

Social Circle Leverage

High Intensity Sport activates your natural pain response system, making it easier to deal with your breakup. This will help you achieve all your goals, and if necessary, be less afraid to expand your social circle. **You can literally train your brain for resiliency if you train the rest of your body.**

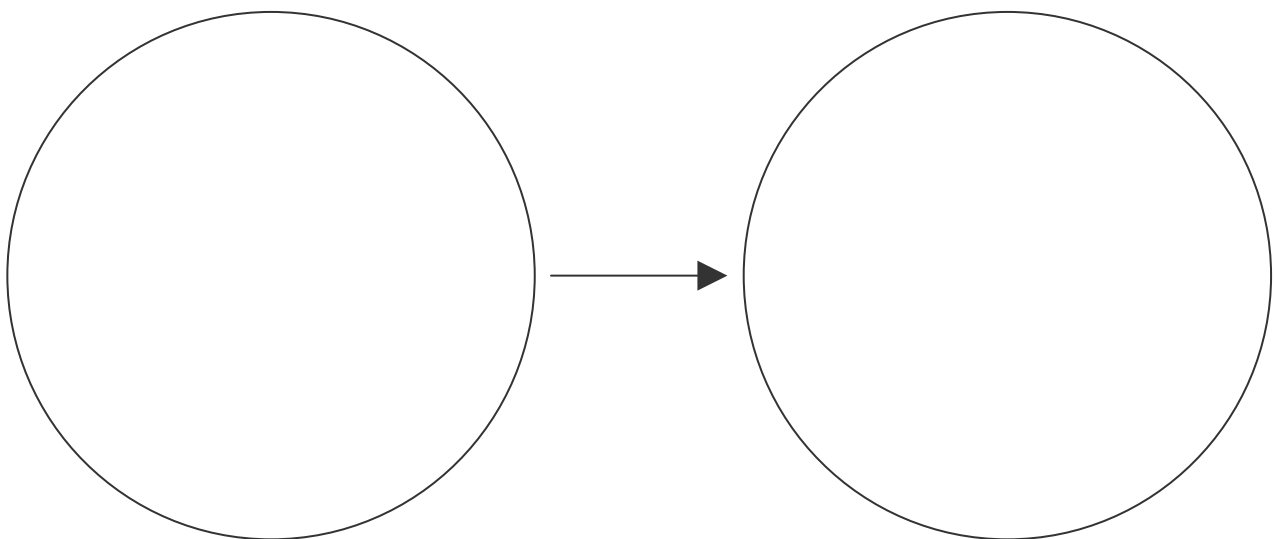
Choose a “non-idle” sport to keep your body & brain occupied.

High Intensity Sport (At Least Once A week)

Evaluate Your Social Circle

With your new goals, your circle of friends may or may not be interested in your goals. Some of them may even be counter-productive for you to become a stronger version of yourself. Look at up to five of your closest friends. Put them in the left circle. Who among them do you trust to inspire you & to be a good influence to reach your new goals? Put them in the right circle.

If you cannot put at least one person in the right circle, then it might be a great idea to expand your social circle. Sometimes your current friends simply aren't aligned with your new goals. That's okay. It's **OK to add** to your circle of friends. You **don't need to subtract** from your existing circle of friends. Meet new people at a gym. Meet new bros at a men's group. Meet new people who don't like to get wasted. Meet people who want to learn new ideas. And so on.



Your Current Social Circle

Alignment With New Goals

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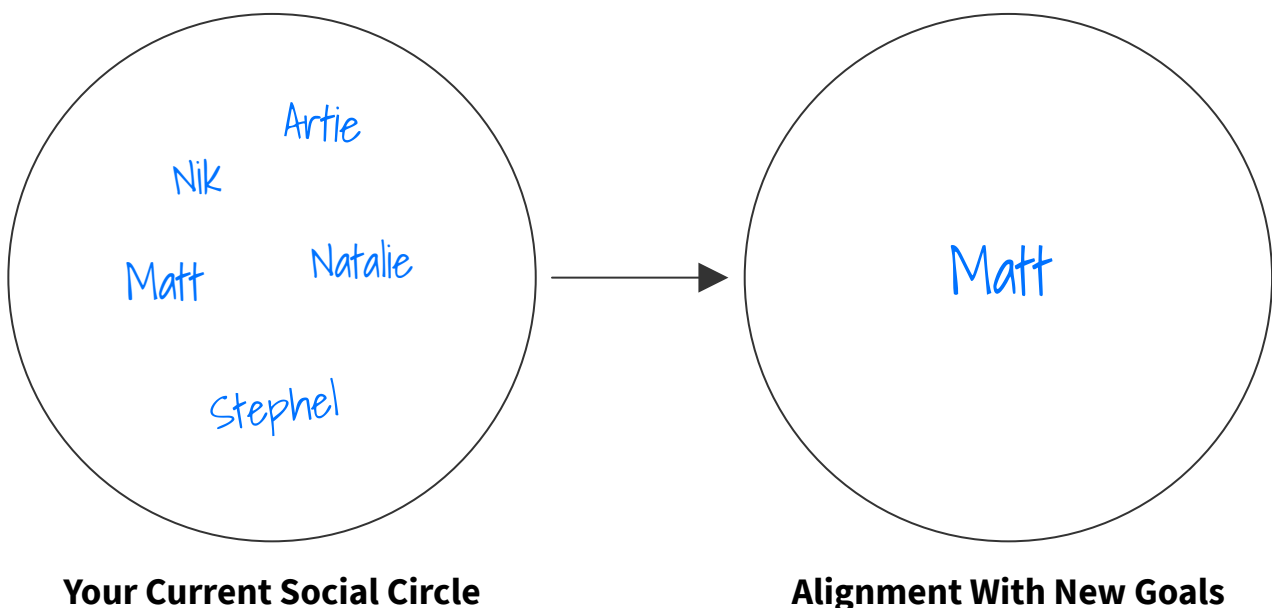
High Intensity Sport (At Least Once A week)

Gym + Kickboxing

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Social Circle Exposure

If any of your growth goals require you to go out of your comfort zone, possibly do something brand new or meet new people, then you'll likely feel a little bit hesitant to get started. All beginnings are hard, but often we tell ourselves that it's harder than it actually is.

Expectations

What new experience/social circle intimidates me?

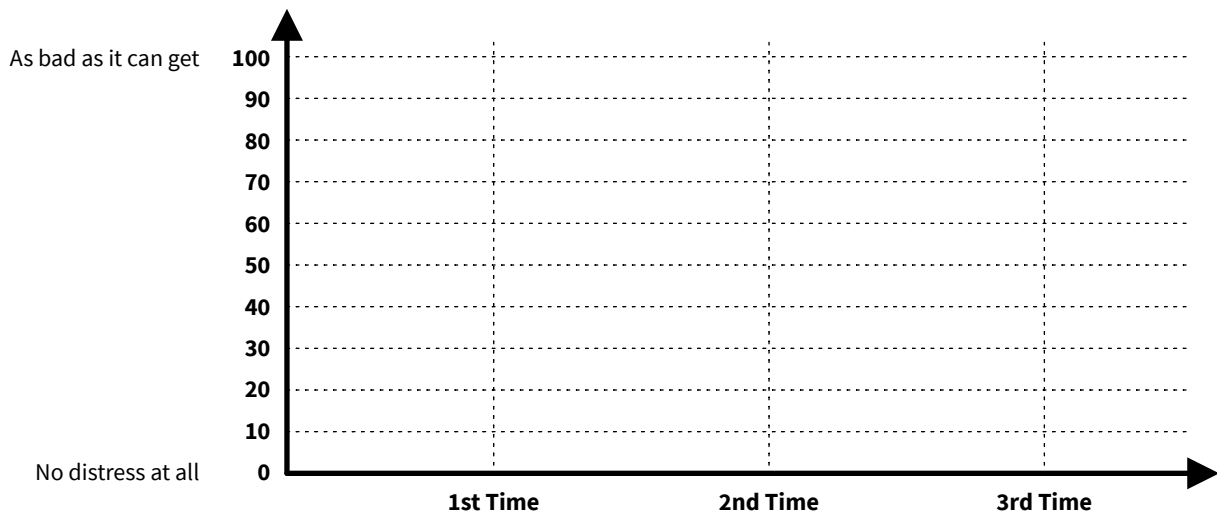
What do I fear will happen? (What is the worst that could happen?)

How likely is it that the feared outcome will happen? (0-100%)

How severe would it be if this happened? (0-100%)

Exposure

Expose yourself 3 times to the new experience & record your subjective distress every time.



Outcome & learning

What was the outcome from the exposure? What did you learn?

How likely is it that the feared outcome will happen? (0-100%)

How severe would it be if this happened? (0-100%)

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Expectations

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Crossfit / Circuit Gym

What do I fear will happen? (What is the worst that could happen?)

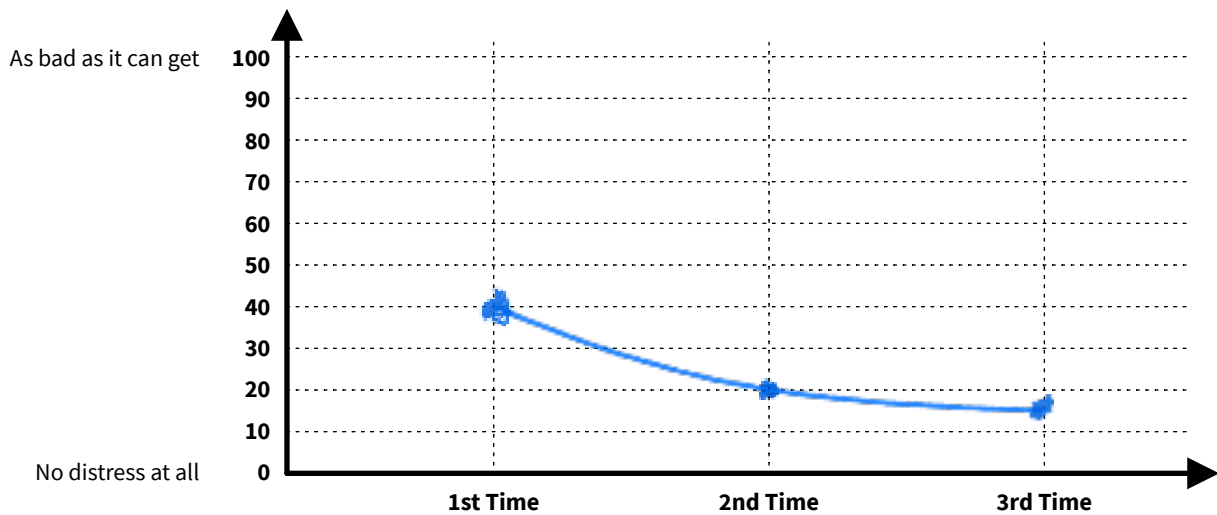
I will embarrass myself and will get in the way of other people, especially if it's a Circuit

How likely is it that the feared outcome will happen? (0-100%) *70%*

How severe would it be if this happened? (0-100%) *90%*

Exposure

Expose yourself 3 times to the new experience & record your subjective distress every time.



Outcome & learning

What was the outcome from the exposure? What did you learn?

The instructors are actually very helpful and it is easy to follow the Circuit. I also had a nice conversation with Mike. It's not as intimidating as I thought it would be

How likely is it that the feared outcome will happen? (0-100%) *15%*

How severe would it be if this happened? (0-100%) *30%*