



Sue Evans, Fast and Lasting Change Not to Seethe – Step by Step

This 5 minute mind makeover is a technique for switching off the mental action replay of something which has upset you or wound you up, so you can stop making yourself feel bad about it.

A bit of righteous indignation can be useful fuel – it can get you fired up to take action. But when it gets to seething, that's something different. That's when it festers away under the surface, and keeps on making you feel bad, long after the time for action has passed.



Here's a step-by-step reminder of what to do

Start by taking a few slow breaths to relax, and let your thoughts start to slow down too

Allow the memory that you've been re-playing to come into your awareness, and notice how it makes you feel.

Notice how you picture that event. Firstly, if the picture has movement, press freeze frame, so that it stops dead, mid-movement

If the picture is big, push it far enough away that it shrinks down to the size of A4, and you can clearly see its edges.

If you're seeing the picture like you're actually in it, like it's through your own eyes, step out – so that now you can see you inside that picture (even if it's only the back of your head).

If the colours are bright, fade them down, and as you do, the focus will become much more fuzzy too – and the more you fade it down, the harder it becomes to make out what was in the picture, so it starts to swirl like mist, until the mist completely encircles it and the picture is gone.

And when you recall that event again, notice how you're talking to yourself. Firstly, turn that voice up (so you know you can change it), then turn it down, and down, all the way to a whisper.....

Have the voice slow down, sounding calm and leisurely, then put over a backing track – maybe something soothing to help you relax into letting go; or maybe you want to try out a little circus music – something at which you can't help but smile, and see the funny side.

These are a myriad of other ways to change your thinking process. Be comfortable to experiment, and find what works best for you. You might take the picture and imagine a huge can of spray paint which you can use to white it out, and as you do, the shhhhhh sound of the spray soothes away the talking too

And whatever changes to the picture and sounds you find most effective, return back to the original memory and run them 2 or 3 times, giving your brain chance to learn the new pattern.



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5 Minute Mind Makeovers



The skills of 5 minute mind makeovers access the parts of your thinking outside your awareness - the parts which actually shape your experience of the world, and where you can make lasting change, almost instantly.

Many makeovers use your imagination, and it surprises me how many people think they don't have a good one: Yet they can worry with the best of them, so they're great at imagining things going wrong.

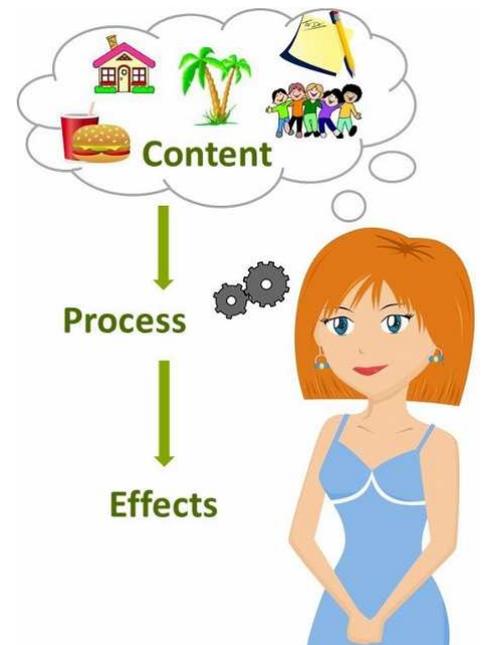
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

Did you know that your thinking has a process? It's generally the content and the effects (how it makes us feel) that get all our attention, and we leave the process to do its own thing.

The vast majority of our thinking is automatic. Imagine the distraction if your brain made you aware every time it tweaks your blood pressure or your temperature; or described to you exactly how you digest your food. You don't need to know.

These automatic routines keep us functioning; but every now and again, your brain picks up one which is less helpful – like an anxiety response, or an upsetting memory; which, though it's often illogical (and sometimes highly disruptive), runs just as automatically as your digestion.

My range of 5 minute mind makeovers will teach you the skills to change your automatic programmes, simply and effectively; switching off unhelpful ones, and building in the ones that get you results that you want. It's like being able to go into your own brain software, right at the code level – so the change is fast, and lasting.



I'll regularly be adding to the range of 5 Minute Mind Makeover topics, which you can find at www.fastandlastingchange.co.uk/5minutemindmakeovers.html

If there's a topic you'd like covered which isn't there yet, please get in touch and let me know
Enjoy your skills