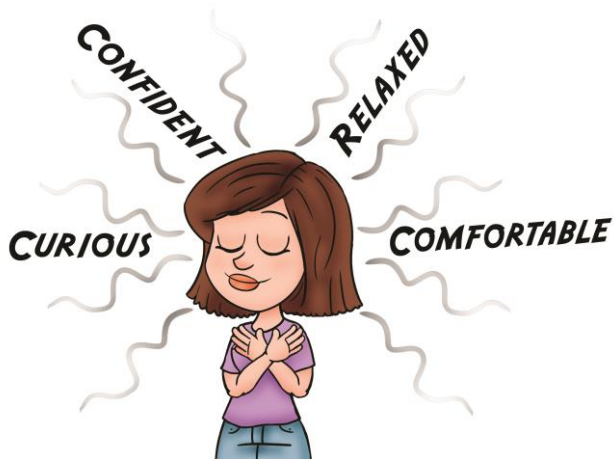


FAST Pathways® Skills for Mental Wellbeing - Affirmation Havening



I never really got the whole affirmations thing: Standing in front of the mirror, telling yourself over and over that you're confident, you look great, you're popular and successful. As if by sheer force of will alone, you can make it happen.

I know that the repetition can have an important role; that by intently saying it over and over, you're getting yourself into an internally-focused state, where change is more likely: But it always seemed a bit hit-and-miss, and a little bit too much like hard work to appeal to me.

If you're saying something to yourself that you don't really believe, it can start another one of those internal debates – your conscious awareness trying to impose its will, and the rest of your thinking carrying on with its usual patterns and routines; throwing up evidence that you're not that what you're saying at all, maybe reinforcing even further the belief that you're not. It's generally destined for any change to become a slog.

So when I found that you can use Havening® to get results much more quickly, taking those words and intentions straight into your neurochemistry; I began to experiment. Like the other forms of Havening, you can apply that gentle, stroking movement to your face, your upper arms, your hands, or a combination. This is something best done little and often, gradually building in new neurological associations with the way you want to be. It works particularly well when done for a few minutes each morning, to set your intentions for the day.

There's no set formula to follow – like all of the FAST Pathways skills, it may take you in unexpected directions, as you move beyond old auto-routines and your mind opens to different possibilities. Enjoy exploring, inviting all the parts of your thinking to play along; complementing and reinforcing each other as you build.

You don't need to believe that you are any of the words you're saying (bypassing any inner argument which might otherwise have arisen) – but say each word, each time, with conviction and certainty. You might be surprised how the resonance can change; as you say the word over and over, it can start to feel different. Settling somehow.

You might find memories surfacing, of a time when you were that word – something you haven't thought of in years. Your mind's way of reassuring you that it understands exactly what you're saying – you've done it before, and can do it again. You might find yourself thinking of someone who you know to be that word, and seeing them (and it) more clearly.

And sometimes, you'll just have sat for a while, stroking your arms, face or hands; and you don't seem to feel any different at all. And that's just fine too. Not every shift reaches your awareness right away, and sometimes not at all.