

Stop Your “I don’t know how to” Spirals

Created by Bradette Coaching & Consulting. Learn more at www.pierrebradette.com.

Step 1: Identify the “I don’t know how to” thought.

Write down your thought:

I don’t know how to _____.

Read the sentence out loud

Notice how you feel in your body. Circle the one that is closest to how you feel.

Neutral Open Feels true Closed Doesn’t feel true Tight

Don’t worry, there’s no right answer. Just notice how your body responds. .

Step 2: Find a replacement thought.

Let’s find a statement that feels more energizing.

Say each of the statements below, slowly and out loud with your topic.

After each statement, pause two or three seconds to see how it lands in your body. Write down the feeling in the next column. Use one of the words above or come up with your own.

New Statement	How it lands in your body?
I want to want to figure out _____.	
I want to figure out _____.	
I am figuring out _____.	
I know how to _____.	I d

Step 3: Pick a new thought

Which of the above statements felt the most true? Which of these statements felt the easiest in your body? It's ok if neutral was the easiest feeling.

Now compare how the statement that felt the best compared to the "I don't know how to" statement.

What difference did you notice? If better, how much better?

The statement that feels the best, even if neutral, is the one that is working for you right now.

Step 4: Say the new thought when you catch yourself saying "I don't know how...."

The next time you catch yourself saying "I don't know how to..." trying reframing it with your best feeling statement you identified in Step 3.

Better yet, say something like this:

"Up until now, I thought I didn't know how to do _____, but now I (*version that worked best*) _____."

Bonus Step: Say your best-feeling statement 5 times in a row a couple of times during the day.

It may seem silly to do this, but you will see faster results if you do. We are constantly repeating thoughts in our minds. Most of the time we are unconscious of it.

By saying this new thought multiple times multiple times a day, it tells your mind to take notice and start thinking in this new way.

Try doing this for three days in a row. You'll notice that your mind starts practicing the thought automatically..