

# Bridging the Gap- Life trouble Shooter

Use this whenever you need to find peace for chaos in your mind. This won't solve everything perfectly, but it helps tremendously. This decision tree helps you organize your mind into 4 boxes:

- **Necessary Box:** Things that bring you joy and make sense
- **Enrichment Box:** Anything that matters to your loved ones and brings joy to them.
- **Beyond Control Box:** Undesirable life situations and experiences we can't control- Troubleshooting negative things go here.
- **Not Necessary Box/Trash:** Irrelevant and unneeded brain clutter you don't need to worry about.

**IS THIS IMPORTANT TO ME OR A LOVED ONE?**

**YES**

**NO**

**Is this negative?**

**Is this something I HAVE to deal with?**

**YES**

**YES**

**NO**

**NO**

**Is this important to only me?**

**Can I control what happened?**

**Does this issue reoccur?**

**YES**

**NO**

**YES**

**NO**

**YES**

**NO**

**When it's not negative (a bad thing) and important to you, there isn't usually a problem. This belongs in YOUR**

**Does this make my loved ones very happy?**

**Trick question: If it's occurred you cant control that it happened- you don't have a time machine either. Stop wasting mental energy on this and evaluate for Beyond Control and see if you have the resources to change your situation there.**

**Let your brain relax knowing its Beyond Control**

**Next STEP is to see if you have the resources to change undesirable circumstances**

**Will this affect me or my loved ones negatively if I throw this in my brain trash?**

**Throw it out! (Brain trash)**

**Evaluate for ENRICHMENT BOX**

**Let your brain relax knowing its Beyond Control**

**Next STEP is to see if you have the resources to change undesirable circumstances**

**Evaluate under Beyond control or Enrichment**

**Throw it out! (Brain trash)**

# \*Resources explained

When you evaluate your situation/ item for Beyond Control or Enrichment Box you are going to need to RATE your resources. **These are all elements of your WELL-BEING that you need to consider when making a decision.** It's not uncommon for many things to rate "no impact." This is perfectly normal and its a concrete way to see something is "no skin off your back"

**FINANCIAL RESOURCES-** THIS IS THE FINANCIAL RESOURCES YOU HAVE AVAILABLE TO ACCOMMODATE THE REQUESTS. IF YOU HAVE PLENTY OF THIS RESOURCE, SPENDING MONEY ON LOVED ONES, OR GETTING A TICKET EVERY ONCE IN A WHILE IS NOT GOING TO PUT YOU IN THE RED.

**PHYSICAL ENERGY/RESOURCES-** ARE YOU TOO TIRED, PHYSICALLY SORE FROM SOMETHING OR IN GENERAL TOO PHYSICALLY WORN OUT TO DO WHATS BEING ASKED OF YOU?

**EMOTIONAL ENERGY/RESOURCES-** IN ITSELF, EMOTIONAL ENERGY IS NEUTRAL. IT IS THE FEELING SENSATION AND PHYSIOLOGICAL REACTION THAT MAKES A SPECIFIC EMOTION POSITIVE OR NEGATIVE. WILL THIS REQUEST DEplete OR INCREASE YOUR EMOTIONAL ENERGY. WOULD THIS REQUEST MAKE YOU SAD OR HAPPY? (YOUR OPINION OF IT MAY CHANGE AFTER YOU COMPLETE THE CHART)

**SPIRITUAL ENERGY/RESOURCES-** DOES THE REQUEST DEplete YOU SPIRITUALLY OR REQUIRE MORE THAN YOU HAVE TO GIVE, DOES IT GO AGAINST YOUR INTERNAL CONSCIOUS?

**SOCIAL RESOURCES (FAMILY/FRIENDS)-** WOULD THIS NEGATIVELY AFFECT YOUR RELATIONSHIPS OR WOULD YOU BE BUILDING RELATIONSHIPS? YOU ALMOST ALWAYS BUILD RELATIONSHIPS WHEN USING THE ENRICHMENT BOX

**MENTAL ENERGY-** MANY TIMES HALF OF THE MENTAL ENERGY REQUIRED TO CONSIDER A REQUEST IS BEING ABSORBED BY CALCULATING IF YOU HAVE ENOUGH RESOURCES TO ACCOMMODATE THE REQUEST. I KNOW THAT SOUNDS CRAZY, BUT "KNOWING IS HALF THE BATTLE." USING THE CHART TO OPERATE AND SURVEY ALL YOUR RESOURCES THEN REDUCES THE AMOUNT OF MENTAL ENERGY NEEDED TO ACTUALLY COMPLETE THE REQUEST. TRY IT!

**TIME (OF 24 HRS IN DAY)-** HOW MUCH WOULD THIS IMPACT YOUR TIME. CAN YOU MAKE ARRANGEMENTS TO ACCOMMODATE THIS?

**JOB/SCHOOL-** WOULD THIS NEGATIVELY AFFECT YOUR JOB, CAREER, OR EDUCATION IN SOME WAY.

**OTHER- LIST YOUR OWN RESOURCES HERE.**

#1

# ENRICHMENT BOX WORKSHEET

## 1 EVALUATE:

(What is being asked of you, or what is bothering you?)

## 2 CONSIDER THE PURPOSE:

The purpose is usually others happiness, but you can think about **why** it makes them happy

## 3 CONSIDER OTHERS HAPPINESS LEVEL:

**\*Circle one\*** make your best guess, if you have to ask them how important or how much happiness it brings them, you can

LOW    MEDIUM    HIGH    VERY HIGH

## 4 CONSIDER PERSONAL "RISK" LEVEL:

Use the chart to the **right** to see if the request is reasonable and if you are capable of doing it. make negotiations when resources land on **RED**

## WELL-BEING RISK ASSESSMENT CHART

THINK OF HOW MUCH YOU HAVE IN THESE CATEGORIES AND HOW MUCH IS REQUIRED TO DO WHAT'S BEING ASKED OF YOU.

WILL THIS ABSORB OR AFFECT YOUR RESOURCES?\*

FINANCIAL \_\_\_\_\_  
PHYSICAL \_\_\_\_\_  
EMOTIONAL ENERGY \_\_\_\_\_  
SPIRITUAL ENERGY \_\_\_\_\_  
SOCIAL SUPPORT \_\_\_\_\_  
MENTAL ENERGY \_\_\_\_\_  
TIME (24 HRS IN DAY) \_\_\_\_\_  
JOB/SCHOOL \_\_\_\_\_

POSSIBLE PERSONAL BENEFIT

NO IMPACT

LOW IMPACT

MEDIUM IMPACT

HIGH IMPACT

TOO MUCH


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PERSONAL RISK LEVEL: \*AVERAGE\*

VS

OTHERS HAPPINESS LEVEL:

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FINAL RESULT

5

START

#2

# BYOND CONTROL BOX WORKSHEET

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**IDENTIFY:  
WHAT UNDESIRABLE  
THING HAPPENED?**

1

REMINDE YOURSELF THAT ONCE SOMETHING HAS OCCURRED, **YOU CAN'T CHANGE WHAT HAPPENED.** AND MOST NEGATIVE THINGS ARE **"BEYOND YOUR CONTROL"** AND WILL BE AN **ILLOGICAL WASTE OF MENTAL ENERGY TO BE UPSET ABOUT.**

**GIVE YOUR BRAIN THE GIFT OF MENTAL ENERGY**  
**THIS EVENT, PERSON, THING,**  
**AVERSION BELONGS IN**  
**BEYOND CONTROL**

WHEN REALIZING THIS, THE BRAIN RELAXES AND THEN CAN FOCUS ON EVALUATING YOUR RESOURCES AND ASSETS YOU HAVE TO CHANGE AN UNPLEASANT SITUATION. **IF NO CHANGE CAN BE MADE, YOU KNOW IT'S TRULY BEYOND CONTROL AND YOU CAN FREE YOUR MIND OF THE WORRY AND STRESS YOU USED TO CARRY BECAUSE IT'S ILLOGICAL TO WASTE ON SOMETHING YOU CANT CHANGE.**

## TROUBLESHOOT, PROBLEM SOLVE, AND ASSESS

2

**WOULD CHANGING MY CIRCUMSTANCES MAKE ME HAPPIER?**

YES OR NO

3

**IS IT POSSIBLE TO CHANGE?**

YES OR NO

4

**WHAT KIND OF PROBLEM IS THIS?**

BIG PROBLEM    MEDIUM PROBLEM    LITTLE PROBLEM

(LITTLE PROBLEMS ARE QUICKLY AND EASILY FIXED)

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**WHAT WOULD SOLVE THE ISSUE?**

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**DO I HAVE THE RESOURCES?  
(CONSULT CHART TO RIGHT)**

### ENERGY RISK ASSESSMENT CHART

THINK OF HOW MUCH YOU HAVE AND HOW MUCH IS REQUIRED TO MAKE THE CHANGE TO IMPROVE THE CIRCUMSTANCE

**HOW MUCH RESOURCES DO I HAVE TO DEVOTE TO RESOLVING/CHANGING THIS?**

	NOT NEEDED	NOT ENOUGH	BARELY ANYTHING	LITTLE BIT	MEDIUM AMOUNT	I HAVE A LOT	I HAVE A TON!
FINANCIAL _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PHYSICAL ENERGY _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EMOTIONAL ENERGY _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPIRITUAL ENERGY _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOCIAL RESOURCES (FAMILY/FRIENDS) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MENTAL ENERGY _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TIME (OF 24 HRS IN DAY) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JOB/SCHOOL _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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BENEFIT LEVEL  
(LEVEL OF POSITIVE CHANGE  
IN YOUR SITUATION)

VS

RESOURCES REQUIRED TO  
MAKE A CHANGE  
(HIGH/LOW?)

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SOLUTION: