

# Day 10: Stress

## 12 Day *Natural* Detox

# Stress Problem Solving

What is the problem that is causing you stress?

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Where is it happening?

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Are certain people Involved?

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When is it happening?

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Why is it happening?

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Is the problem really as big as you are making it?

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If you could fix the problem, would life be better?

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Do you have control over any part of the problem?

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## Find a solution:

Write down everything you can think of to solve the problem.

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What are some of the ways you have solved these problems in the past?

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Ask others what they would do.

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# Daily Reflections

How do you feel physically after today? What sensations are you experiencing when you tune into your body?

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What challenges did you overcome today?

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How is your motivation and commitment to accomplishing your health goals in this program? Focus on your accomplishments for the day.

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What do you need to focus on for tomorrow to be a success for you within this program?

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