



Using the power of NLP to help change the way you think! - January 2011

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New Year often makes us feel it is about time we made some positive changes to our lives, maybe lose some weight, give up smoking, increase your exercise, eat healthier.

We set new Goals with the best intention of achieving them, and then a couple of weeks later something happens which sets us right back to where we started.

Maybe an emotional upset of some kind or stressful events at work or at home. This may then trigger some underlying negative feelings that we have about ourselves - so what do we do? We reach for something that may comfort us!!

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We tell ourselves...

'Oh I will just have that piece of cake OR 2!!'

'Maybe a couple of glasses of wine because I deserve it and it makes me feel BETTER'

'I need a cigarette to calm my nerves!'

'Can't be bothered to go to the Gym today, maybe tomorrow' but tomorrow never comes!!

I'm sure we have all experienced this?

This newsletter has an exercise that you can use on yourself, in the comfort of your own home to help you release some of the triggers (negative feelings) you may be experiencing when you try to achieve your goals. The exercise was originally created by Richard Bandler (co-founder of NLP) and has been adapted slightly.

Putting a new Spin on the Past & Creating your Future

A healthy state of mind and body arises when energy flows without interruption through and out of the body. However, when we hold onto negative or suppressed emotional upsets, this stops the energy flow, which then eventually may lead to physical or mental symptoms. This exercise is designed to restore the flow of energy.

This is an emotional tool that you can use on yourself to release negative emotions, especially if you are holding onto any anxiety or sadness, and it will also help you to fulfill your goals. The benefits are noticeable immediately, often within minutes.

How to use this exercise:

Allow yourself some time in your busy day (20 minutes) to do this exercise, preferably at a time when you won't be disturbed.

Think of a specific, habituated response you would like to change, for example

A criticism by a person that causes you to feel upset, or brings up some negative emotions such as: anger, sadness, guilt, fear or hurt.

Maybe an event from the past where you had an argument or disagreement with someone and you are still reliving it over and over again in your mind.

Or a phrase that upsets you when you think about it, such as 'You're fat', 'You're useless'.

When you think about this event NOW it still makes you feel angry, hurt or upset.

Exercise

1. Write this issue down now on a piece of paper, turn it face down and then take a deep breath. Turn it back over and allow yourself to feel the emotions of the statement you have just made. Replay the memory in your head, if you don't feel anything, then choose another issue (you want to work on something that brings up strong emotional feelings).
2. Now pay close attention to where you feel the emotions in your body, if there is more than one site choose the one area that feels the strongest - it could be your throat or chest or stomach.
3. Now, follow that feeling back to the first significant time when you can remember that feeling, it may not be the first time it ever happened but rather the first time you can remember it NOW!
4. Place your hands on the area where you feel these strong emotions and get a sense of the direction in which way this feeling (energy) is moving. Continue to hold the memory that has connected you to the feelings.
5. Connect the endpoint of the feeling with where the feeling starts like a loop and spin it in the opposite direction, so for example if the feeling was moving forwards, start spinning it backwards and add your favourite colour to the spin. This will significantly change the feeling. Continue spinning it in reverse as you move on to the next phrase.
6. Now take your thoughts back in time to just before the event that has created the feeling or to when you first experienced these negative feelings - continuing to spin the feelings in reverse, spinning it faster and faster, spreading the feeling throughout your entire body. Now gradually start to bring your thoughts forward to each subsequent time you experienced these feelings in

turn and allowing it to recode in relation to the reverse-spin of the feeling it was first associated with. DO THIS RAPIDLY until you come back to the present moment. Spin the feelings down your body and release them out through your feet.

7. Check to see how you feel about your unwanted response. If the feelings are still fairly strong, repeat the exercise from Step 6 to Step 7. Keep testing and stop only when you feel that the negative feelings have diminished.
8. Now think about an event from the past where you experienced some wonderful and intense good feelings, notice how you remember that event - bring up a picture and see exactly what you saw at the time. Listen to the voices in the picture and hear what they are saying and to your own internal dialogue. Notice how you feel NOW, the pleasurable feelings that come flooding back to you. Notice which way these feelings move and spin them in the same direction, increasing the intensity of the feelings, the picture, the sounds and allow them to flood your body continuing to spin faster and faster in the same direction. At the same time notice how you respond differently NOW with these new resources in place, especially in those situations where you might previously have had a problem.
9. Repeat three to five times and resolve to notice every day what improvements large or small have occurred.

Testimonial

"My life had been going through a bad spell; I was at risk of losing my business and didn't know which way to turn. A friend introduced me to Alma and we talked initially about how I could change my life with the help of NLP/Time line therapy & hypnosis. So I decided to go ahead with a 'Breakthrough' where we explored the past, how I felt worthless & not good enough. I was constantly beating myself up, I wanted to move forward and take control of my life/destiny. Alma used certain techniques to help me discover the root cause of my negative emotions and release them on the unconscious level. It was a strange experience but after the session I felt very positive about myself. I had the drive & energy to take control of my life and business: making positive decisions to achieve my goals.

Working with Alma has changed the way I think and feel; the experience was certainly worth it!" - Anthony, Surrey

About NLP

NLP explores the relationships between how we think (neuro), how we communicate (linguistic) and our patterns of behaviour and emotion (programmes).

By studying and learning from these relationships, people can effectively transform the way they traditionally think and act, adopting new positive behaviours.

In effect, NLP is a powerful change management tool that transforms the way people think and act to have the greatest impact both professionally and personally. That's why NLP is one of the most powerful skills used in business management, psychology, sales, sports coaching and all forms of personal development.