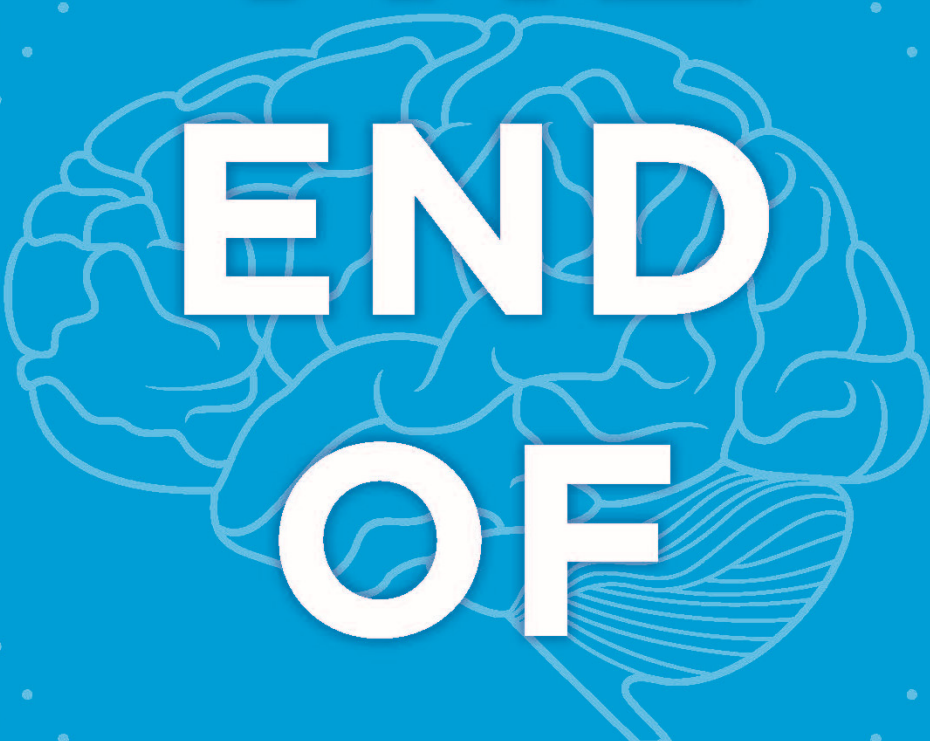


**DON JOSEPH GOEWEY**

# THE END OF STRESS



**FOUR STEPS TO REWIRE YOUR BRAIN**

 **WORKSHEETS**

*From the book*  
**THE END OF STRESS**  
*by Don Joseph Goewey*

## Stress Assessment Tool

<input type="checkbox"/> I get less and less pleasure from activities that I used to enjoy.	<input type="checkbox"/> I experience fatigue most days and at times become exhausted
<input type="checkbox"/> I have trouble making decisions.	<input type="checkbox"/> I'm having difficulty getting to sleep because I can't quiet down, or I'm sleeping more than usual and don't want to get out of bed.
<input type="checkbox"/> My memory and concentration are not as good as they used to be.	<input type="checkbox"/> I feel less confident about my ability to handle my personal problems.
<input type="checkbox"/> Simple things feel burdensome or difficult to accomplish.	<input type="checkbox"/> At times I feel overwhelmed and unable to control the important things in my life
<input type="checkbox"/> I have a shorter fuse these days. I'm more impatient, more on edge, and more easily frustrated or annoyed.	<input type="checkbox"/> I lose track of little things, such as where I put my keys.
<input type="checkbox"/> I experience upsetting emotions such as fear, paranoia, dejection, worry, or pessimism to a greater degree or for prolonged periods.	<input type="checkbox"/> I worry over things I can't control.
<input type="checkbox"/> I criticize my significant other more, tend to ruminate on the flaws in our relationship, bicker more, and blame my partner for our problems.	<input type="checkbox"/> At times, my agitation or frustration can reach the point that I bang on my desk with my fist, throw things, shout, or act out in some other way.
<input type="checkbox"/> I've become less social. I find myself wishing that people, including friends and family, would stop bothering me.	<input type="checkbox"/> My interest in sex has decreased.
<input type="checkbox"/> I eat more to cope with my emotional state, or I have lost my appetite.	<input type="checkbox"/> I get sick more often than I think I should, catching colds and flu. I have developed or worry about developing serious health risks.
<input type="checkbox"/> My use of alcohol, tobacco, or other substances has increased in part to relieve stress.	<input type="checkbox"/> I have tension headaches, gastrointestinal problems, muscle tension in the back, neck, or jaw, or all of the above.

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## Attributes of a Dynamically Peaceful Attitude

<input type="checkbox"/> Calm	<input type="checkbox"/> Resilient
<input type="checkbox"/> A clear sense of personal power and the integrity to assert your power without overpowering others	<input type="checkbox"/> Faith in the face of adversity
<input type="checkbox"/> Unafraid	<input type="checkbox"/> Trust in the process
<input type="checkbox"/> Unhurried	<input type="checkbox"/> Joy in the challenge
<input type="checkbox"/> Free of worry	<input type="checkbox"/> Empathic
<input type="checkbox"/> Self-confident	<input type="checkbox"/> A willingness to forgive
<input type="checkbox"/> Creative	<input type="checkbox"/> A disinterest in judging or condemning
<input type="checkbox"/> Open-minded, receptive, and accepting	<input type="checkbox"/> A felt connection with one's own heart, with others, and with life itself
<input type="checkbox"/> A curiosity that is fully present	<input type="checkbox"/> An enduring sense of the whole that transcends the fragments
<input type="checkbox"/> Energetic	<input type="checkbox"/> A sense of the sacred

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## My To-Be List For My To-Do List

1. List in the right column an external goal you want to achieve in business, family, and health.
2. In the middle column, define qualities you want to succeed at being as you work to achieve these external goals. Use the list of qualities from *A Dynamically Peaceful Attitude*.

Area of Pursuit	The inner qualities I want to succeed at being...	... as I work to achieve this external goal
Business		
Family		
Health		

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## Left Brain / Right Brain

Source: Ehrenwald (1984)

ATTRIBUTES	LEFT BRAIN	RIGHT BRAIN
THINKING	Abstract, linear, analytic	Concrete, holistic
COGNITIVE STYLE	Rational, logical	Intuitive, artistic
LANGUAGE	Rich vocabulary, good grammar, prosody, and syntax, prose	No grammar or syntax, poor vocabulary, metaphorical, poetry
EXECUTIVE CAPACITY	Introspection, will, initiative, sense of self, focused on the trees	Low sense of self, low initiative, focused on the forest
SPECIALIZED FUNCTIONS	Reading, writing, arithmetic, sensory-motor skills, inhibits psychic experience and information	Music, rich dream imagery, good face and gestalt recognition, open to psychic experiences and information
TIME SEQUENCE	Sequentially ordered, measured	Here and now, infinite
SPATIAL ORIENTATION	Relatively poor	Superior, also for shapes, wire figures
PSYCHOANALYTIC	Secondary process, ego functions, consciousness	Primary process, dream work, free association

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## My Commitment

Fill out the form below and begin practicing all three items.

I commit to waking up each morning	<input type="checkbox"/> 5 minutes early <input type="checkbox"/> 10 minutes early <input type="checkbox"/> 15 minutes early <input type="checkbox"/> 20 minutes early	to do the <i>Start the Day in Quiet</i> exercise and launch the day on a positive, peaceful note.
I commit to counting my blessings once a week, every week, on this day:	<input type="checkbox"/> Sun <input type="checkbox"/> Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed	<input type="checkbox"/> Thurs <input type="checkbox"/> Fri <input type="checkbox"/> Sat  Beginning this date:  <div style="text-align: center;">Month/Day</div>
Each day I will take a break at:	AM  in the morning	PM  in the afternoon

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## Try the Remote Associates Test

You are given three different words (triad). The task is to find a single word that can form a compound word or phrase that works with all three words in the triad. For example, consider the triad age, mile and sand. The solution is "stone, as in stone age, milestone, sandstone." Answer at the bottom of the page.

Triad	Solution
1. Notch, flight, spin	
2. Speak, money, street	
3. Sandwich, golf, foot	
4. Cotton, bathtub, tonic	
5. Sore, shoulder, sweat	
6. Ink, herring, neck	
7. Salt, Deep, Foam	
8. Square, Cardboard, Open	
9. Water, Tobacco, Stove	
10. Ache, Hunter, Cabbage	
11. Widow, Bite, Monkey	

Answers:: 1: Top. 2: Easy. 3: Club. 4: Gin. 5: Cold. 6: Red 7: Sea 8: Box 9: Pipe 10: Head 11: Spider

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## Fragmentation Quiz

Check behaviors that are true about you.

- ☐ I often think what I do is not quite good enough.
- ☐ I resist feeling “bad” emotions in an effort to be “good,” but find that “bad” emotions occasionally take hold of me.
- ☐ I view emotionality as a sign of weakness and a lack of control.
- ☐ I’m afraid to question authority when I see a better way.
- ☐ At work, it’s necessary to act confident even when I’m not.
- ☐ I project an image of a happy or secure person without really feeling it.
- ☐ I have a tendency to withdraw when challenged.
- ☐ I often put on a face to hide what I feel.
- ☐ I care more about what others think of me than I’d like to admit.
- ☐ I am generally restrained when it comes to emotional expression, but often have stronger feelings than I express.
- ☐ I feel the need to defend myself.
- ☐ I have a hard time feeling safe in an intimate relationship.
- ☐ I sometimes shudder at something I’ve said.
- ☐ At times, I cringe when I remember something I regret from the past.
- ☐ I feel rejected when people disagree with me.
- ☐ I tend to avoid eye contact with other people.
- ☐ I find it difficult to receive gifts from others.
- ☐ I feel like I am not as successful as I should be at this point in my life.
- ☐ I try to win people’s approval.



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## The Strengths-Finding Tool ~ 1

Check any strength that you possess, whether you have developed it or not

General Strengths	Analytical Strengths
Are you:	Are you:
<input type="checkbox"/> Social	<input type="checkbox"/> Organized
<input type="checkbox"/> Artistic	<input type="checkbox"/> Systematic
<input type="checkbox"/> Intellectual	<input type="checkbox"/> Methodical
<input type="checkbox"/> Mechanical	<input type="checkbox"/> Logical
<input type="checkbox"/> Athletic	<input type="checkbox"/> Detail oriented
<input type="checkbox"/> Spiritual	<input type="checkbox"/> Prudent
<input type="checkbox"/> An outdoors person	<input type="checkbox"/> Deductive/insightful

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## The Strengths-Finding Tool ~ 2

Check any strength that you possess, whether you have developed it or not.

Innovative Strengths	Social Strengths
Are you:	Are you:
<input type="checkbox"/> Creative	<input type="checkbox"/> Open-minded
<input type="checkbox"/> Original	<input type="checkbox"/> Supportive
<input type="checkbox"/> Imaginative	<input type="checkbox"/> Astute
<input type="checkbox"/> Inventive	<input type="checkbox"/> Hospitable
<input type="checkbox"/> Daring	<input type="checkbox"/> Kindhearted
<input type="checkbox"/> Intuitive	<input type="checkbox"/> Gregarious
<input type="checkbox"/> Curious	<input type="checkbox"/> Empathetic
<input type="checkbox"/> Insightful	<input type="checkbox"/> Inclusive
<input type="checkbox"/> Sensitive	<input type="checkbox"/> Tolerant
<input type="checkbox"/> Visionary	<input type="checkbox"/> A good listener

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## The Strengths-Finding Tool ~ 3

Check any strength that you possess, whether you have developed it or not.

Entrepreneurial Strengths	Work Strengths
Are you:	Are you:
<input type="checkbox"/> An avid learner	<input type="checkbox"/> Cooperative
<input type="checkbox"/> Assertive	<input type="checkbox"/> Decisive
<input type="checkbox"/> Pragmatic	<input type="checkbox"/> Efficient
<input type="checkbox"/> Persuasive	<input type="checkbox"/> Focused
<input type="checkbox"/> Enthusiastic	<input type="checkbox"/> Fair
<input type="checkbox"/> Energetic	<input type="checkbox"/> Motivated

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## The Strengths-Finding Tool ~ 4

Check any strength that you possess, whether you have developed it or not.

Spiritual Strengths	Emotional Strengths
Are you:	Are you:
<input type="checkbox"/> Loving	<input type="checkbox"/> Self-aware
<input type="checkbox"/> Peaceful	<input type="checkbox"/> Balanced
<input type="checkbox"/> Present	<input type="checkbox"/> Motivated
<input type="checkbox"/> Authentic	<input type="checkbox"/> Caring
<input type="checkbox"/> Forgiving	<input type="checkbox"/> Enthusiastic
<input type="checkbox"/> Appreciative	<input type="checkbox"/> Happy
<input type="checkbox"/> Accepting/nonjudgmental	<input type="checkbox"/> Humorous

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## The Attributes Of A Whole Person

Check three qualities listed below that you want to strengthen

☐ Spontaneous

☐ Creative, curious, and interested in learning

☐ Open to your own experience of life

☐ A good listener

☐ Able to experience all of your feelings

☐ Unconditionally loving

☐ Undefended and self-accepting

☐ Constructive in your response

☐ The courage to be imperfect

☐ Collaborative and democratic

☐ Non-judgmental with others

☐ Open to other people's ideas and points of view but not governed by them

☐ Living more completely in the moment

☐ Empathic and compassionate

☐ A clear sense of purpose

☐ Able to forgive

☐ Trusting your own judgment in finding your best available answer to any situation

☐ Able to give and receive appreciation and admiration

☐ The capacity to retreat into the quiet of your own being

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## Your Whole Brain

Check the brain function you want to develop

- ☐ **Executive functions**, increasing your proficiency at planning, strategizing, decision making, abstract thinking, cognitive flexibility, error detection, and goal-directed action.
- ☐ **Creative processes**, where the dots start connecting themselves, turning creative insight into tangible innovation.
- ☐ **Emotional regulation**, where you feel vibrant and inspired, but not so emotionally charged that you become manic, chaotic, or rigid.
- ☐ **The condition of learning** facilitated by attention, memory, and curiosity working in concert.
- ☐ **The passion and motivation** to persist in the pursuit of a significant goal.
- ☐ **The capacity to extinguish fear and quiet** fight/flight/freeze reactions to attain the fearless self-confidence that adversity does not unsettle.
- ☐ **The response flexibility** that neutralizes rash impulses, signaling you to pause and reflect before acting in an aggressive or defensive manner.
- ☐ **The altruism** that enables you to move beyond limited self-interest and think and act for the larger good.
- ☐ **The attuned communication** that achieves interpersonal resonance.
- ☐ **The empathy** that enables you to see, feel, and understand a situation from someone else's point of view.
- ☐ **The parental love** that raises healthy children.
- ☐ **The romantic love** and sexual passion that sustain intimacy.
- ☐ **The insight** that produces the autobiographical memories to relate the past to the present, so you can guide the future.
- ☐ **The intuition** to discern the solution to a problem that eludes the intellect.
- ☐ **The holism** that achieves the congruency between thought, belief, intention, and action to sustain personal integrity.

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## Your To-Be List

Choose qualities you intend to master

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | To be at peace   |
| <input type="checkbox"/> | To be present here and now                             |
| <input type="checkbox"/> | To listen better                                       |
| <input type="checkbox"/> | To judge less  |
| <input type="checkbox"/> | To forgive more  |
| <input type="checkbox"/> | To be empathic   |
| <input type="checkbox"/> | To be grateful   |
| <input type="checkbox"/> | To take time to stop and stand still                   |
| <input type="checkbox"/> | To allow creative insight                              |
| <input type="checkbox"/> | To let go of fear                                      |
| <input type="checkbox"/> | To have faith in the face of adversity                 |
| <input type="checkbox"/> | To trust the process as it unfolds                     |
| <input type="checkbox"/> | To focus on the whole of life instead of the fragments |
| <input type="checkbox"/> | To rest in the quiet of your own being                 |
| <input type="checkbox"/> | To be happy  |

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## The End of Stress Toolbox

Check off tools you'll practice in mastering a positive, peaceful way of being.  
For a list of Tools go to [theendofstressbook.com/tools](http://theendofstressbook.com/tools)

- |  |
|--|
| <input type="checkbox"/> Accentuate the Attributes of a Dynamically Peaceful Attitude.   |
| <input type="checkbox"/> Monitor your anxious, stressful thoughts and feelings with the Thought Awareness Tool.  |
| <input type="checkbox"/> Use the What Am I Afraid Of? Tool to dispel big fears.  |
| <input type="checkbox"/> Start each day in quiet.  |
| <input type="checkbox"/> Once a day, meditate for five minutes or more.  |
| <input type="checkbox"/> Mark the Moments of positive expansion.   |
| <input type="checkbox"/> Use the Clear Button Tool to bust a burgeoning stress reaction.   |
| <input type="checkbox"/> Integrate your To-Be List with your to-do list, making peace your primary goal.   |
| <input type="checkbox"/> Once every week count your blessings.   |
| <input type="checkbox"/> At least twice a day, take a time-out from the world and its problems, and go on a break. If you can, take a walk in a green setting. |
| <input type="checkbox"/> Use the Three Sane Choices Tool to get clear about what you do and don't control.   |
| <input type="checkbox"/> Ease the tension and fatigue in your body with the Feel It to Heal It Tool.   |
| <input type="checkbox"/> Use the Strengths-Finding Tool to continuously identify and acknowledge your strengths.   |
| <input type="checkbox"/> Practice accentuating the Attributes of a Whole Person.   |
| <input type="checkbox"/> Listen better, judge less, forgive more, and love unconditionally.  |



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## Healing Type-A

Choose one or more of the items below to perform each day,  
until you've done them all. Then repeat the process.

<input type="checkbox"/> Choose the longest line at a store and stand in it, letting your mind go and choosing to be at peace, using the Thirty-Second-Time- Out for Peace process.	<input type="checkbox"/> Use a measuring stick other than business to measure your accomplishments; for example, your talents, creative abilities, human qualities, or close relationships.
<input type="checkbox"/> Look out the window for thirty seconds and let your mind go. Watch the wind blow or the sun shine or the rain fall.	<input type="checkbox"/> Devote today to seeing your strengths and positive qualities.
<input type="checkbox"/> Do one special thing for yourself today.	<input type="checkbox"/> Practice forgiving trivial errors.
<input type="checkbox"/> Drive home in the slow lane.	<input type="checkbox"/> Quietly do good deeds and acts of kindness.
<input type="checkbox"/> Smile more today.	<input type="checkbox"/> Practice receiving compliments graciously.
<input type="checkbox"/> Listen to calming music instead of the news on the drive home.	<input type="checkbox"/> Accept that life is unfinished business.
<input type="checkbox"/> Practice listening without interrupting.	<input type="checkbox"/> Take five minutes today to recall times when you were happy.
<input type="checkbox"/> Buy a small gift for a friend or family member.	<input type="checkbox"/> Commit to stop judging yourself for your lack of perfection.
<input type="checkbox"/> Call a good friend you have not talked to in a while.	<input type="checkbox"/> Consider the notion that perfection is in the imperfections.
<input type="checkbox"/> Look for the best in someone you know.	<input type="checkbox"/> When you feel conflict today, tell yourself, "I am not going to let this person or situation control how I feel."
<input type="checkbox"/> Today, feel more and think less. Become skillful at knowing how you feel by making I feel _____ statements.	