

FAST Pathways® Skills for Mental Wellbeing – Make it No!



Once you've got those inner Yes and No signals tuned up and working more clearly, helping you to navigate more smoothly through day to day choices as well as the bigger ones; you can also use that instinctive inner wisdom in another really powerful way.

Our brains are really good at linking things. Perhaps there's a particular piece of music which every time you hear it, takes you right back to the very first time. Or a particular perfume which reminds you of someone who used to wear it.

Some of these links might form because of a strong emotional experience (which can be a good or a bad one), or it might be because of repetition, linking a particular stimulus with response over time - like Mr Pavlov's hungry dogs, expecting food each time a bell was rung, because the two had happened together for a while.

These links are often set by accident, but you can set them on purpose too. And your 'No' space can be really useful if there's a habit you want to break, or behaviour you want to stop. I'm often asked if I can stop people from eating chocolate – I can, but that's rarely what they actually want - they usually mean reduce rather than stop (be precise in what you ask for!).

But if there is something which you really want to stop, a behaviour which serves no useful purpose; then by linking it with your 'No' space, you can make it as repellent to you as everything else which you put in there.

Jean's Escape from Old Patterns

Jean had a long history of anxiety and depression. When she discovered FAST Pathways, she was getting over bereavement from her partner, and although she'd been pushing herself to keep going, she realised that she wasn't coping as well as she'd thought.

She noticed the symptoms escalating again – she couldn't concentrate, she'd had to stop looking after her grandchildren, and was struggling to function at all normally. She felt rising panic at the prospect of sliding back into the worst of her symptoms.

As she started to explore FAST Pathways, a revelation hit her – that she could, quite literally, change her mind; and that the downwards slide she'd experienced so many times before, wasn't inevitable.

She immersed in practising her new skills, little and often, and soon resumed her active involvement as a Grandma. She began sleeping better, comfortably getting out and about; and quite some time later, she's still enjoying the benefits.