MODULE 1 | LESSON 1

FACING & EMBRACING YOUR PROBLEMS: ARE YOU A FALL RISK?

OVERVIEW

The first step to becoming a super woman is admitting you aren't Superwoman, like I eventually did. Embracing it, even. We all have problems. And it doesn't matter if your problem is feeling depressed or an occasional case of sleep deprivation–if it's causing you distress, then it's serious, and it's time to get serious about taking care of it.

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EXERCISE 1: SO, WHAT'S YOUR PROBLEM?!

We all have something going on that threatens to knock us off-balance. Before you can unlock the power of your problems, you have to know what they are. Give them a name and you take away some of their power over you.

Step 1:

Are you feeling like yourself lately?

Step 2:

If not, how so? Be specific.

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Step 3:

What do you think is contributing to *why* you're feeling the way that you do? It's ok to be super honest here–no one has to see this except for you.

Everyone experiences situational anxiety or feels depressed from time to time, but not everyone suffers from the clinical disorders of anxiety or depression. Sometimes these are referred to, and feel like, "capital A anxiety" and "capital D depression" (even though both the situational and clinical kinds of anxiety and depression are technically capitalized the same way).

Figuring out whether the problem you are experiencing is a clinical one is something a professional can help you with.

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SOMETIMES PROBLEMS ARE SUPERPOWERS BY ANOTHER NAME

Our brains have a “negativity bias” that predisposes us to focus on and feel the bad more than the good. This may have been helpful when we were cavewomen, but it’s up to us Super Women to actively reframe the default negative and rewire “problems” positively. Here are some examples:

PROBLEM	SUPERPOWER
I’m a worrier.	I’m always thinking a step ahead.

Intense worry can be crippling. But you can use a lesser tendency toward fretting to your advantage by being organized, careful, and on top of deadlines. Your worrier’s habit of asking “What if?” makes you the queen of contingency plans and lets you foresee potential pitfalls–and avoid them.

PROBLEM	SUPERPOWER
I’m a perfectionist.	I notice details other people miss.

The need to make every little thing perfect, if it goes unchecked, can make it impossible to be productive. But that same knack for meticulousness can be an asset in any number of professions, giving you an eye for detail and ensuring that you’re never embarrassed by a sloppy error.

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PROBLEM	SUPERPOWER
I'm easily distrac–Look! A squirrel!	I'm a creative multitasker.

An ADHD diagnosis or other problems focusing might require medication or adjustments to your workplace settings. But having a brain that tends to leap from one tangent to another lets you see connections others might not. And harnessing the power of your creative mind in organized, preplanned twenty-or thirty-minute intervals could make you a masterful multitasker.

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