I get it. Something has triggered you and now you’re spinning out. You’ve gone “down the rabbit hole” and need to get out quick before another hour, day, or week passes without taking action on your dreams.

You want to get into action fast, but you’re stuck in a morass of negative thinking or ruminating or just plain emotional suckiness that’s sapped the energy right out of you.

Trying to get into action and move forward on your business while you feel like this is a fast path to hard. Pushing through it can feel like such a struggle.

Let’s not do that, okay?
Without going into the core drivers of your current state and what you ultimately need to do to shift things on a more permanent basis, I’d like to give a very quick way to stop your spinout immediately.

A WORD OF WARNING: This may seem too simplistic and as a result you may want to dismiss it.

Don’t do that. If what you want is an easier, more peaceful, joyful approach to building your business, why would you dismiss an easy solution?

**Successful women choose ease.** I encourage you to choose it too. You can start by choosing easier solutions to even your most complicated problems.
**“DO I WANT TO CONTINUE TO FEEL THIS WAY?”**

Yes or no. Those are your only two options.

It may seem that of course you don’t want to feel this way anymore, however you need to decide this consciously.

**If you answer, “No, I don’t want to continue to feel this way,” there are two subsidiary questions you must ask and answer.**

1. How do you want to feel instead?
2. What is your reason (or reasons) for wanting to shift how you feel? (What will this shift allow you to do instead?)

Be clear on your answers. Articulate how you want to feel and your reasons. This is what you need to know about yourself to be able to shift out of spinout and into ease.

**Sometimes, however, you may want to continue to spin because you actually need to:**

- Articulate how you’re feeling to understand what’s going on
- Feel your feelings more deeply in order to let go of resisting them or pushing them away
- Express yourself, get it out, go on a rant, actually bitch and complain for a minute
- Need to learn some sort of lesson
- Want to wallow in it.
If this is the case, choose yes. You’re not ready to stop your spinout.

Later, when you feel yourself complaining internally about spinning out, circle back and ask the power question again:

“Do I want to continue to feel this way?”

Or are you done with feeling this way? At some point the answer will be “I don’t want to feel this way anymore.”

When you get to this point, proceed to Step 2...
When you choose

“NO, I DON’T WANT TO FEEL THIS WAY ANYMORE”

you have made a decision.

Make this a clear, unequivocal decision. Make this a very conscious choice, not just lip service. Make this a sacred commitment to yourself.

Being able to make decisions like this is a very strong indicator of success.

You’re deciding that you’re done with feeling this way and that under no circumstance will you choose to feel this way again.

This is not about resisting or pushing this feeling away. This is not about telling the feeling that it is bad. This is not about being in an antagonistic relationship with this feeling.

This is a NEUTRAL decision.

You are simply making a powerful decision. This is the decision to be complete with feeling this way.

It can be as simple as a choice.

This is a sacred commitment to yourself. Once you choose it, you’re committed.

You can now proceed to...
What usually happens is that once you decide that nope, you don’t want to feel this way there’s a shift. You’ll sense an opening and you do in fact feel better. (Yes, it can be as easy as deciding.)

But then what happens is that your programming & your subconscious mind, go ‘WHOA NELLY! are you sure? That’s not how we normally do things around here.’ and they test you.

They test you by throwing up thoughts that trigger you to feel bad again.

Your job is to notice this and gently, yet firmly stay committed.

You’ve made a commitment to yourself to feel better so you nip these feelings and thoughts in the bud the moment you notice them.

You simply say, “Nope, I’m done with feeling that way.” You do not give the spinout any more attention or energy.

**You do not feed the demon by:** Bemoning how bad you feel and that you wish you could feel better… you just say “Nope, I’m done with feeling that way. I’m choosing this (insert your desired feeling) instead.”

**You do not feed the demon by:** Entertaining the thoughts that come up and whatever line of reasoning they take you on… you just say “Nope, I’m done with that.”
You do not feed the demon by: Ruminating on the rightness or wrongness, the fairness or lack of justice... you just say “Nope, I’m done with feeling that way. I’m choosing this instead.”

You do not feed the demon by: Analyzing the situation and how it came to be... you just say “Nope, I’m done with feeling that way. I’m choosing this instead.”

Do not energize anything that causes you to feel the feeling you are done with by giving it your attention.

You are systematically refusing to give attention to the downward spiral.

This is taking back conscious control over your mindset and state of being.

If you notice you’re feeling bad again, you have fed the demon somehow. All is not lost, you just remind yourself that you’re not feeding that demon and SHIFT TO HOW YOUR WANT TO FEEL AND REMEMBER YOUR WHY. It can really be that simple.

Usually your subconscious mind will try again, 5 or 6 times, testing you. Each time you need to answer with the choice you’re making.

“I’m not going to entertain that. I am committed to [insert new feeling and reason].”

This boils down to watching your thoughts and noticing your mind hooking you. What’s different this time is that you don’t allow yourself to get hooked. You just don’t go there.

You’ve DECIDED that you don’t want to feel like crap anymore, so when you notice the thought that’s taking you down, you choose not to give it any fuel.

You shift your attention to what you want instead and get back into action.
NOTE AGAIN: This is not a substitute for taking a look at the core beliefs that drive behavior, paying attention to the learning inherent in your feelings, or the power of being present.

That’s so essential and leads to much more overall ease in your approach to your business.

This is however, a quick way to stop the spinout so you can get back into action… quickly.

*This whole process only takes several conscious moments*. It’s about making a choice that will create a different outcome for you. Do this consistently and you’ll be back in action quickly.

*Give it a try and let me know how it goes for you. Send me an [email](mailto:info@wealthoflife.com) or join my free Facebook group for women who are committed to creating a highly successful business with ease.*

*k xo,*

**Amira**

**Amira Alvarez** is a business strategist and mindset mentor at Wealth of Life, LLC. She’s dedicated to helping highly ambitious entrepreneurial women have a successful business and a fully actualized, “pinch-me” life. She works in deep partnership with her clients helping them to step off the hamster wheel of never enough and make a quantum leap in their levels of income, impact, ease, happiness, and fulfillment. Join her FREE FaceBook group for more mindset tips and business advice @ [www.amiraalvarez.com](http://www.amiraalvarez.com)