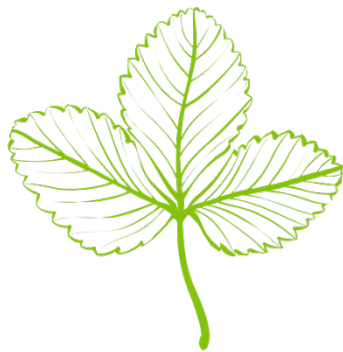


HOW TO MASTER YOUR BRAIN: CHANGE NEGATIVE THINKING



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Redesigning Thinking

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"We can learn something new, every time we believe we can."

"Your responses to the events of life are more important than the events themselves."

"We must not allow other people's limited perceptions to define us."

(Virginia Satir)

"When you want new results, it requires new thinking."

"Good feelings, good decisions. Bad feelings, bad decisions."

(Richard Bandler)

Why wanting to do this workshop?

WHAT IF... I TOLD YOU THAT:

- 1) There are no un-resourceful people, only un-resourceful states.
- 2) Learning is state dependant.
- 3) We influence each other.
- 4) We are not our STATE... WE DO OUR STATE?

WHAT IF... I TOLD YOU THAT:

You can learn to change how you feel and how to respond, on purpose, quickly and easily...

How much will your life change?

Just Allow YourSelf to Imagine...

This booklet belongs to: _____

My biggest take away:

My best moments:

What did I find the most challenging?

Who would benefit from this knowledge:

How I am going to use these new learnings:

Describe your experience in one WORD:

How to master your brain: change negative thinking

This work is about Personal Freedom.

More than 20 years ago I had the luck to be introduced to NLP (Neuro-Linguistic Programming), by a friend of mine.

Have you ever had the situation, where, you know you bumped into something really awesome, but, in that moment of your life you let the opportunity slip away...?

Well, that was what I did.

I got introduced to the book: "USING YOUR BRAIN - FOR A CHANGE" (by Dr Richard Bandler). I read it, started to apply some of the teachings and moved forward... That was it. I didn't even take the time to go through the whole book and the whole practice, at that time. Why? Because, even if the content was nicely explained, somehow, I didn't feel it doing that much for me, because I couldn't understand which kind of a difference that could have made in my life as I couldn't even fathom how important, and how much more there was to learn about using your brain and thinking with purpose. And as I wondered how much my life could have changed if I had someone, live, teaching this to me, what difference that would have made I decided to be that difference for as many people as I could.

I recently had the opportunity to study with Dr Richard Bandler and to become one of his Licensed NLP Trainers and, of course, to read even more books.

The book I am referring to, for this workshop, is: "HOW TO TAKE CHARGE OF YOUR LIFE", by Richard Bandler, Alessio Roberti and Owen Fitzpatrick.

"Personal Freedom is the ability to feel what you want so that the chains of fear, sadness and hate are broken. These chains are made up of negative feelings, limiting beliefs, and destructive behaviours."

[...]

"A few years ago, they thought that a person's problems always came from their past, but I believe the reason people have problems is simply that they were born, grew up, and learned to think in certain ways."

[...]

"We always have the choice of taking our past and building a better future, or taking our past and limiting our future.

That's what my work has always been about: teaching people how to make it so that when they look at their past they learn from it, but they don't suffer because of it."

[...]

"... life is not about remembering and reliving unpleasantness from their past but about going forward to look at life as the adventure it can be."

(Richard Bandler, from "How to take charge of your Life")

Ps: of course, you can take notes, but anything you need is already inside of your head and it's more important for you to be present in the moment, than being busy in writing stuff and missing out important details. You can always write it later as you refer to these notes.

... What if, there was a way to master how we think, so effectively, that we could learn to think on purpose!!

What if, by directing our thoughts, purposefully, we could decide how to feel!

How much of a difference this will do in your everyday life? Imagine feeling good for no reasons at all! How much more pleasure you can have!

Let's begin!

HOW TO MASTER YOUR BRAIN: CHANGE NEGATIVE THINKING

Gathering Information

Neuro-Linguistic Programming (NLP) is the study of the subjective experience.

NLP focusses more on the process than on the content, although, having a context helps! This means that **every practice here included can be content free (no need to share your personal life to get the results).**

The action of thinking.

We gather information by the use of our 5 senses and we have 5 internal ways of representing the information.

Those are the main modalities that allow us to access the physical world around us.

We use the same modalities to retrieve that information as we do the action of thinking.

This simply means that we make images, sounds, we talk to ourselves, we experience feelings and tastes and smells through which we make sense of the World.

It's how we represent the world internally, how we do the action of thinking, that determines how we feel and what we do.

"When you change the way you think, you change the way you feel, therefore changing what you are capable of!" (Dr Richard Bandler)

Depending on which Scholar you talk to, it looks like, we do between 6,000 to 90,000 thoughts every day (yes, big difference in these 2 numbers, no, I didn't count them), more than 95% may be unconscious and it seems that we repeat 90% of the same thoughts and patterns day after day. Then you wonder why nothing changes in your life and how useful it is to become aware of them and to learn how to do it, differently.

"the only Reality is what is inside of our brain and everything else is Perception and what we make of it" (Freddy Jacquin)

Based on how we think and perceive the world, we then produce our emotions and create our states. Based on how we feel and in which mental state we are, we project ourselves out, towards the World around us, directing how we are perceiving "reality" and develop different kinds of Believes.

"Perception is projection" is just one of the many assumptions that NLP has adopted to help people realise how much, for every and each of us, the only Reality is what is inside of our brain and everything else is Perception and what we make of it.

How is this important?

Because, as Dr Richard Bandler says: "When you change the way you think, you change the way you feel, therefore changing what you are capable of!"

Practice #1 Fading it away.

1. Think of someone that annoys you and makes you feel bad.
2. Make an image of them in your mind.
3. Notice the characteristics of the image: notice the size, where it's placed, if it's colour or black and white...
4. Now, if the image was in colour, make it in b/w, make it small, shrink it and move it way off in the distance.
5. Notice how you feel, now.

Practice #2 Intensify it.

1. Think of something that makes you feel good.
2. Make the image bigger, closer.
3. Notice how much is the positive feeling getting stronger.
4. Based on the memory you may want to make the colours more intense.
5. and/or make the image brighter, more vibrant.
6. Notice how you feel.

Practice #3 Change it.

1. Think of a negative experience from your past.
2. Run the movie on a small tv screen. Starting from 5mins before anything happened and stopping enough time after it ended when you realized you were safe.
3. Now run it backward in your mind while humming a circus music.
4. Repeat points 2 to 3 a few times (I would suggest to repeat the sequence at least 3 times), and make the movie go faster and faster.
5. Then, see yourself in the experience, but with the experience working out in the end, differently.

"You have to learn to like yourself, before you can get others to like you. Once you do that, the next step is to focus on how you make them feel. [...] If you feel good, they'll probably want to be around you more. It's that simple." (from How to Take Charge of Your Life)

Practice #4 Self-talk.

1. Think about something bad you say to yourself, regularly. Maybe, something cruel that you use to complain about yourself.
2. Notice the tone of voice you use.
3. Repeat it, but, with a ridiculous tone of voice (e.g. Silvester the Cat or Mickey Mouse or Donald Duck or Goofy, Kermit the frog, etc...)
4. Notice how it feels differently.

Practice #5 Create it.

For the purpose of this practice we use Confidence (make the necessary changes for any other state you want to create to be in).

1. Close your eyes and imagine a coloured square in front of you.
2. Imagine the square being full of the colour you associate with "Confidence"
3. Imagine yourself standing in that square as you would be at your most confident. How would you look? How would you feel? (strong, positive, feeling sure and powerful...)
4. See how you would look like (your facial expression, the body posture, standing tall, open shoulders, straight back, strong legs, self-assured, the calm in your breathing, the determination and sparkle in your eyes, the power and grace of your movements).
5. (Allow the situation to be created)
6. As you do this, on the count of 3, imagine stepping onto this imaginary square and into this imaginary you, like putting a new suit of clothes on. Step into that confident, powerful you and see through those eyes, hear through the ears and feel the feelings.
7. 1, 2, 3. Step in, and as you do so, squeeze your fist and keep holding it and notice yourself feeling this feeling and this colour throughout every part of your body as you feel yourself feeling up with the strong sense of confidence and strength.
8. Step out of the square and open your eyes and release your fist.

Phase 2

Now, close your eyes, imagine the coloured square and as you step into it, close your fist.

Notice how you feel now.

Step out.

Phase 3

Now, close your fist and notice what happens.

NOTES
