

# Practice the Methodology

**ACTION GUIDEBOOK**



Release Stress and Welcome Peace,  
Love, and Joy Into Your Life —  
Sustainably



**THE METHODOLOGY**  
ISABELLE TIERNEY

# About Isabelle



Isabelle Tierney, M.A., LMFT, is a licensed therapist and global speaker who has dedicated her career to understanding and alleviating human suffering. With a unique blend of expertise in psychology, spirituality, and wellness, Isabelle has developed a transformative approach to managing stress and enhancing overall well-being.

Through her personal journey and professional experience, Isabelle has crafted a comprehensive framework that not only addresses the immediate impacts of stress but also promotes long-term resilience and a deeper connection with oneself and the world.

## ISABELLE'S STORY

Isabelle's journey is deeply personal, marked by childhood trauma, an eating disorder, and the profound challenges of a divorce and a diagnosis of adrenal exhaustion due to burnout. These experiences served as a catalyst for her realization that she needed to find a different way to live, one characterized by less stress and more well-being.

However, Isabelle's development of her transformative Methodology was not solely based on her personal experiences. She also engaged in extensive research across various disciplines, including Buddhism, cognitive-behavioral therapy (CBT), mindfulness, neuroscience, and more.

This multidisciplinary approach allowed her to create a Methodology that is deeply rooted in both personal insight and scientific evidence, aiming to not only heal her own life but to also offer a pathway for others to find peace, connection, and lasting happiness.



# *About the* Methodology

## **AWARENESS + ACTION = TRANSFORMATION**

At the core of Isabelle's Methodology is the formula: Awareness + Action = Transformation. This formula encapsulates the essence of her approach, which starts with recognizing one's current state (Awareness) and then taking deliberate steps (Action) to alter that state, leading to a profound shift in one's experience of life (Transformation).

The Methodology is celebrated for its simplicity, effectiveness, and actionability, using the universal symbol of a traffic light to help people best remember and apply its principles in daily life.

## **AWARENESS & THE FEEL GOOD SCALE**

The "Feel Good Scale" is a key component of cultivating Awareness within the Methodology. It categorizes one's state into three distinct zones:

- **Red Zone:** Represents the stress response, characterized by signals such as a rapid heartbeat, tightness in the belly, racing thoughts, and a perception of the world as threatening. It's a state of high alert, marked by feelings of anxiety, irritability, and overwhelm.

- **Yellow Zone:** A "good-enough" state, where individuals may experience some anxiety, engage in some painful habits, and exhibit some reactivity. It's an intermediate state that isn't overwhelmed by stress but isn't in full relaxation or connection either.
- **Green Zone:** Represents the thrive response, or what is commonly called the relaxation response. Indicators of being in the Green Zone include a relaxed heartbeat, ease in breathing, clarity of thought, and a feeling of connection with others. Emotionally, this zone is marked by feelings of peace, joy, and a deep sense of belonging, indicating a state of harmony and balance.

The Feel Good Scale serves as a tool to help individuals identify their current state, empowering them to recognize early signs of stress in the Red and Yellow Zones and take timely action to move towards the Green Zone, where relaxation, connection, and well-being are found.



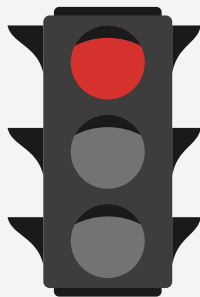
## *The Feel Good Scale*



## ACTION & THE 3 STEPS

To transition from stress to a state of calm and connection, Isabelle proposes a 3-step Action plan:

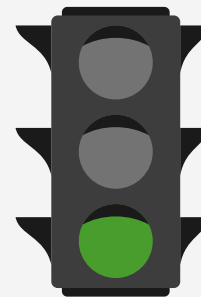
- Stop: Acknowledge the distortion caused by stress and detach from the influenced perceptions.
- Slow Down & Breathe: Use deep abdominal breathing to signal safety to the body and mind, fostering relaxation.
- Go to a Feel Good Habit: Engage in positive, nurturing actions (Feel Good Habits) that reinforce the state of calm and connection established through breathing.



**STOP**



**SLOW DOWN &  
BREATHE**



**GO TO A FEEL  
GOOD HABIT**

# *The 3 Steps*



## **SPIRITUAL APPLICATION: THE SEPARATION RESPONSE & THE GOD RESPONSE**

Isabelle's Methodology extends beyond the physical and psychological, touching upon the spiritual aspect of our being. She redefines the stress response as the "Separation Response" — a state that perpetuates a sense of disconnection from oneself and the world. Conversely, the Methodology aims to cultivate the "God Response" (formerly the "Thrive Response"), promoting a sense of unity, compassion, and interconnectedness. This spiritual framing emphasizes the transformative potential of the Methodology, offering a pathway to not just manage stress but to transcend it, fostering a deep, fulfilling connection with the essence of life itself.

## **CONCLUSION**

Through her narrative and the development of this transformative Methodology, Isabelle Tierney offers a comprehensive approach to managing stress and enhancing well-being. Her story, coupled with the practical tools and spiritual insights of the Methodology, serves as a beacon of hope and a guide for anyone seeking to navigate the challenges of life with grace, resilience, and a deeper sense of connection.

# Your *Journal* *Exercise*

## AUDIT YOUR HABITS

Are your daily habits leading you to the Red Zone or the Green Zone?

### FALSE GOOD HABITS

False Good Habits lead you to the Red Zone. They help you feel better *temporarily* — but *only* temporarily. False Good Habits have long-term consequences in every area of your life.

Common False Good Habits include:

- Irregular Sleeping
- Procrastinating
- Gossiping
- Overeating
- Overworking
- Too Much Screen Time
- Overspending
- Fighting
- Substance Use

Which False Good Habits do you engage in regularly?

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What are the long-term consequences — for your health & self-care, relationships, and career & finances?

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## LETTING GO OF FALSE GOOD HABITS WITH THE 3 STEPS

When you feel the *impulse* to do a False Good Habit, it's a sign you're in the Red Zone, feeling stressed and seeking to feel better. Practice the 3 Steps — Stop, Slow Down & Breathe, and Go to a Feel Good Habit to feel better *sustainably*.

Which False Good Habits are you ready to let go of?

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## FEEL GOOD HABITS

False Good Habits lead you to the Green Zone. They help you feel better *sustainably* and contribute to your long-term health and well-being.

Common Feel Good Habits include:

- Getting Outdoors
- Moving Your Body
- Listening to Music
- Spending Wisely
- Taking a Break
- Playing a Game
- Connecting With Friends
- Playing With a Pet
- Eating Mindfully

Which Feel Good Habits do you engage in regularly?

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What are the long-term benefits — for your health & self-care, relationships, and career & finances?

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Which Feel Good Habits are you ready to adopt?

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