

# Hormones Detox

Reset Your Hormones

## Good-Bad Journaling

If you watched our educational videos on [www.HormonesDetox.com](http://www.HormonesDetox.com) or if you participated in our workshop, you already know that stress can come from different sources. Stress can be due chronic digestive issues, chemical exposure, physical exertion or emotional issues.

These emotional issues can come from external sources, like a nasty boss, marriage on the rocks, financial difficulties, etc. But, emotional stress can also be self-created.

**How we respond to stress is our choice.**

The below chart invites you to bring self-awareness and consciousness to people, factors and events that create stress in your life. It then allows you to create actions to deal with the sources of stress.

### Good and Bad For Me

Good For Me (makes me more alive, happy, healthy)	Bad For Me (drains me, takes away my energy, makes me angry)
Examples:	Examples:
Friendship with ...	Smoking
Certain foods	Self-talk about...
Some sports	Resentment for XYZ for having done this...
Time with family	Not eating regularly
Breathing fresh air	Skipping gym
Learning...	Self-criticism
Etc...	Being a perfectionist
	Comparing myself to others
	Etc

**Step 1:** Take as long as you need to fill in the table. Go back and add things as they come up for you. This is not a test. There are no good or bad answers, there is no pass or fail. The idea is to face your daily thoughts and manage them constructively.

**Step 2:** Circle the most important entries on each side (good and bad).

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**Step 3:** Prioritize them, ranking them from 1-5; 1 being the most important/impactful and 5 being least.

**Step 4:** To get started, pick just ONE thing you want to work on and start making it a conscious effort to catch this ONE thought and reframe it by asking questions, like:

- “What is another, more positive way to see the situation/person?”
- “What am I learning from this?”
- “What is the underlying emotion behind it (e.g. fear, guilt, not being good enough)?
- How can I avoid this source of stress?

Many people experience an improvement in their wellbeing and their cortisol levels (stress hormone that often throws our body out of balance) by doing the above exercise.

What has come up for you by doing it?