

Working With Your Big "But"

Understanding Fear, Uncertainty & the Nervous System's Resistance to Change

**You know what you want to change.
So why does your mind keep answering, "Yes, but..."?**

About the Workshop

Maybe it sounds like: *"I need to make a change, but I am too busy."* *"I want to look for a new job, but it is hard out there."* *"I need to set a boundary, but I do not want to upset anyone."*

That "but" is not always a lack of motivation. Sometimes it is your nervous system responding to uncertainty, risk, or the possibility of something unfamiliar. In this workshop, we will explore why the brain can become very convincing when it wants us to stay with what we already know - even when we know we want something different.

What We'll Explore

- **Why familiar can feel safer than better.** Learn how the nervous system can favor the known, even when the known is stressful or limiting.
- **Meet the amygdala.** Explore how this small part of the brain scans for potential threat and can turn uncertainty into a long list of reasons to stay put.
- **Your own Big But.** Identify a goal, decision, project, or change where fear or uncertainty may be getting in the way.
- **Fear setting through a nervous system lens.** Look at what you fear might happen, what you may be protecting yourself from, what support or repair could look like, and the possible cost of staying the same.
- **Comfort, learning, and overwhelm.** Learn to recognize when you are growing, when you are beginning to lose ground, and when it is time to pause and support your system.
- **Small supported steps.** Practice making the next step small enough for the nervous system to stay engaged rather than pushing straight into overwhelm.

A Different Kind of Nervous System Practice

This workshop combines nervous system education, reflective coaching exercises, and simple somatic practices. Rather than trying to eliminate fear, we will practice noticing what happens as we approach change and learn ways to return to enough steadiness that curiosity, learning, and choice become available again.

PANIC ZONE

Overwhelmed • Reactive • Shut Down • Stuck

NOTICE • PAUSE • SUPPORT

Worry • Overthinking • Self-Doubt • Urgency

LEARNING ZONE

Curiosity • Growth • Exploring • Small Risks • Possibility

COMFORT ZONE

Familiar • Predictable • Stable • Known • Safe

Growth happens in the Learning Zone. Resilience grows as we learn to notice when worry and activation are increasing, pause, offer support, and choose a manageable next step.

This Workshop May Be Helpful If...

You find yourself repeatedly saying you want or need to make a change but keep getting stuck; you overthink decisions; uncertainty quickly turns into worry; you tend to push until you become overwhelmed; or you want practical ways to build resilience while moving toward something new.

A Note About Support

This class stays within education, nervous system awareness, somatic practice, and coaching. Change can sometimes bring up deeper fears, old experiences, or strong emotions. Working with a counselor or mental health professional can be a valuable part of the support system as you take steps toward change.

Awareness Creates Choice.

For educational purposes only. This material supports nervous system awareness, self-reflection, and well-being and is not a substitute for medical, mental health, or therapeutic care.