GET BIGGER THAN WHAT'S BUGGING YOU!

with Ann Weiser Cornell
LESSON ONE

Welcome to this e-course where we're going to show you how to get large so your troubles get small!

Do you have too many stresses to think straight?
Are you on emotional overload?
Do you walk around under a dark cloud?
Do you burst into tears at embarrassing times?
Are you on a hair-trigger in your relationships?
Wouldn't you like to be able to be calm and cool no matter what's going on?

The secret is to get BIGGER.
As you get bigger, you get calmer, because you’re not caught up in the small stuff.

You also get smarter, because you have a larger perspective and you’re not being run by your emotions.

You’ll make better decisions, your relationships are better, and you enjoy your life more.

**Here’s what you will look like and sound like when you get bigger than what’s bugging you:**

“**I’ve got a lot to do, but I’m handling it fine.**”

“My sister’s phone calls just don’t bother me the way they used to.”

“He was angry, but I didn’t get defensive, and we were able to talk it through.”

“I feel so calm and relaxed—and efficient at the same time.”
This e-course will be five lessons, and in each one we will give you one practice that will make an immediate difference in how you approach your life right now, today, this moment.

We will show you exactly how to do it, with examples and exercises. Then your homework will be to bring this practice into your life for one full day, until the next lesson arrives by email... when you will learn the next practice. Each one adds to your resources and each one fits with the others until at the end of the e-course you have five integrated ways to shift your energy and Get Bigger Than What’s Bugging You.

Of course this will only work if YOU do the work! Just reading the emails and not doing the work will have minimal effect. That makes sense, right?

The good news is, these practices are not hard. Go ahead, give them a try. You CAN change your life to be calmer and more manageable and a lot more fun!
So let’s get started with the first practice...
The First Practice: “something in me”

Our first powerful practice for Getting Bigger Than What’s Bugging You is three words: “something in me.”

Just three little words! Let’s find out why they’re so powerful.

When you use the words “something in me” to refer to an emotion you’re caught up in, you are actually shifting your whole perspective from small to large. You are stepping outside of the emotion, and getting bigger than it is.

Example: “I am angry.” —> “Something in me is angry.”

Example: “I am worried.” —> “Something in me is worried.”

Do you see how that works?

Now try it yourself. Fill in the blank with some difficult or uncomfortable emotion that you’re feeling or that you’ve felt recently.

“I AM ________________.”

“SOMETHING IN ME IS __________.”
After you shift your language, notice what difference it made.

Here are some differences that people often notice:

“It’s like I became a caring observer of my own feelings.”

“I feel I’m no longer defined by my emotions.”

“My nervous system just calmed down immediately.”

“I feel distance from the emotion, like a spaciousness in me.”

“With the first sentence I felt there was no solution, and with the second sentence I began to relax.”

That’s pretty amazing, isn’t it? I’m so in love with this practice because with three little words we can shift our perspective, our mood, our available intelligence, and so much more!

Of course it’s not the words that make the change. The change happens because you use the words to help you shift your attention.
Does it really work?

Here is one woman’s story:

Dora didn’t know why her son’s college graduation was bringing up such intense emotions, until she realized it was also the anniversary of her twin brother’s death. That plus the stress of having out-of-town visitors added up to a ticking time bomb. Was she going to fall into a screaming fit in the auditorium? Do a binge the night before? Have a week of sleepless nights? Or was there some other way?

Luckily, a friend had just told her about “something in me,” and Dora decided to try it. She took her most present feeling – “I miss Kim so much” – and added the words “something in me” in front of it.

“Something in me misses Kim so much.”

She found her hand moving naturally to her chest, like she was giving company to “something in her” that was missing her brother. She could feel the sadness in her chest, like a tender place around her heart. She found herself taking a deep breath. Yes, the sadness was there. But the funny thing was, she felt better. She could handle it now. She was going to be OK.
The secret to all our work

From today’s practice (saying the words “something in me”) you can start to grasp the underlying secret to Getting Bigger Than What’s Bugging You—what makes it different from your Mom saying “Chin up!” or your pals saying “Get over it.”

When you say “something in me is sad” (or angry, or whatever), you are still in contact with the feeling. You haven’t pushed it away, or judged it. The feeling is the same. YOU have gotten bigger.

From that place of being bigger than your feeling, you are able to turn toward it, to be compassionate to it. From here, it can start to change. (You can already feel that, right?) Being bigger leads to compassion, and compassion leads to natural change, not forcing it or denying it.

(Sure, you could do this with pleasant and enjoyable emotions, but why? You don’t need to shift your relationship to feelings you’re enjoying. Just enjoy them!)
Listen to your words and your thoughts.

When you hear yourself saying (or thinking)

“I am ___________” or “I feel ___________,”

change those words to: “something in me is (or feels)__________.”

If your day is so full of activity that it’s hard to pay attention to your words and thoughts, you can build in a Pause. There are times in everyone’s day when they’re alone for a minute or two. At those times, consciously take a Pause and listen to what you’re saying to yourself. Are you saying, “I’m angry” or “I’m scared”? Notice what happens when you shift to “something in me feels ____________.”
When you might use this practice & More

If you get in a heated discussion with a family member, notice afterwards how you feel.

“Something in me feels…”

If you get frustrated with yourself while doing a project, pause to sense how you’re doing.

“Something in me feels…”

If you are lying awake at night worrying about money, notice the feelings you’re having. Then say

“Something in me feels…”

Try it!

The second Get Bigger Than What’s Bugging You practice is a way to make the first practice even stronger and more effective. Once you’ve spent a day practicing “something in me” and noticing what happens, you’ll be all ready to up the amps with our second practice.
 Want to go faster?

If you’re eager to know more before tomorrow, you might want to listen to the program called “Get Clear and Move Forward with Focusing,” an mp3 download found at this link.

WWW.FOCUSINGRESOURCES.COM/RESOURCES.HTM

This is the first of five lessons in the e-course “Get Bigger Than What’s Bugging You” by Ann Weiser Cornell and Focusing Resources. Distribution of this e-course is permitted if no changes are made in the content. That’s right - please pass it along freely!


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