GRP
GUT REBALANCING PROTOCOL

TRACKING SHEET… MODULE 6, STRESS AWARENESS AND RELIEF

STRESS AWARENESS AND RELIEF…

INSTRUCTIONS …At the end of EVERY day take at least 20-mins to reflect on the day and record what happened, any action you took, and how you felt. The work you do here, forms the foundation for the module that follows... therefore the more you look inwards, the greater the benefits you will experience. EXAMPLES IN RED

- **COLUMN 1…** Enter DAY.
- **COLUMN 2…** State WHO or WHAT the occurrence was connected to, and VERY briefly what happened. *NO MATTER how insignificant, write it down! Even if it's 'thoughts' from a previous situation… if it is IN YOUR HEAD… then it qualifies as a 'stressor' to 'write down'*. Refer to the **AWAY STATE** list (end of this document) write one, two or more feelings that express how you are feeling.
- **COLUMN 3…** Write whether you did your RESONANT breathing IMMEDIATELY as soon as you became aware? And how many times?
- **COLUMN 4…** Which Stress Relief Technique(s) did you use and for how long? Ensure you use each Stress Relief Technique, in your handbook, at least once.
- **COLUMN 5…** How did you feel after… mentally, emotionally & physically? Refer to the **TOWARDS STATE** list (end of this document) write one, two or more feelings that express how you felt after implementing your Stress Relief Technique.

1 DAY	2 Occurrence or thoughts connected to… *event, person, circumstance etc.*	3 RESONANT breathing	4 LIST Stress Relief Technique used and for how long?	5 Changes felt after… mentally, emotionally & physically
Mon	Kids living at home for free. Never doing chores because they say they are busy with uni, but they always have time to scroll phone, binge watch for hours, go out with friends and spend oodles of money. Resentful, infuriated and disrespected.	YES, 6 times	Chanting for 15-minutes while prepping dinner.	Breathing became slow & steady instead of raced. Resentment lessened greatly. Felt awareness, inspired and potential.
Mon	Partner not contributing to running of household equitably once again – Angry, hurt and defeated.	NO	Changed the script.	Tension in shoulders disappeared. Felt clarity, boldness & decisiveness.
Mon	Thinking about fractured relationship with sister – Sad, helpless, provoked.	YES, 4 times	Put music on in the car and sang all the way home, about 35-mins.	Felt calmer in the moment but acknowledge that there's work I need to do with this. Felt compassion, growth and thoughtfulness.
Tues	Work demands unrealistic and too demanding – Furious, overwhelmed, out of control.	YES, 5 times	Acupressure hand massage, under the table during work meeting for 10-minutes.	Wow what a game changer, tension in body eased off. Felt calmness, gratitude, potential and rigor.
Tues	Partner doesn't want to sit with me at the dining table for dinner. Instead, they sit in front of TV. Angry, sad, hurt, rejected, lonely.	YES, 10 times	Get connected – FaceTime with a friend and had dinner together	Anger subsided, tension from body released. Empowered, self-respect, creative, freedom, spontaneous.

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AWAY STATES

Angry	Let down	Betrayed	Resentful
	Humiliated	Disrespected	Ridiculous
	Bitter	Indignant	Violated
	Mad	Furious	Jealous
	Aggressive	Provoked	Hostile
	Frustrated	Infuriated	Annoyed
	Distant	Withdrawn	Numb
	Critical	Sceptical	Dismissive

Disgusted	Disapproving	Judged	Awkward
	Disappointed	Appalled	Revolted
	Awful	Nauseated	Detestable
	Repelled	Horrified	Hesitant

Sad	Hurt	Embarrassed	Upset
	Depressed	Useless	Empty
	Guilty	Remorseful	Ashamed
	Despair	Powerless	Grief
	Vulnerable	Fragile	Victimized
	Lonely	Abandoned	Isolated

Fearful	Scared	Helpless	Frightened
	Anxious	Defeated	Worried
	Insecure	Inadequate	Inferior
	Weak	Worthless	Insignificant
	Rejected	Excluded	Persecuted
	Threatened	Nervous	Exposed

Bad	Bored	Indifferent	Apathetic
	Busy	Pressured	Rushed
	Strained	Overwhelmed	Out of control
	Tired	Sleepy	Unfocused

These are just examples, there are (of course) many more

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TOWARDS STATES

Acceptance	Curious	Hopeful	Responsible
Accomplishment	Decisive	Humility	Restraint
Accountable	Dedicated	Imaginative	Rigor
Accurate	Determined	Independent	Satisfied
Achievement	Devoted	Individual	Secure
Adaptable	Dignified	Innovated	Self-respect
Adventurous	Disciplined	Inquisitive	Sensitive
Ambitious	Driven	Insightful	Serene
Assertive	Effective	Inspired	Significant
Attentive	Efficient	Intuitive	Simplicity
Authentic	Empathy	Joyful	Sincerity
Autonomous	Empowered	Kind	Skilfulness
Aware	Energetic	Knowledgeable	Solitude
Balanced	Enjoyment	Logical	Spiritual
Brave	Enthusiastic	Love	Spontaneous
Brilliant	Excellent	Loyal	Stable
Calm	Expressive	Meditative	Strength
Capable	Fair	Motivated	Success
Caring	Faithful	Open	Supported
Challenged	Focused	Optimistic	Surprised
Charitable	Forgiveness	Organised	Talented
Clear	Fortitude	Passionate	Thankful
Comfort	Freedom	Patient	Thoughtful
Commitment	Generous	Peaceful	Tolerant
Compassion	Giving	Persistent	Tranquil
Competent	Goodness	Playful	Trustworthy
Confident	Grace	Pleasure	Truthful
Connected	Gratitude	Poise	Understanding
Conscious	Greatness	Potential	Unique
Content	Growth	Present	Vigour
Creative	Happiness	Productive	Vision
Compassion	Harmonious	Realistic	Vitality
Courageous	Honest	Reflective	Wonder
Creative	Honourable	Respected	Zeal

These are just examples, there are (of course) many more.