



Sue Evans, Fast and Lasting Change Your Shields – Step by Step

This 5 minute mind makeover is a technique for increasing your natural resilience towards unpleasant people.

Because it's an unfortunate fact of life that we all have to deal with unpleasant people – rude, cross, selfish or spiteful people; and even if they're doing it accidentally, or it's not about you, you can still take quite a knock from it.

You know it's their issue not yours, but it can still drain your energy and knock your confidence. But you might be surprised at how easily you can change your automatic response: This technique harnesses your imagination to boost your own protection.



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

Take a few deep breaths, relax, ready to explore

Imagine someone who makes you feel bad. They might upset you, insult you or frustrate you – it could be someone with whom you come into regular contact, or someone you met only once, but you remember the effect they had, and how they made you feel.

Set aside that thought for a moment, and remember a time when you felt good – perhaps when you felt really calm and comfortable, and notice where you feel that in your body. Give it a colour, and turn up its intensity, and see how far around your body you can spread that great feeling.

Now imagine that you have some sort of shield – some kind of impermeable layer between you and whatever's around you. Get a real sense of how that shield looks, and how it moves with you.

Your shield recognises that great feeling that you've created, and it will harmlessly repel anything which doesn't match it. It might bounce off, or vapourise. Let yourself get an intuitive sense of your shield in place, and how it works to repel anything unpleasant.

Now imagine that person again in front of you – return to the memory of what they do or did to upset you, and notice what's different. Notice how, with your shield in place, you can simply observe, remaining comfortable and in full control. Notice what you say to yourself, and how it feels.

And if your shield is to protect you from someone you know, imagine them in a few different settings, so that your brain fully learns the pattern of your protection, developing your comfort that you know now to respond differently.

Imagine yourself travelling through life, with your shield in place, and notice what's different. And very quickly, your brain will learn this pattern, and will adopt this as your new automatic programme, without you having to consciously intervene – so you might not even notice your shields at work, as they become completely automatic.



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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.

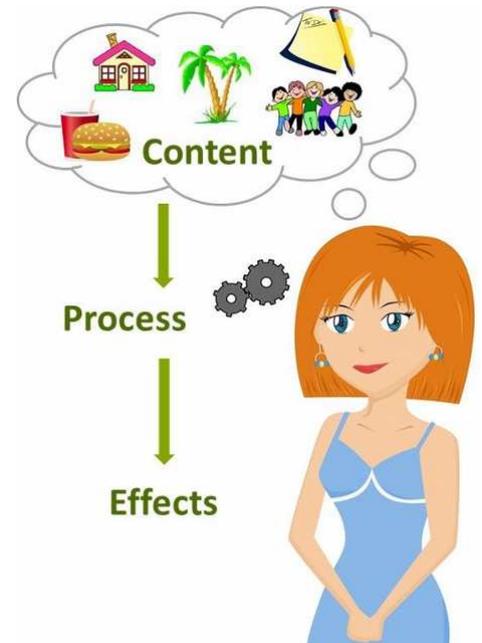
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

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