



**Go From
OVERTHINKING
to Love Flowing**

A five day online training that will help you to stop analyzing and creating problems in your love life so that you can connect with another person with love and ease.



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Day 2 Workbook

To understand why you need to answer the following questions, please watch Lesson for Day 2 first.

How we cope with uncertainty plays a big role in our relationships. How much we think, worry, and create problems in our mind (and thus relationships) is closely linked to the level of our confidence, self-worth, and hunger for love.

I explain the conscious and unconscious mind and what happens when we get triggered by someone's words or behaviour.

Our negative thoughts make us feel bad, creating bad energy inside and around us, and then we bring that same energy into our relationships. Have you ever noticed that?

Finally, I talk about your WHY - what motivates you to make a real change in how you feel, think, and relate to others. Most importantly, how you think and feel about yourself.

If you haven't watched Lesson for Day 2, click here to catch up:

[>> Access Day 2 <<](#)

UNCERTAINTY

How do you cope with uncertainty? Are you comfortable with not knowing how things will turn out between you and the person you're seeing?

Do you feel worthy of the love you want to receive?
Do you feel you truly deserve it? Elaborate and explain why.

On a scale from 1 to 10, how hungry for love are you?
1 being "I am completely happy on my own, too" and 10 being "I am starving!"

1 2 3 4 5 6 7 8 9 10

YOUR STORIES

What stories have you made up in your previous relationship or while you were seeing someone? Recall past experiences. Write down two or three examples.

When you get lost in your thoughts, do you go into the past or future?
Do you think about your past experiences, or you focus on your future? Where do you go?

Is there a MAIN theme, something that keeps coming back, over and over again, a pattern that you've noticed over the years, or something that has been active lately?

How do you feel when you think about these things?
What negative impact does it have on you?

Are you willing to let go of these stories? How do you know?

WHY?

Write down the real reasons why you want to stop thinking (and living) this way.

What will it bring you?

What will be the benefits of calming your mind and letting these stories go?

When you feel weak, and you notice that you're going into the old patterns of thinking, what will be your strong reason – strong enough to put an extra effort and stop yourself from going down that road?

WHAT IS YOUR WHY?

** You can write as many reasons as you like. The more the better.*

I want to change the way I think, feel and live, I want to do the exercises and work on my mindset, because...

How will it feel once you break free from that negative way of thinking?

How will you see the world and relationships instead?

How will that impact your relationships?

*“Negative thoughts are like birds.
We cannot stop them from flying near us,
but we can certainly stop them from
making a nest in our minds.”*

Take care of your mind. x

Matea