

MATTdFOX



The 7/11 Technique

www.mattfoxcoaching.com

Welcome

It's horrible, isn't it...?!

That little voice in your head.

The one that constantly witters away.

Incessantly.

“

“If I don't help on that project they'll think I'm slipping”

“If I don't get back to that client, I'll lose the project”

“If I don't get my shit together, they'll know I can't handle it anymore”

“All my colleagues will think I'm weak and pathetic if I don't work long hours”

“They talk behind my back because they know I'm not man enough to handle it anymore”

“My kids... don't love me... how can they when I'm never there for them”

“My wife... she won't hang around for long... not when I'm always working”

”

It's rough, I know.

But for what it's worth, I want to make it really clear...

YOU ARE NOT ALONE!

Pretty much **EVERY MAN IN YOUR SITUATION HAS THESE KINDS OF THOUGHTS** at one time or another. Especially fathers under all the pressure you are.

However, I know from personal experience, unless you make some kind of change, that little voice won't ever go away. In fact, it will probably get worse because you're not getting to the root cause of what's causing it.

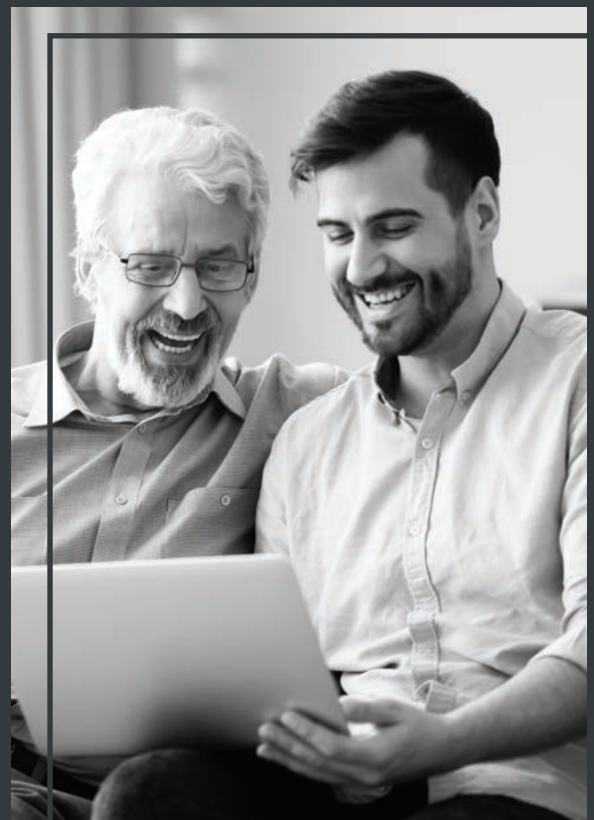
So here's a little technique that you can use when your mind is whirring at a million miles an hour and you're beating yourself up with all this negative self-talk.

It's called the 7/11 Technique.

Most fathers in your situation find it helps to just quieten their mind a little. Best of all, you can use it no matter where you are (except when driving or handling machinery as that might not end so well...).

So here's how it works.

All you need to do is close your eyes.



Then Simply

Breathe in for a count of 7 **and then breathe out for a count of 11.**

And as you do it, really focus on the counting.

So, just close your eyes... or you can soften them and look into the distance if that's more comfortable.

Start to breathe in.

One. Two. Three. Four. Five. Six. Seven.

Hold it for a second.

• • • • •

Slowly breathe out.

**One. Two. Three. Four. Five. Six. Seven.
Eight. Nine. Ten. Eleven.**

Then repeat for two or three more times.

Really concentrate on the numbers and say them in your head.

So go ahead.

Give it a go... because what have you got to lose...

Exactly.

Nothing but a few seconds.

But you've got a lot to gain.

• • • • •

Done it?

That's great.

Now, notice how calm you feel.

Even if it's a brief respite for a few seconds.

Feels pretty good, doesn't it?

Now imagine if you could have a quiet mind all the time...

Where your emotions come and go without worrying you...



Where your mind no longer chatters all the time, constantly telling you that you're breaking inside...

Where you no longer feel stressed or anxious by your heavy workload, no matter what's happening...

Because that's what I share how you can easily achieve in my Inoculation Masterclass here: <https://www.mattfoxcoaching.com/stress>



My Name's Matt Fox. I'm a high performance coach who works with professional dads to help them get beyond stress, anxiety and overwhelm to lead a happier, more fulfilled life.

I've had a varied career. Teacher. Academic. Researcher. Consultant, Entrepreneur. Psychotherapist and now Coach.

I'm passionate about two things: **helping fellow dads avoid the horror of the burnout that I experienced in my 30s and helping them really show up and be present with their families.** I grew up with a dad who was either away or when he was home whose head was always in work. I saw myself going the same way. Always on the phone. Barely paying attention to conversations. Struggling to connect with my son and partner. I was lucky enough to see what might lie ahead if I stayed on this course. **My journey of self-discovery led to some extraordinary insights into how we can live life so much more lightly and freely.** I'd love to share those with you too and help you avoid the many pitfalls I've got trapped by over the years.