomfort associated with the wanting things because of, well, we can't know, but it may be because of memories in the past of not getting the things that you wanted and pain associated with that.
  - Difficulties around wanting things are explained in this video [LINK](#)
- So again, just allow yourself to want and welcome the emotions or thoughts, pictures, concepts, welcome everything that arises in response to just being invited, allowed to want things.

Release on having talents, having skills, having enthusiasm

- And then could you, just for now, allow some of that wanting to fade away and allow yourself to *have* those things?
- Allow yourself to have your talents, to have your abilities, to have your skills, to have your enthusiasm?
- Could you just allow all of those things to be an innate part of you, your skills, your enthusiasm, your intelligence?
- Could you just have those as qualities?
- Could they just be you and could you allow the
- impact of that to settle in mind and body?
- Could you just allow that to be here, your skills, talents, life force, enthusiasm, engagement with the world, just allow it to be here, just to be in you.
- Could you just acknowledge or welcome or allow any response you have to that suggestion that these things are yours, they're just part of you?
  - For example,
  - there might be doubts,
  - there might be trying to figure it out,
  - or it might be very comfortable for you, in which case just allow it to sink in further.
- Welcome any sense that, “Well, this is all right now, but what happens later?”
- Whatever the mind and body is doing with this, it's all welcome here.

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- It's all welcome.

### **What if the effects of the release don't last?**

People often wonder whether the effects of the release are going to continue.

The brain is a pattern-making machine, so it tends to repeat itself – as you might have noticed with your inner thoughts. And of course things come back, yet every time you have the experience of letting go, of being free, it will stay with you and build your releasing “muscle.”

The more you do it, the easier it gets

No matter whether you released a feeling you didn't want, an intense, destructive thought loop or an uncomfortable state that you thought was part of you (and then you discover it's not), experiencing it unwind, dissolve and let go of you is profound.

The more you practice, the quicker these methods become integrated into body and mind, and peaceful, comfortable and nourishing states become increasingly easy to access and maintain. The more you practice, the more you build your “releasing muscle” which brings freedom from the fear of feeling.

I hope that helped answer that question.

### **Resting in your self**

Even through your essence is beyond any check list of talents and abilities, it's helpful to practice resting in the awareness of them to counter the tendency to focus on what we don't have or can't do. Again, don't force this, just allow yourself to open to it and see what happens.

- So could we just allow ourselves to be what we are, to be our qualities, to be our talents, to be our life force, to be our engagement, to be our enthusiasm, just to be it?
- I'm just allowing all of that just to be here.

So if you're finished with the release there and that feels complete, then switch it off, you're done. But if there's still some thoughts or questions around this, we'll go back and forth from the defeat side to the innate talent side, and it'll just clear out those last bits.

## 7 Days to a Deadline From Panic to Done

Releasing self-doubt and expectations of sadness

- So could you just allow any doubts, any feelings that this won't last or that you've always been the way you've been?
- Welcome any sense that there's really not much chance of it being any different.

Whatever your mind is doing with this to bring back those feelings of defeat – it just arises spontaneously, automatically it's not, it's actually not really a “doing” is it?

- So could that just be welcome here, any doubts, any sense of defeat, any, “This won't work for me”?
- And could you allow that all to feel as personal as it does? For example,
  - “My case is different ...”
  - “This always happens ...”
  - “I've always been like this ...”
  - “It's never been any different ...”
  - “Some people will get the results, I won't ...”
  - All of those kinds of thoughts.
- Could you just allow all of that to feel as personal as it does, just for now?
- Could you just let some or all of that just dissolve, unwind, fade away?
- And then could you just allow yourself your talents, your skills, your enthusiasm, your engagement, could you just allow all of that just to settle into body and mind just as it is?
- Could you just allow all of that to settle into body and mind, right down to the feet, and just allow it to be here?
- Could you welcome any sense that you have to do something with that? For example,
  - “I have to use it now I know it's here ...”
  - “I must use it ...”
  - “I must do something with this ...”
  - “I must keep this ...”
- Just allow it, all of that.
- Just allow all that mental activity trying to do something with what's innate, so you don't need to do anything with it.

Trying to do something with what's innate would be like me trying to grow my hair. You don't have to go to bed at night and think, right, I'll grow my hair. You see what I mean?

- So just allow all of that thoughts that you have to do something with it, and then just let them go.
- Let them fade away.
- Well, they can stay, but just take up a little less attention. Just turn the volume down, perhaps.



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## 7 Days to a Deadline From Panic to Done

- Or, I'll just let that fade away. Whatever's available to you right now.

And then quickly we hop over back to the negative side.

- Oh, the defeat.
- It's just a thought and it's welcome here.
- Allow or welcome any sense of defeat, any sense of, "it can't be any different ..."
- It's all welcome.
- And could you, just for now, just watch that fade away?
- Watch it dissolve, and then welcome any and all sense that you have to do something with what you innately are.
- Allow and sense that you have to do something to be as talented as you are?
- And sense that you have to do something to be as social as you are, to do something to be as enthusiastic as you are, to do something to be as intelligent as you are?
- You don't need to do anything.
- They're just here.
- So could you just watch any ideas, thoughts, concepts about how we have to do something to be what you already are, let those just drop away, dissolve, fade.
  
- And then wherever you are, however you're doing with this release, could it just be as it is, just be exactly as it is right now?

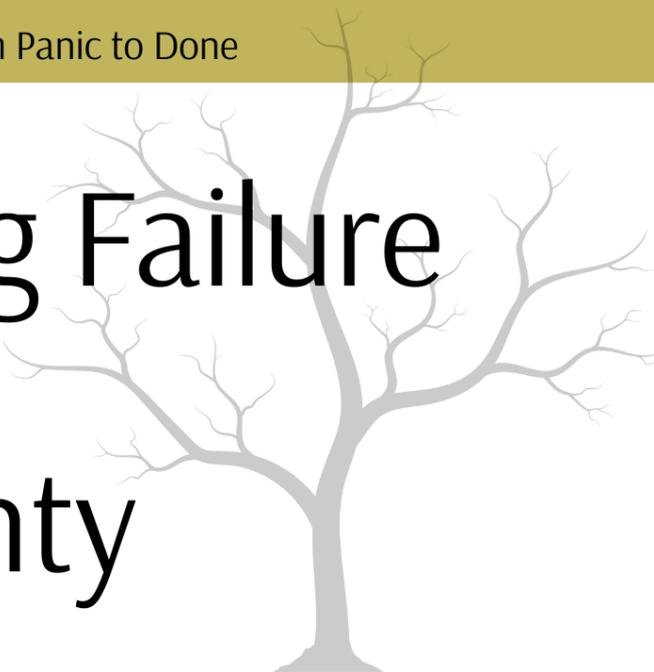
Thank you. We'll leave it there for now. Thank you.

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## 7 Days to a Deadline From Panic to Done

*Course* 7 Days to a Deadline: From Panic to Done

# Predicting Failure to Avoid Uncertainty



### Day 5 of 7: Predicting Failure to Avoid Uncertainty

We're on day 5 of "7 Days to a Deadline : From Panic to Done."

Today could be a little surprising. I have a hypothesis, based on my own experiences, people I've spoken to, people I've read, that there's a deep and often unconscious insecurity at the heart of many of these ADHD-style behaviours, this neurotype.

Maybe this resonates with you, maybe it doesn't. But either way, just have a try of the one or more of the process here and see how it works for you.

#### **Worst-case-scenarios come easily to mind**

The reason I've created this particular process is that I discovered I predict failure as a way of being certain. This may sound odd, but the worst-case-scenario comes easily to mind, and I know how it feels, which gives me a sense of control. Success is more frightening as it feels less controllable. What if I try hard and don't succeed?

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So while this strange logic makes some short-term sense, revealing and releasing this tendency will make life comfortable and success easier.

### **Release on insecurity**

- So let's just begin by just allowing, welcoming, acknowledging however you respond, however you feel about what I've just said – about this idea that insecurity lies at the core of many of these ADHD-style behaviours?
- Could you welcome, acknowledge, notice how you feel about insecurity, the whole idea of insecurity, of being insecure of other people's insecurity,
- Could you welcome how these ideas might have been sort of put in you or given you before you were able to decide anything for yourself?
- So just allow, welcome, acknowledge any and all responses you have to insecurity.
- Could you allow yourself to resonate with these ideas or reject them
- And could all of your feelings, concepts, opinions, liking, disliking of insecurity just be welcome here?
- Could it just be welcome?
- Could you just welcome all your ideas, concepts, feelings, and judgements about insecurity?
- And then, could you welcome any and all sense that you feel insecure, uncertain, uncomfortable, or anxious about your upcoming deadline?
- And could you as best you can, allow yourself to feel insecure, uncomfortable or anxious?
- Could that simply be allowed to be here? Could it be welcomed into a vast open space?
- Just could it?

### Release on rejecting and denying insecurity

- Could you welcome any and all sense of wanting to avoid anxiety, insecurity, to push it away, to deny it, to get rid of it?
- And could that just be allowed to be here too?
- Could you allow yourself to not want to feel insecure?
- To not want to see any or discover any insecurity inside you, in your perception, in the way you're dealing with this deadline?
- Could you just allow yourself to not want to feel that, see it, perceive it, or have anything to do with it?
- Could you simply allow that?
- Could it be fully welcomed here?

## 7 Days to a Deadline From Panic to Done

### Releasing on wanting and not wanting to f\*\*k it up

- Allow yourself to think about this deadline
- Could you notice any *not* wanting to fail, any *not* wanting to f\*\*k it up?
- Welcome any predictions that you won't really be ready?
- Allow or welcome any pictures that appear of things going wrong?
- And could that just be here be allowed?
- Could you welcome any sense of familiarity with things going wrong?

If you've been in self-help or spiritual circles, you might have a concept that this kind of thinking is not allowed. People will tell you that it will cause failure. But just try it – hidden expectations and needs are far more likely to sabotage your project than releasing on worst case scenarios.

- Could you just welcome any predictions of things going wrong and any sense of familiarity, expectation, or even wanting to fail, to not be ready?
- Welcome any expectation that you won't make the most of the opportunity, that you won't quite be there, or even to avoid the whole thing.
- And could you just notice, acknowledge those kinds of thoughts?
- And is it possible – just is it – that those thoughts are quite comfortable purely because they're familiar, and they represent the known outcome? Just in terms of how you perceive things have been for you?
- So could you welcome any and all sense of fantasising or predicting or expecting to fail?
- Allow any mental pictures of not being ready, of not making the most of the opportunity or to just not quite be there
- Welcome any sense that you have an escape route already prepared?

Release on the courage that's necessary to confront this

- Could you notice any difficulty there is in confronting this?
- And could you just welcome the bravery that's here now?
- Welcome the courageousness in being prepared to look at this?
- And could all of that – both the concept and your response to it – be welcome here, be allowed, be set free, be unrestricted?
- It's all welcome.

Release on wanting certainty

- Could you allow yourself to want the certain, controllable outcome?

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## 7 Days to a Deadline From Panic to Done

Bearing in mind that most of us know how to fail, right? You just don't get ready on time, or you'll be late. It's so easy to fail. We all know how to do it. Whereas succeeding, there's a formula, but you never quite know. You can just be lucky or unlucky. It's just the nature of doing anything. But failure's much more certain. We just know how to do it. And then we could say to ourselves, "ah, this is always what happens." And I'm not saying any of that is bad or good. It's simply habitual ways of thinking. That's all – it's simply wired in. So let's undo it.

- So could you allow yourself to expect to f\*\*k it up?
- Just could you?
- Could you allow yourself to fantasise about all the ways you can fail?
  - For example,
  - You can turn up late, you can be rude to somebody, you can get in a bad temper ... (just thinking of my event).
  - I could be on purposely unclear ...
  - I could not clarify my ideas and what I mean ...
  - It's so easy, right? And it feels quite comfortable, simply because it's familiar. So let's dive into that again.
- Can you allow yourself – or can you allow your mind – to be producing pictures and predictions of failure just in this moment?
- Could it just be allowed to do that?
- Could it be allowed to prefer the certain outcome – the one we all know how to do?

You might notice that the resistance to even acknowledging that this happens is easing as we allow it, and then it becomes much less of a thing. It's just another thought pattern.

So let's continue,

- Could we just allow our minds to produce pictures of the certain outcome?
  - For example,
  - Of it all going wrong?
  - Of failing, of not making the most of it?
- And could those pictures, predictions, concepts, expectations be here?
- Could they just be welcome here?
- And could you also welcome all the concepts you have about welcoming those kinds of thoughts? It's all one bundle – a tangle of neurons producing all of these thoughts.

Release how personal this feels

- And could you just welcome any and all sense of how personal that feels?

## 7 Days to a Deadline From Panic to Done

- Welcome any sense that it's something you do, you've always done, you always will do – those kinds of thoughts – that it's about you, it's yours?
- And just allow it to feel as personal as it does – your mind's habit of predicting those kinds of outcomes?
- And then, just for now, could it just fall away?
- All of it?
- Could it just drop away?
- And then, just for now, could some or all of that just let go - the predictions themselves and all the concepts we have about them?
- Could the sense that it's personal just release, just for now? It's all one bundle of thoughts.
- And could it just unwind, dissolve, let go, fade away?

### Release on allowing outcomes to be unknown, uncertain

- Could you allow yourself to prepare for an uncertain outcome in an uncertain situation?
- Could you just allow this upcoming deadline, event, or presentation, whatever it is, could you allow it to be uncertain?
  - For example,
  - You don't know who the people are ...
  - You don't know what they want ... for instance.
  - You don't know who'll come ...
  - There are so many unknowns.
- And could you just allow uncertainty?
- Could it just be here?
- Could uncertainty – could the unknown elements, could the impossibility of predicting how this is going to be, just be allowed to be here?
- Could it just be unknown?
- And could you welcome whatever response, whatever thoughts, feelings, bodily sensations appear in response to the uncertainty that is part and parcel of this upcoming event?

### Release on you already know how to live with uncertainty

- Could you, just as best you can, open to uncertainty?
- Then, just cast your mind back to what's happened already today, maybe the day before and just ask yourself, were you able to predict how this day would be?
- Were you able to predict everything that happened today and everything that happened yesterday?

## 7 Days to a Deadline From Panic to Done

- And if you did try to predict it, were your predictions 100% correct?

I think there's a very high probability that you couldn't have predicted the day before it began. And even if you did predict it, as of course, I definitely predicted mine, everyone does it, some things just happened by surprise. They were unexpected, on the good side and the bad side.

- So could you just notice that you cannot predict the future?
- Could you just notice that you already live with uncertainty and cope with it every single day?
- So could you allow, as best you can, in this moment, uncertainty, insecurity, lack of predictability?
- Allow yourself to acknowledge that anything can happen?
- Could that simply be allowed to be here?
- Could you allow yourself whatever response you have to that?
- Could it simply be allowed?
- Could it be as impersonal as it is to live with uncertainty, unpredictability, and insecurity, which you've done every day you've been alive.
- Could you just allow it to be just as it is?

Release on allowing yourself to be as you are

- Could you just let yourself off the hook, just for now, and not have to do anything with this?
- Just could you, wherever you are, however you're doing with undoing all of this, could that just be OK?
- Could it just be enough as it is, here and now?
- And could you just ally yourself to be however you are right now in this moment?

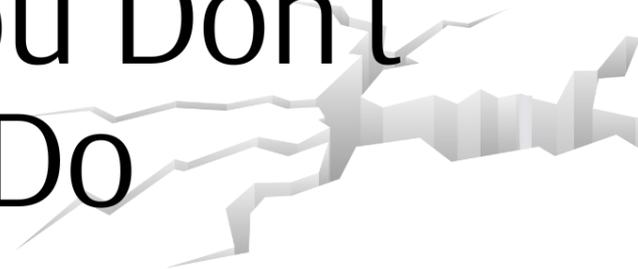
Thank you. And we'll leave it here for today. Thank you.

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## 7 Days to a Deadline From Panic to Done

*Course* 7 Days to a Deadline: From Panic to Done

# Getting On With Things You Don't Want To Do



## Day 6 of 7: Getting on With Things You Don't Want To Do

The next step in our preparation for our deadline is doing something we don't know how to do. Perhaps there are some instructions or some tips on how to do it, but it all seems a bit confusing. Perhaps it's also not really what I should do next, not the best next step to take. So there's a lot of unknown confusion and that means things are not happening.

Let's, let's see what we can do with that.

### **Releasing on personal projects vs. bureaucratic task**

Note that if this is a task for some bureaucratic function that absolutely has to be done by tomorrow, I recommend that you go on to a different release for that. When something must be done because of an external authority, it's slightly different from when we're trying to motivate ourselves to do something that's for us.

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The project I am working on is personal. Although I will be presenting my work to an assessment panel, it's still for me. It's my project. It's very personal. When something you have to do something like a tax return, or you have to fill out a form for an or external organisation, that's a different emotional experience – often because it has to do with authority.

But for this release, what we're working with is very much your own project, something that's for you, something that you value, that is for you personally.

So let's carry on.

### **Release on tension in response to an upcoming task**

- So could you just allow whatever's here just to be here?
- Notice any muscle tension patterns.
- Is there anything happening in the legs? Often there's strange muscle tension patterns in the legs because part of us wants to run away.
- So just do a quick body scan, starting with the feet, ankles, lower legs, knees, upper legs, hips, pelvis, shoulders.
- Just notice if there's any tension, any position being held, any tension in the arms, hands, and just allow it all to be here as best you can ...
- Allow any tension in the spine, the back of the neck, head, facial expressions – jaw, all of it is welcome here.
- Welcome, allow, acknowledge the tension patterns that – in your body and mind – just tend to appear when you've got something that you need to do, but you don't really know how to do it.
- Just notice the breathing pattern as well.
- And all of that is welcome here – all of it ...
- All of it's just allowed – it's just what the body does automatically.

### Release on predictions and memories

- Could you notice any pictures or predictions, any concepts that are appearing in the mind?
- And just allow them to be here as best you can.
  - For example,
  - Any ideas that this is very familiar and you probably can't resolve it ...
  - and it always happens like this ...
- Allow all the concepts that appear in mind related to having something to do that you're not quite sure how to do, or maybe you don't have a clue how to do.

## 7 Days to a Deadline From Panic to Done

- Welcome, allow those concepts or ideas or opinions or stories just to appear in consciousness, to be here.
- Just allow them to be here as best you can.
- Could you notice or allow, welcome, any sense that you are trying to do something with what's going on in mind and body?
- Any sense that you need to get control of yourself, push your experience away?
- And just allow that to be here too.
- Allow the judgments to be here of how you feel.
- Welcome any sense that you shouldn't feel like this ... that you should be able to get a grip on it ...
- You should have learnt by now ... I've got all of that just simply be allowed to be here.
- Could it be welcomed here?
- Could you welcome any comparisons to how easy it is for other people to do stuff?
- And just allow all of that just to be here.

### Release on allowing yourself not to want to do it

- Could you just allow yourself not to want to do this thing – you just don't want to do it?
- Could you just allow that experience – just for now?
- Could you just allow yourself to not want to do this thing?
  - For example,
  - To think it's probably a waste of time ...
  - To think it probably won't go well ...
  - To think that whatever you do will probably be wrong ...
- And could all of those thoughts simply be allowed to be here?
- Could all of those thoughts simply be welcomed into a vast, open space?
- Could you just give yourself permission to feel exactly as you feel right now?
- Could you allow yourself to feel dread ... fear ... resistance ... whatever's here?
- Could you just open to that feeling as best you can in this moment?
- Just opening to it, allowing yourself not to want to do the next step.
- And then just notice, if that when feeling is allowed, how it begins to weaken, lose its grip on you, soften, dissolve, lighten.
- Could you just allow that natural process to settle?
- Could you just allow the effect of being absolutely allowed to feel however you do?
- Could you just notice the effect of all of those thoughts and feelings being welcomed, allowed, set free, into a vast open space?

## 7 Days to a Deadline From Panic to Done

Releasing saying “no” to the task

- And then could you bring to mind this task that you believe you have to do?
- Your perspective on the task might have changed – and could you allow yourself just to give it a try?
- Could you allow yourself just to play with it, see what it is, experiment?
- And – as always with this method – if the answer's “No,” the answer's no.
- So could you allow yourself to say, “No. I'm not even going to entertain the idea of taking the first step, because I don't want to.”
- Could that just be allowed to be here?
- “No.”
- Just allow yourself to say no.
- And with that understanding in mind, could you just allow yourself to experiment with this task? You may find that it's actually not necessary.
- Could you allow yourself to simply decide you're not going to do it?
- Could it be that the answer is, “No, I'm not going to do this because I don't want to.”
- And absolutely allow, welcome, acknowledge, notice – whatever's available to you - your response to deciding you're simply not going to do it.

### **A busy mind is actually a conflicted mind**

And often at this point, there's a feeling of loss – once you've got permission not to do it. In my experience, an explanation for this is that resistance to a task can't really exist if we're allowed not to do it.

With so much going on in our minds, we feel like we have a busy mind, when what we really mean is that we have a *conflicted* mind. So on one hand, I'm being told/telling myself to do something, on the other hand, I'm telling myself that I've got no intention of doing it. And it's that that causes the difficulty, rather than the task itself.

It therefore makes sense that as soon as you're allowed, at least in your mind, not to do it, a slightly different feeling begins to emerge.

Releasing the resistance that keeps conflicts in place

- So let's welcome, allow, acknowledge, whatever your response is to what I've just said, let's just allow that to be here.

## 7 Days to a Deadline From Panic to Done

- Is there a possibility, that your not wanting to do the task – the power of that feeling – is absolutely dependent on feeling like you should change that feeling?  
Again, just see how that resonates with you.
- And so let's bring the task to mind again, bearing in mind that we now have permission not to do it.
- And then allow whatever comes up in response to having permission *not* to do the task.
  - For example,
  - It might be something like, "Are you crazy? I've got to do it."
  - It might be that it's loosened, so then simply allow that to be here.
- And then given that you know you don't have to do it, is there a possibility that you could enjoy just playing around with this, just trying out a couple of things?
  - For example,
  - It could just be breaking it down into the steps involved.
  - It might be logging into a website.
- Could you just allow yourself to play around with this task?
- You may notice at this point that the task has shrunk, become less disturbing?
- And if that's not available to you, could you just bring the task to mind and allow it to fade?
- Allow its significance to shrink, soften, dissolve.

### **The power of admitting you don't want to do it**

So just check in and see where you are with this release. So now we have permission not to do it. I mean, let's face it, if it's our project, of course we can just not do it.

I can say, "I don't want to do this any more. I'm bored with it and don't want to do it."

I don't want that, though. I don't want to feel like that, so I won't. But I will not be aware of this until I have given myself permission to say no to the task.

Because this is my project, it's my motivation, and now I have permission *not* to do the next step, I perceive it very differently.

Release to on the task from a new perspective

- Is there a possibility that this next step could be ... If not fun, it could be interesting.
- That you could learn something?
- Is there a possibility that it could be quite satisfying?

## 7 Days to a Deadline From Panic to Done

- Is there a possibility that it could make next week a whole lot easier?
- Is there a possibility that you could simply begin?
- Just is there? Is it possible that this could be enjoyable?
- And allow yourself to respond to that however you do.

### Closing release on the release

- Wherever you are with this undoing, however you're feeling about this task, could that all just be welcome here?
- Whatever concepts, beliefs, opinions, expectations are appearing in your mind, could they just all be welcome here?
- Whatever's happening in the body, whatever tension patterns, could they all just be allowed to be here too?
- And could you, just for this moment, just for now, as best you can, just set yourself free?
- And allow your natural energy, life force, enthusiasm, determination – whatever words work best for you – could that just be allowed, encouraged, welcomed?

Well, it's certainly done the trick for me, that's for sure. I can't wait to get on with it anyway, so I hope it's done the same for you. And I've kind of impatient because now I want to do my thing. So ...

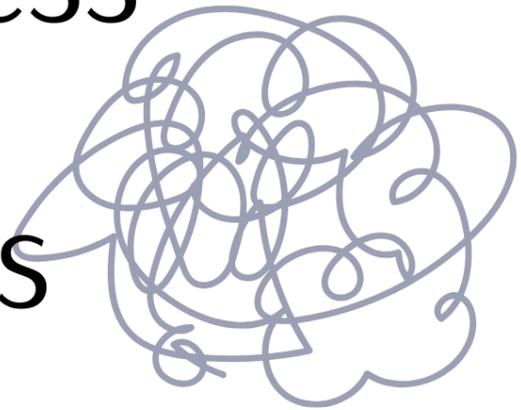
If that's not where you are, then just carry on. It's fine. Come back next time. So thank you for your attention and as always, I really hope it helped and see you next time. Thank you.

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## 7 Days to a Deadline From Panic to Done

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# Making Stress and Chaos Meaningless



## Day 7 of 7: Making Stress and Chaos Meaningless

It's day 7 and the deadline is now upon us.

At this point, it's very easy to feel quite chaotic and to be overreacting. It can feel that whatever you do is the wrong thing to do, which will be very uncomfortable.

### **Feeling reactive and chaotic now that the deadline is here**

And also just an example from today, in my own case, I made a mistake. I misjudged something, and I felt like I'd upset somebody, which caused a reaction that was way out of proportion to what I've done. So I took a little time to think about it. And then I sent an apology e-mail and I thought there's nothing else I can do.

So at least some of the charge from that is now gone. But this is typical of what happens just as we get right towards the deadline, we find ourselves in a very chaotic state. Also, I've been feeling very reactive.

## 7 Days to a Deadline From Panic to Done

So let's undo it.

### Releasing tension and expectations

- Just begin by allowing everything or as much as you can just to be here.

So as always, you can do these processes just walking along the street if that suits you, or with your eyes shut, whatever, whatever works best for you.

- So just allowing however you are in this moment just to be here.
  - For example,
  - There might be some tension in the body, often in the lower legs there is tension ... as if part of us wants to get away.
  - Tension in the feet, knees, lower legs, upper legs,
  - tension in the buttocks, tension around the hips, pelvis, groin area,
  - tension around the chest, arms, hands, neck, head, jaw, facial expressions, etcetera.
- So just allow that to be here as best as you can – any tension patterns that have appeared in the body that you're aware of.
- And just welcome them, allow them, acknowledge them.
- And then just notice any thoughts that are going through your head, any thoughts you'd rather weren't here.
  - For example,
  - Maybe thoughts like, I'm never going to do the deadline ...
  - I've done OK so far, but this is the crucial bit ...
  - I'm going to f\*\*k it up ...
- So just allowing whatever thoughts, pictures, concepts are appearing in your mind and just allow all of that just to be here – busy as it may well be.
- Welcome all the concepts, all the ideas, all the beliefs, and all the predictions of how you're going to spend the time you've got left
- And notice any expectations of how it's going to go when you finally arrive at the point when this event begins.
- So just allow the mind to go off predicting as it does.
- Often predicting worst case scenario, just to protect us from anxiety – it's rather ineffective, but it's quite habitual.
- And just allow it as best you can just to be doing whatever the mind is doing.

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## 7 Days to a Deadline From Panic to Done

Releasing wanting to control how you feel, to push it away or hold it close

- And then welcome any and all sense that you need to do something with this.
  - For example,
  - allow any sense that you need to push those thoughts away,
  - push those concepts away,
  - push those negative expectations away because you've read somewhere that they're dangerous.
- So just allowing yourself to feel as you do, and to feel that you should do something with whatever state you're in.
- Welcome and just allow all that wanting to change, wanting to do something with this, wanting to fix it, wanting just to get on with what you're doing.
- Just as best you can, allow all of those thoughts, feelings, beliefs, predictions, just to be welcomed into a vast open space.
- Just set them free to do whatever they need to do.
- Welcome any sense that you need to hold on to stress – perhaps to force yourself into action.
- Allow any sense that you need to hold on to tension.
- And any sense that you need to hold on to making terrible predictions or trying to force positive predictions.
- Whatever's here for you, could you welcome any and all sense that you have to hold on to it, that it's somehow keeping you safe, keeping you on the straight and narrow?
- And could you just allow that just to be here?
- Could you allow yourself to want to hold on to these feelings?

Release on how personal your reaction feels

If you're not familiar with this question, or you'd like to know more about why we ask it, watch this video [LINK](#)

- And then could you welcome, allow, acknowledge, any and all sense that this feels personal?
- And sense that it feels like it's about you?
  - For example,
  - this is how you behave and respond in response to deadlines.
  - This is what you do.
  - And welcome that sense as best you can, that it feels personal, like it's yours, and could that just be welcomed?

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## 7 Days to a Deadline From Panic to Done

- Could you just allow it to be here?

Release on the meaninglessness of these thought patterns

- And then could you welcome the possibility that this state is generated mechanically ... automatically ...?
- Could you welcome the possibility that it doesn't mean very much?
- Could you welcome the possibility that whatever state you're in – or whatever you state you've got into before over deadlines – doesn't mean anything about you and who you are?
- And could you just consider that possibility just for a moment?
- And then could you allow whatever's come up in response to that idea,
  - For example,
  - something like, “Of course, it's personal, I always do this ...”
  - “This is why I mess things up, and I've got to sort it out ...”
  - or some variation of that.
- And could you just allow, as best you can, that concept, that prediction to be here?
  - For example,
  - “This is what I do ...”
  - “This is what happens to me ...”
  - “This is how I make things go wrong ...”
- Could you just allow that concept to feel as true as it does?
- And then, can you welcome the possibility that it's simply not true, it's not fixed, it's not permanent?
- Could you just notice that that concept, those predictions, those memories have no form. They're not like a floor or a wall or a mountain or a tree.
- They're ideas, concepts, and they're absolutely welcome here.

### **Welcoming neutralises disturbing memories and emotions**

Perhaps you'll begin to notice that by welcoming these concepts, by allowing them to be here, by allowing our brains to do what they do, automatically, these ideas lose their power over us. The emotions are based on a (probably distorted) memory of what happened last time you were working towards a deadline.

## 7 Days to a Deadline From Panic to Done

And as we know, memories are not files kept in your head, they're reconstructed each time afresh, which is why they're always slightly different. See the work of neuroscientist and psychologist LIK for more information on this topic,

“Memories” are dependent on your present state

If you're currently in a state of mind and body that's similar to when the memory was laid down, it will feel very, very true. But it's an illusion.

Let's continue the release.

Release on memories being real and unreal (holistic release)

And from there we go straight back into allowing it to feel as real as it does. Or more information on holistic releasing – which means letting go of both sides of a concept – see this VIDEO

- Could you allow it to feel as real as it does?
- That this is what you do in response to a deadline?
- Could you just allow that to feel as true and real as it does?
- And then could you welcome a possibility that this is a memory being recreated?
- It's an automatically generated thought that has nothing to do with reality?
- Could you just welcome that possibility – that this is simply a thought, an idea, a concept? And then could you allow it to feel as solid and real as it does?
- And could you allow it to be just a concept with no more substance than a soap bubble?
- Could you allow it to feel as real as it does?
- And then welcome the possibility that it's just a concept?

And then, as typically happens, when we do these back-and-forth undos, we almost lose sight of which side is which because they begin to merge and just allow that to be happening as far as it is true for you.

Releasing on wanting to change

- And then welcome the possibility that you don't want to change this behaviour.
- Welcome the possibility that it feels like yours and part of you and you want to keep it.
- And could you just allow yourself to keep this kind of behaviour, to keep this response?
- Could you just be allowed to stay exactly as you are, to respond in exactly this way to deadlines, to have exactly these thoughts, to have exactly these tension patterns in the body?

## 7 Days to a Deadline From Panic to Done

- Could you just allow yourself to respond exactly as you do to deadlines?
- Could it just be here?
- And could that be welcomed into infinite space?
- And then allow any remaining sense you want to change this behaviour, to get rid of it, fix it.
- And then could all of that wanting just float away, dissolve and unwind?
- Just could it?

### Releasing on the release

And then just check in with yourself, wherever you are with this process. Maybe return to the body if there is tension still in the feet or the lower legs or the upper legs, or perhaps it's dissolved, loosened, relaxed.

- And then wherever you are with this process and whatever's happening in mind and body in response, in response to this deadline being upon you, could it just be OK?
- Could it all just be welcome here?
- Could you just let yourself off the hook?
- Could you just be exactly as you are right now?
- Could you just allow that, welcome it, and just check in again and notice how you're doing with this process?
- Just notice what happens in the mind when all thoughts, feelings, concepts, predictions, and memories are simply allowed to be here?
- When they are given permission?
- Set free?

### Letting go of conflict frees up our natural energy and life force

- And could you allow your natural enthusiasm, your natural determination, your natural life force – whatever words work for you – could you just allow that to guide you through the remaining hours before the deadline?
- Welcome the pleasure in this task, your excitement over it, could you just allow that to carry you, to guide you through the remaining hours before the deadline?
- Could you allow tension – if there is any – just to fall away?
- Just could you?

Maybe you'll begin to notice that without the fight, without the battle, without the attempts to control what's happening in our minds, without the judgements of what our minds produce automatically,



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## 7 Days to a Deadline From Panic to Done

there's so much more space. When we're not trying to crush our experience, when we're not trying to suppress ourselves, there's more space.

- So again, could you just allow your natural life force, natural energy, determination, ambition, enthusiasm, could you just allow all of that just to flow, just to be here, to be present?
- And could you just let that settle in mind and body?
- Could that just be allowed to settle, allowed to guide you through the remaining hours before your deadline?
- And could you even allow yourself to enjoy yourself, even if it's only a bit?
- If it's a lot or a bit either way ... or somewhere in the middle, could you just allow yourself to enjoy yourself as much as is available to you in this moment?

So thank you. We'll leave it there for today.

And in fact, that's the end of the series.

So thank you for your attention. I very much hope it helped you. Thank you.