



Being Better On Purpose

# Data Tool

*THE DATA TOOL: How much does this impact your daily functioning?*

**1 (not at all) — 10 (a lot)**

Worry	_____
Self Criticism	_____
Anger/Resentment	_____
Sadness/Hopelessness	_____
Loss of interest in favored activities	_____
Overwhelm	_____
Deciding on little things	_____
Deciding on BIG things	_____
Hatred	_____
Total	_____

**For the next set, the scale goes as follows:**

**1 (I don't know at all) — 10 (I've GOT this!)**

Understanding of how the subconscious works	_____
Communication with people closest to you	_____
Resolving conflicts with ppl closest to you	_____
Satisfaction with YOUR role in these relationships	_____
Satisfaction w/ OTHERS roles in relationships	_____
Love for people closest to you	_____
Total	_____

You can make copies of this, or make your own spreadsheet, and keep track of your ups and downs (and then consistencies....)

The Sample Spreadsheet below can be a guide to creating your own charts and graphs! You want the TOTAL at the end of each questionnaire as your data point for the day.

You will KNOW that what you are doing is working when you see consistent trends - the Emotional number should begin to come down and the Relationship number should begin to rise!

If you have questions, don't hesitate to reach out! You can always email [Liz@DitchTheDx.com](mailto:Liz@DitchTheDx.com) or send a text message to 919-756-4548 if you'd like to set up a consultation.

## What to Do

- Create your own spreadsheet
- Date in Column A, questions across your top row
- Score yourself regularly/weekly
- IF YOU ARE USING YOUR TOOLS PROPERLY you will see results FAST!

## Pay Attention to the Stories

1. **Self Storying is DANGEROUS** If you find that you are justifying, rationalizing or otherwise minimizing the impact of something, STOP, take a breath and let the number come to you.
2. Try not to be harsh with yourself, it's a process, and you're just starting.
3. **Reach out if you need support!** Yes, this author has a small practice, but since this kind of habit training moves so quickly, there is space on my calendar for you\*!

## Pro Tips

1. Focus on the last two weeks for general checking in with yourself.
2. If you KNOW something is bugging you, focus on THAT when you're answering your questions and it might bring up some neat information from your subconscious!
3. When you see a number that feels like it should be different, capture that thought and turn it into an Empowering Question!

