



TWO QUESTIONS EXERCISE

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THIS IS A GREAT EXERCISE TO BEGIN TO DISTINGUISH BETWEEN YOUR IRRATIONAL WORRY THOUGHTS (AKA MONKEY MIND) AND YOUR INTUITION (AKA VOICE OF WISDOM).

WHEN WE ARE ROUTINELY AND UNCONSCIOUSLY LISTENING AND REACTING TO OUR WORRIES WE WILL OFTEN FIND OURSELVES CONFUSED AND FRUSTRATED, NOT UNDERSTANDING HOW TO CHANGE OUR BEHAVIOR OR DO THINGS DIFFERENTLY.

WHEN WE BUILD THE SKILL TO NOTICE AND OBSERVE OUR WORRIED THOUGHTS AND NOT SIMPLY REACT WE CREATE A SPACE. THIS SPACE IS CALLED THE 'OBSERVATIONAL GAP.' WITHIN THIS GAP LIES OUR POWER TO RECOGNIZE PATTERNS THAT ARE NO LONGER SERVING OUR GROWTH AND CHOOSE A DIFFERENT ROUTE SO THAT WE CAN MOVE TOWARDS WHAT IS TRULY IMPORTANT TO US.

IF YOU ARE EXPERIENCING IRRATIONAL OR UNUSEFUL FEAR WHILE CLIMBING THIS IS A GREAT EXERCISE TO BEGIN TO BUILD THE SKILL OF DISTINGUISHING BETWEEN TRUE FEARS AND IMAGINED ONES.

THERE ARE JUST TWO SIMPLE QUESTIONS TO ASK YOURSELF WHEN YOU HAVE A FEARFUL, WORRIED, NEGATIVE OR REPETITIVE THOUGHT.

QUESTION #1: IS THIS THOUGHT USEFUL?

BY THIS WE MEAN, IS THIS THOUGHT BRINGING ME CLOSER TO MY GOALS, DREAMS AND ASPIRATIONS? OR IS IT HOLDING ME BACK OR OTHERWISE SHIFTING MY FOCUS TO NEGATIVE ASPECTS OF THE SITUATION?

IF THE THOUGHT IS CLEARLY NOT USEFUL, THEN YOU HAVE CREATED THE OBSERVATIONAL GAP AND NOW HAVE THE OPPORTUNITY TO SHIFT YOUR FOCUS TO SOMETHING THAT WILL MOVE YOU TOWARDS WHAT YOU TRULY WOULD LOVE. TAKE A MOMENT TO TAP INTO WHAT WOULD BRING YOU SATISFACTION, FULFILLMENT OR JOY IN THE MOMENT AND SHIFT YOUR FOCUS TO THAT.

FOR EXAMPLE: IF YOU HAVE A THOUGHT SUCH AS, "I SUCK AT SLOPERS," AND THE MOVES AHEAD HAVE SEVERAL SLOPEY HOLDS, THIS THOUGHT IS NOT USEFUL IN GETTING THROUGH THE SEQUENCE.

IF, HOWEVER, IN THE GAP OF NOTICING THAT NEGATIVE THOUGHT YOU SEE THAT FINDING NEW BETA AND MOVING PAST THE SLOPERS WOULD BE REALLY SATISFYING YOU CAN THEN SHIFT YOUR FOCUS TO EXAMINING THE ROCK FOR OTHER FEATURES AND EXPLORING POSSIBILITIES.

IF THE THOUGHT IS USEFUL, SUCH AS, "I AM FEARFUL OF HITTING THAT LEDGE IF I WERE TO FALL," THEN MOVE ONTO THE SECOND QUESTION.



QUESTION #2: HOW IS THE THOUGHT BEHAVING?

BY THIS WE MEAN, WHAT IS THE TONE AND ATTITUDE OF THE VOICE? IS IT BOSSY, BULLYING, DEROGATORY, BELITTLING? IS THERE AN INTENSE SENSE OF URGENCY?

WHEN OUR BRAIN IS OVERLY FOCUSED ON IRRATIONAL OR UNUSEFUL FEARS THERE IS A PARTICULAR "FEEL" TO IT VERSUS WHEN OUR INTUITION IS TRYING TO SEND US IMPORTANT, USEFUL INFORMATION.

OUR INTUITIVE VOICE TENDS TO BE CALM, NURTURING, ENCOURAGING AND OTHERWISE KIND. WHILE OUR MONKEY MIND VOICE TENDS TO SOUND LIKE A PANICKY JERK. AS WE PRACTICE DISTINGUISHING BETWEEN THE TWO IT BECOMES EASIER TO QUICKLY RECOGNIZE THE ONE FROM THE OTHER. WHEN WE ARE ABLE TO DO THIS WE CAN TAKE COMFORT IN TRUSTING OUR INTUITIVE VOICE AND CONFIDENTLY MAKE DECISIONS EVEN WHEN IN INTENSE SITUATIONS SUCH AS HIGH UP ON A ROCK CLIMB.

FOR EXAMPLE: IF THE THOUGHT SOUNDS LIKE THIS, "DON'T FALL HERE IDIOT OR YOU'LL BREAK YOUR FREAKIN LEGS!" THIS IS LIKELY MONKEY MIND.

VERSUS IT SOUNDING LIKE THIS, "THAT LEDGE BELOW SEEMS CLOSE ENOUGH TO IMPACT WITH A FALL HERE, LET'S SEE WHERE I CAN PLACE MORE GEAR TO PROTECT AGAINST THAT." DO YOU HEAR THE DIFFERENCE? IT IS THE SAME POSITION ON THE WALL BUT VERY DIFFERENT TONES IN THE VOICE.

IN CONCLUSION:

START BY ASKING YOURSELF THESE TWO QUESTIONS THROUGHOUT YOUR NORMAL DAY FOR AT LEAST A WEEK AND SEE HOW OFTEN YOU CAN CATCH YOUR WORRIED BRAIN TRYING TO RUN THE SHOW. I BET YOU WILL BE SURPRISED HOW, EVEN IN NORMAL, DAY-TO-DAY SITUATIONS THE MONKEY MIND CHATTER WILL TRY TO OVERPOWER YOUR INTUITIVE WISDOM.

AFTER YOU HAVE PRACTICED THIS EXERCISE WITH NORMAL THOUGHTS, TAKE IT TO YOUR CLIMBING WHERE THE STAKES ARE HIGHER AND THEREFORE MORE CHALLENGING TO SHIFT YOUR ATTENTION. REMEMBER THAT THE OLD THOUGHT PATTERNS HAVE LIKELY BEEN AROUND FOR AWHILE SO IN TURN WILL LIKELY TAKE SOME TIME TO SHIFT. BE PATIENT WITH YOURSELF AND BE CONSISTENT WITH PRACTICE.

IF YOU WOULD LIKE TO EXPLORE THESE IDEAS FURTHER PLEASE FEEL FREE TO CONTACT ME WITH QUESTIONS OR FOR A FREE CONSULTATION!

