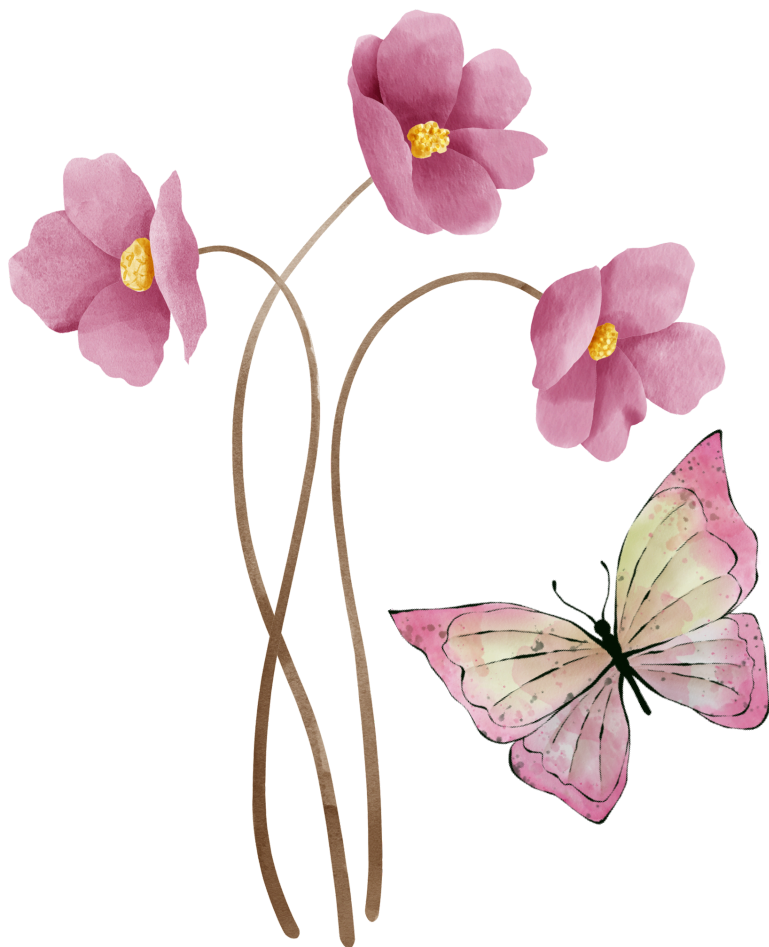


# REWIRE

## MIND SHIFT





# REWIRE

## **YOU ARE NOT YOUR HABITS**

You are not your behaviours, you are the person who learned these behaviours.

**All behaviours lead to an outcome, so along the way you learnt that if you did A it would get to B.**

Now you have realised that some of these behaviours don't serve you and are leading you in the wrong direction.

**Good news - You can be aware of any behaviour, recognise it and choose a different outcome, the power is in your hands.**



# REWIRE

## **YOU ARE NOT YOUR HABITS**

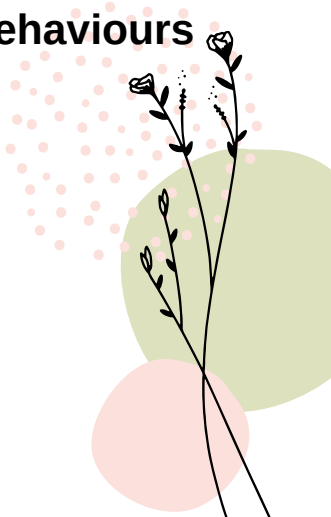
There is no need to fight or resist your behaviours, but you have to be willing to see them to let them go.

### **What is the behavioural habit you want to let go of?**

What purpose is this habit serving?

Does it make you feel calm, significant, certain, safe, loved, needed, familiarity?

**The stories that you told yourself when you were young to affirm these behaviours are no longer true or relevant and being aware of them and letting them go will give you the space within to have all of the above, because they're already within.**



# REWIRE

## INTERRUPT TO DISRUPT

**Notice what is happening right before the habit begins/the urge happens**

- **Notice the emotions, trigger, thoughts**

What was the trigger? What did you hear, see, think, feel?

**Allow yourself to sit and be in awareness of the thoughts but not participate in them.**

Say to yourself, “I’m choosing differently”

**Take a couple of breaths in and out and relax into the body, when you relax the body you also relax and soften the mind.**

and now

Allow yourself to sit with the feelings

- Allow emotions to dissipate naturally



# REWIRE

You've now breathed and relaxed into this feeling, you've disrupted the pattern leading to an unwanted outcome.

## **INSTALL A NEW HABIT**

Imagine yourself with a new habit in place.

Do not think that you have to replace a habit with another, e.g. beer with coffee, as this is doing the same.

**The new habit is a different outcome and the outcome could be, how good you feel when you are sober, being calm instead of reacting or doing something you love and enjoy instead of looking at your phone.**



# REWIRE

Imagine this different outcome in your mind and as you do feel it in your body. Notice how good that feels, how calm, more peaceful.

**This is really good to do as you're falling asleep, to program the habit deeper.**

Tell yourself why this is good, how you love this, and why you want this outcome.

**This feeling that you are experiencing is your new reward, this tells your brain that this is normal.**

This is who you are now - know this and choose to do this daily, when the urge arises and before sleep.

**You don't have to be perfect but you do have to take action.**



# REWIRE 2

- Notice the behaviour
- Notice the emotions, trigger, thoughts
- Breath, relax the body
- Allow yourself to feel the emotions, allow the emotions to flow through you and dissapate naturally.

While this is happening a thought/belief or memory may pop into your mind relating to the root cause of this behaviour.

- Acknowledge this and be in awareness that this is from the past and is no longer true and may of not been factual at the time.

# 30 DAYS Habit tracker

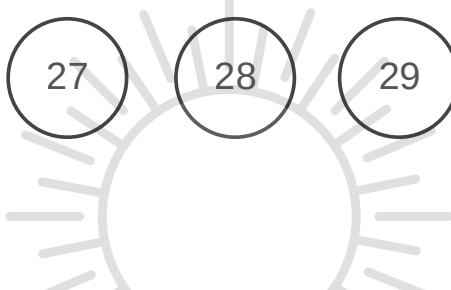


MONTH \_\_\_\_\_

GOAL: \_\_\_\_\_

\_\_\_\_\_

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30





# REWIRE

Behaviour/problem

What does this behaviour do for you? Relief, escape, stimulation?

What was the cue/trigger that brought up the emotion felt with this?

what was the feeling right before the behaviour?  
Describe

What were the thoughts that arose with this?

Stop when you notice, pause and feel the emotion. Breathe and be with it. Emotions will rise and dissipate naturally 1 to 2 minutes.

Write what you will do instead, e.g. put phone down & walk away.

Write an intention, e.g. I'm choosing this....

Use the same reward **feeling** (relief, escape, stimulation) to acknowledge your new habit. Feel it and acknowledge the benefits.

New Habit