



Sue Evans, Fast and Lasting Change Creating your Threshold – Step by Step

This 5 minute mind makeover is a technique for building propulsion to make a change you've been putting off.

That could be changing a habit that you'd rather not have any more, taking your next career move, or changing a significant relationship. It might be something that you've wanted to do for a long time, and have never quite got to.

The chances are that there have been times that you've really wanted it, then the momentum drops off - and the next time it peaks, you wish all over again that you'd acted sooner.

A great way to build that momentum and keep it there, is to go right into your thinking, and remove the gaps in between: To deliberately create that threshold, your point of no going back.

This is one of the many techniques developed by Dr Richard Bandler, co-creator of NLP. He worked with hundreds of people who'd already made big changes, encoding their skills for everyone.

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

Take a few moments to relax, slow your breathing and let your thoughts settle. Think of the most recent time when the urge to make the change was really strong. Step back into that memory, seeing in your mind's eye what you saw at the time, making it life size, and seeing it completely through your own eyes, like it's happening right there around you. Hear what you heard, and feel again what you felt. What was it about that change that seemed so compelling at the time?

Then think of another time when you felt drawn to make that change. Again, recreating it as vividly as you can in your imagination so that you feel the emotion, and that want, all over again; letting it flood your neurology.

Carry on doing that until you have about 5 or 6 of those memories, each one recreated in your mind's eye with the pictures and the sounds, and that strong emotion. Take your time to do this thoroughly – you might even want to write down those memories, to help you fill in all the details.

And when you've got each of those memories, imagine that you can replay them all, back-to-back; running them from one to the next, to the next, starting to blend into each other as one whole experience that's happening right now. Run through all those details, feeling the feeling and intensifying it – spreading it all the way through your body and making it stronger, and centring your attention on the way that feels.

Keep re-running that back-to-back movie until you hit a point where you're feelings suddenly change - it's just different. You've hacked into your own thoughts, and changed the code; and now you can replace it with what you really want.

And if that doesn't happen the first time you use this new skill, that's fine. You're still starting to re-tune your thinking in a new direction, so that you'll notice things which previously have missed; automatically starting to build your own momentum.





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Creating your Threshold – Step by Step

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.

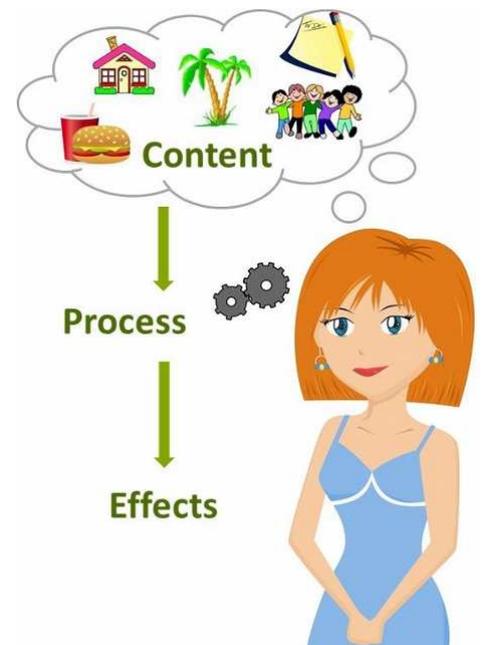
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

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