GRP
GUT REBALANCING PROTOCOL

PROBLEM SOLVING FRAMEWORK… MODULE 7, STRESS MANAGEMENT

STRESS INVENTORY…

1. Open your Module 6 STRESS AWARENESS AND RELIEF TRACKING SHEET.
2. Read all your entries for the week.
3. Each recorded occurrence, thought etc. were connected to either an event, person or circumstance e.g., work, partner, kids, family etc.
4. Choose 3 – from each category – that YOU would like improved or resolved.
5. Write them into the chart below i.e., FIRST, indicates that out of the 3, it is the MAIN stressor, then SECOND indicates it is equal to or less than the first, and the THIRD indicates it is equal to or less than the second.

NOTE: IF you have NO entries for a category then leave blank, or if you only have 1 or 2 entries for a category then list just those.

CATEGORY	FIRST	SECOND	THIRD
Kids	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 and ME doing all the cooking and cleaning etc.	Kids speaking rudely to me. Really inconsiderate.	Kids taking/using my things without asking.
Partner	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.	Partner not contributing to running of household equitably once again – Angry, hurt and defeated.	
Kids			
Partner			
Work			
Family			
Friends			
Finances			
Home			
Other			

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You will need a dedicated notebook to write in your responses for each step. Examples in Red

STEP 1: NAME THE PROBLEM…
Choose ONE stressor from your Stress Inventory's FIRST column, any category. **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 and ME doing all the cooking and cleaning etc.

STEP 2: IDENTIFY WHY IT IS A PROBLEM FOR YOU…
- What feelings/emotions arise from looking at/thinking about the problem?
- What EXACTLY about this is disturbing for YOU?
- How are YOU impacted by this?

I feel angry, resentful, annoyed, and disappointed. What's disturbing about this for me is that I feel disrespected and taken for granted. I work so hard to provide a home for them, then do all the cleaning at home. But what's really disturbing is not knowing why I continue to do this. What does it mean? Why do I need to do this? Why can't I just advocate for myself? This impacts my own self-worth and impacts both my physical and mental health.

STEP 3: YOUR IDEAL SOLUTION…
Write down your IDEAL solution to this problem using BLUE SKY thinking. What this means is to pose a solution that is not fettered by what you are currently capable of doing - or anything else that may constrain you from achieving the best solution for you. i.e., What would you DO, or have others do, if there were absolutely no limitations, no judgments, no constraints, and no consequences.

I would call an urgent family meeting and tell the kids what the problem is for me, what exactly is disturbing for me and the impact it is having on my physical and mental health. When I tell them they are mortified and so apologetic. They immediately jump into action, and at that meeting, draw up a cleaning schedule between them all and put it on the fridge. They tell me that IF this cleaning schedule doesn't work then they will pay for a cleaner to come in once a week for 4-hrs. They assure me that I won't have to remind them as they will step up. After the talk, they take me out to breakfast and pay. They tell me all the things that they appreciate about me and tell me how sorry they are that I felt this way for so long.

STEP 4: BRAINSTORM POTENTIAL SOLUTIONS…
List up to 10 potential solutions. Don't evaluate at this stage just 'brain-dump' ANY solutions that occur to you or you feel are workable to you.

1. Tell kids it is time for them to move out; **2.** Call an urgent family meeting to discuss how I feel and at that meeting they create a cleaning/tidy schedule; **3.** Get a cleaner; **4.** Get a cleaner & make kids pay for it; **5.** Let it go, let them see how the house ends up when I do nothing. **6.** Stop doing anything for anyone except me and focus on my own health and be okay with the mess. etc.

STEP 5: CHOOSE A SOLUTION…
Think deeply about ALL your potential solutions, weigh the pros and cons of each, and CHOOSE what seems the most practical and appropriate solution that you are WILLING to put into action. It may be just ONE of your solutions or a combination of one or two of them.

STEP 6: CREATE A STEP-BY-STEP PLAN…
Create a step-by-step plan on HOW you will carry out your CHOSEN solution breaking it down into clear, specific and achievable steps.

1. Tell each kid they need to attend 'Family meeting' next Saturday at 8am over breakfast. Don't divulge why!
2. Sit down with partner & write down what the issues are, how it is disturbing, impact etc.
3. List up all chores, done daily by ME that keeps the house & family life running smoothly.

STEP 7. IMPLEMENT YOUR PLAN…
Start implementing your step-by-step plan and mark off EACH step as you complete it.

STEP 8: EVALUATE…
- Did your plan succeed? Is the problem resolved? If not, what needs to change in your plan for it to work? Or can you accept the outcome ?
- Are there any 'loose ends' that need further attention?
- Did further problems arise from this solution? If so, start at Step 1 with the 'new' problem.
- Once you have fully completed this activity… How did it feel to raise your consciousness and problem solve this stressor?
- Will you use this in future?