



Words | Emotions | Behaviors

Words-Emotions-Behaviors, or W.E.B. is a tool to help you understand how the thoughts your brain thinks translates into emotion in your body, and how that causes you to act, or behave the way you do. Word, emotions, and behaviors work in tandem to create “WEBS” of instruction for your life.

By deconstructing your WEBS, you can get a clear picture of how your thinking, also known as mindset, is affecting the results you see in your life. This tool can apply to anything you are experiencing as a problem.

You experience something as a problem only because of the way you think about it. What you experience as a problem is defined by the words your brain uses to talk to you about it. Change the words, and what was once a problem may no longer be.

Your body understands the words your brain is thinking through emotion. Emotions are chemicals released into your bloodstream that communicate with your nervous system. The release of these chemicals is triggered by neurons firing off, which you understand as “thought”. So, the words your mind thinks are connected to the chemicals of emotion your body feels.

Once the nervous system picks up on those chemicals it is prompted to act, also known as behavior. These chemicals will prompt you to either engage with, or avoid something. If you are avoiding something in life you wish you weren't, or engaging with something you'd rather not, using the W.E.B. tool to understand the words and emotions behind the behavior will clarify why you are doing what you are, and help you find the words and emotions that will change the behavior.

All you must do is CHOOSE to get back in the driver's seat of thinking, rather than leaving it up to your subconscious, conditioned mind.

On the next page you'll find some questions to prompt you. Take your time to really think about this exercise, it takes practice. And if you have any questions or need help, email sarah@braincleanupcoach.com.

1. Name a problem that you have in your life right now.

2. Why is it a problem? These are the WORDS.

3. What EMOTIONS do the WORDS create?

4. When you feel those EMOTIONS how do you BEHAVE? Take each emotion one by one.

Hopefully, you were able to fill out each section above, and gain some enlightenment into what your subconscious, or programmed mind suggests that you automatically think, feel, and do.

Now it's decision time. Is that WEB serving you well in your life?

Is that how you want to behave? Is that how you want to feel?

If the answer is no, you can use the WEB tool to construct a new WEB to support a new way of thinking, feeling, and doing.

Start with behavior. How would you rather behave when it comes to the exact same problem you're perceiving? How do you want to show up in the situation? Write it down.

Now, what emotions would your body have to feel to move you into the actions, or behavior you desire? Write it down.

Finally, you've got to find the words that will create those emotions. If any words are popping into your head, even if they've not been assembled into a sentence yet, write them down. Then look at those words, and see if you can get an organized, motivating sentence that could be the starting point of this new WEB.

EXAMPLE

Let's look at an example so you can see WEB in action. I (Sarah Weber, The Brain Cleanup Coach) live at risk for Huntington's Disease, a genetic neurodegenerative disease. Part of the reason I started my coaching journey was because of this circumstance in my life. When I found out that my mom has HD, and I live at risk for it, my WEBs about disease, neurological disease, and health all kicked in. My brain was presented information, and my subconscious mind presented me immediate thoughts to think, which led to emotion and behavior.

Needless to say, my immediate reaction was one of fear. Do I have HD? How would it effect my mom? How would my brother and I take care of her? Am I already experiencing symptoms?

That last one weighed on me. Living with the possibility of disease, it was easy to get stuck in a mindset that anything that even remotely resembled a symptom of the disease was probably proof that I had it. Even though those "symptoms" were also things humans commonly do. Let's take balance as an example. I've never had great balance. But in HD, one of the symptoms is losing your ability to balance and falling quite often.

Let's look at the subconscious WEB my brain and body created about losing my balance for a moment:

Words: It's probably Huntington's Disease

Emotions: dread, fear

Behaviors: get lost in thought about HD, crave food or alcohol to change my emotional state, tell myself scary stories, get anxious about other small things

This WEB was not serving me well. It made me anxious, distracted, and borderline obsessive about HD. Thoughts are always simply SUGGESTIONS from your brain. When you BELIEVE the suggestions, they become your truth. So let's build a new WEB for Sarah of the past. The circumstance hadn't changed, but I could most certainly change my mindset about it to influence my behavior.

The first step was to define that new behavior, the way I wanted to show up moment to moment.

Behavior: not obsess about HD, focus on my present life and all the good in it, control my cravings, have compassion for my own thinking mind and practice controlling it

Next, I had to identify the emotions that would create those behaviors:

Emotions: calm, curious, thoughtful, determined

And the final step was to find powerful words formed into a thought that would connect to those emotions:

Words: There is way more to my life than Huntington's Disease.

And there was a beautiful new thought to utilize to create intentional behavior. The brain always wants to default to subconscious thought because it's easiest, so after creating a new WEB it's important to remind your brain of the new thought you created. Once your brain determines the new WEB is better than the old, it will automatically utilize the new one. That's how you change behavior, and the results in your life.