

The FAST Pathways® Academy - Your Control Room



You've lots of settings which your mind automatically regulates, like your heart rate and hormone levels – all adjusting completely outside your conscious awareness.

When you experience stress or anxiety, your body releases adrenaline. It's the main hormone behind our survival mechanism of fight or flight, heightening your senses, and diverting the blood flow towards your muscles ready for action. It's essential if there's a genuine threat, but if that heightened alert continues when there's no external need, it can have all sorts of adverse implications for your health, and unpleasant ones for your state of mind.

If you've experienced panic attacks, this technique can be particularly useful - setting a new pattern for your mind to recognise the increasing anxiety, and turn it back down before you've even noticed.

While you're in your control room, there might be other things you'd like to adjust. Perhaps you want to turn up your confidence – what does that control look like? Even if you don't know the names of the chemicals and hormones which create the emotion, the control will work just as well. So turn up your confidence a little, and notice how that feels.

Or perhaps you can remember a time when you did feel really confident, and as you think of it, you'll notice how the control's setting goes up all on its own. Turn it up just a little bit more – you'll intuitively know what setting is just right for you, allowing you to enjoy this extra confidence.

Take a little time to explore, noticing the controls in all their elegance. Seeing how they adjust, smoothly and routinely. Your digestion and immune systems; and natural, restful sleep. All of this control is within you all the time, and any time you'd like to make any extra adjustment, just imagine.....

Rachel's Big Shift

Rachel was having a really tough time – anything and everything seemed to make her anxious. She'd had a horrendous time when she'd had her son, and didn't feel like she'd ever got over the trauma.

Her confidence was rock bottom, and she often felt put down by the way people spoke to her, especially her super-controlling in-laws. She admitted being pretty good at putting herself down too.

She said her FAST Pathways skills are amazing: The in-Laws don't intimidate her like they used to, now that she's comfortable to stand up for what she wants. She can be herself, be natural, without always putting on a brave face. She loved getting back to the person she used to be, and carried on evolving.