

# LESSON 13

## STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

### LESSON 13

## MANAGING YOUR EMOTIONS, STRESS AND ANXIETY

### QUESTIONS TO GUIDE THE CONVERSATION

1. Describe how you manage negative circumstances. What is causing your reaction?
2. Do you allow your emotions to control how you react towards people? How? Why?
3. What false belief(s) do you currently have about your emotions that need to be replaced?
4. How has stress impacted your health? What is stress costing you?
5. What arena is the most stressful and why? Create a concrete plan to manage stress in this arena.
6. Do you allow other people's stress to influence your day? What can you do to protect your mind from stressful people?
7. Do you struggle with assuming that you no longer need to grow because you have already achieved the life you want? Why is this fixed mindset dangerous?
8. What causes you to be anxious? Why? What script can you use to rewire anxiety?
9. Do you make people anxious because of your anxiety? What negative thought pattern do you need to replace?
10. How can science help you to understand your brain and grow your personal relationship with God?