

## Foreword.

*B. this is for you!*

### Intention:

..... just as a butterfly flapping it's wings can cause a major global event.... a drop of water can send a ripple out for miles.... so too the actions, feelings and thoughts a person has each day can potentially affect everyone around them.

I have a vision of a world in which people generally interact in a healthy way with themselves and everyone and everything around them.

### Introduction:

Every single human on this planet experiences anxiety. Some people love their anxiety because they believe it pushes them on to do bigger and greater things. For other people, it can become totally debilitating.

Just imagine if you could take it out and use it when ever you wanted it. Rather than just running with it because it started happening for some unknown reason.... then ending up in a confusing, irrational, uncontrolled mess...

- Or what about if you could get up in the morning, fully confident that you were going to have a great day
- Go into your most fearful situations in complete control
- Sleep comfortably at night
- Go through the day without angrily destroying situations
- Make that phone call, Make that deal
- Invest with confidence \$\$\$\$
- Get out the door, Get on stage.
- Impress the boss, Become the boss
- Interact better with your life partner and family
- Speak to that gorgeous man or woman without screwing up
- Play your best game of sport ever
- How would that feel if you could do this?

Imagine being able to control anxiety in a healthy way: when you want it, how you want it and with volition. It sounds great doesn't it?

Well then, read on.....

### How does this e-book work?

It is a quick and easy, light read. It will take about an hour to read, 2 hours with the exercises.

So grab a cuppa and relax.....

## **The format:**

I have written a few little stories and anecdotes from my clients and the people in my world, which will help you recognise what has been happening for you and the people around you. I have then coupled this with explanations about how human behaviour works, as well as having a few exercises for you to do.

All in all, it will give you a full understanding of yourself or your loved one, as well as teaching you some great tools for handling anxiety.

Ultimately, this will give you control and choice.

## **What I ask of you:**

1. Start at the beginning and finish at the end – it will take about an hour to read, 2 hours with the exercises.
2. You may choose to write down the answers to questions or just think it through in your head – either way is fine. Just make sure you answer them all. You may find some of the questions a bit confusing – just keep thinking for a minute... the answers will come. (If you are thinking swear words – write it down. Everyone's subconscious swears when they get to the truth of a matter).
3. Give me feed-back about the exercises.
4. Tell me about your success with it. –I'd love to hear them!
5. Send me an e-mail if you get stuck on something.
6. That you freely, happily and confidently hand this resource to the people you feel would benefit from it.

## **Who am I?**

### **Michèle de Gidro**

A Master Practitioner in Neuro-Linguistic Programming as well as having qualifications in Education, Counselling, HRM & Project Management. I am absolutely passionate about NLP, CBT and the profound effects they have in people's lives.

I have lived and worked in Europe, S.E. Asia and have had over 20 years experience in Small Business, Public Service and Corporate Enterprises. This includes successfully working nationally as a Trainer, Coach and Project Manager. I also have extensive experience in: crisis intervention, juvenile services, women's refuges, men's behaviour, drug and alcohol, anger management and employment services.

"It's amazing what happens when people focus on their light rather than their darkness."

*Enjoy!*

## Years of Experience ...

I was standing with my friend. My mate and I had gone up to a public look-out in the mountains. I knew that in the past I had been soothed by being surrounded by the tranquillity of the bush.

This bout of anxiety was stronger than usual and seemed as though nothing was going to stop it. If only I could get a grip. If only I could stop this fear from consuming me. If only I could switch off the churning in my stomach, the sweating hands, the incessant voice in my head goading me, the dizzy feeling, the stressful pulling of the muscles around my eyes and my mouth.

My friend had told me that the universe would look after me, but I knew it wasn't true. My whole family had died of misdiagnosed problems and the same was happening to me. My Doctor had been trying to hand me anti-depressants and was missing the importance of the physical symptoms I was suffering...

I knew my mate was talking to me – I could see lips moving... hands were waving... wanting something... I just couldn't make sense of the words... The meaningless sounds adding to the noise-junk already playing in my head... The fuzzy white static which was keeping me disconnected....

At least it wasn't Monday....

## Years of Experience ...

My morning ritual was always the same.... I'd hear my alarm clock, swear at it, look at my old room, peek in the mirror to see my ugly face, pull up my covers and start telling myself I was a loser. Next, I would think about all the things I had to do in the day.

I knew I was going to fail at most of it. I knew the other people in the office were going to tear me down and make me fail.... I was dreading walking in the door... my clothes would be bedraggled and I would make a bad impression....*again*.

*Oh no! I had to speak to the boss... I'd try to find ways to avoid him. He could always smell my stress – like a dog. But not as bad as his secretary! She was always making some smart comment about the way I looked or spoke.*

I had to get through this or I wouldn't get paid. Every morning was the same. By the time I got to my desk I'd be feeling sick. Oh, I didn't want to open my e-mail. What if I had been rejected by a client? *I just know the technical team will let the project down... I just can't cope with it!!!*

So I would just sit there, frozen in my head... moving things around so that I would look busy (I'd been hiding this for years) too scared and blank-headed to do anything.... *I'd just love to go and crawl into a little hole somewhere...*

## Years of Experience ...

...and there I was, crawling through a little black hole. I had been through my first-ever cave the day before and this was the second one. The whole thing had been great so far....

The lights from our helmets had a romantic glow which made the white stalactite and stalagmite sparkle... and the earth being all around us, seemed to absorb the sounds of our steps and voices. Nothing echoed... sound just seemed to stop in a thick, heavy mud. It was surprisingly comforting.

It was a beginner's cave so it was easy to get through – just a lot of beauty and a few bats. These little bent-wing bats were only 10 cm long and Rob had told me that they really only want to avoid you. So when they come near, you should stand still so that their sonar reading of your position is accurate. He was right! ...and when they flew past, they sounded like heavy butterflies.

Simply amazing. Simply beautiful.

For the next part of our adventure, we had to slide through a smaller tunnel which lead onto a large chamber. It was the best chamber in the cave and was called the Lions Den. Four of the guys went before me. Rob was quite fat and had a little trouble at one point, though managed to make it with a bit of wriggling about. He got out the other side and started exploring the chamber – he said it was beautiful and I really needed to get in there.

*Great... I thought. I was keen to see it but kept thinking about how he had got stuck part of the way... It's OK I thought.... He was fat and I was slim..... I shouldn't have any problem... I was a little bit worried, but I thought: if he could do it then I should be able to.....*

I took a deep breath to calm my nerves, wiped the sweat off my hands onto my overalls and moved forward. *Keep breathing... keep breathing...* My hands were getting wetter and I was having a little difficulty gripping.

*Bloody Cave. Bloody Rob. Bloody typical!* I was having a little problem but I was going to make it! Breath, grip, move forward a bit. Breath, grip, wiggle forward a bit.

*I'm stuck! I'm stuck!*

*My chest is stuck. My breathing was rapid. Damn breasts!! (breath) Move. My heart was thumping so loudly that I couldn't hear my companions any more.*

Breath! Breath! Breath! *MY (breath) CHEST (breath)! IS (breath)! STUCK!*  
*(breath)! I (breath)! CAN'T (breath)! GRIP (breath)! WITH (breath)! MY*  
*(breath)! HANDS!!* Breath! Breath! Breath!

**How big do you feel your anxiety problem is?**

**10**

## What is Anxiety?

**It's fear.** OK, so it doesn't take Einstein or Freud to work that out. Fear can be experienced as the past, present or projected into a future event. In the case of anxiety, it is being projected forward.

You have already **dealt with fear thousands of times** in your life. Sometimes it had an unfavourable outcome, and at other times, you were highly successful.

Most people are aware, that every new thing you need to learn or do, will have an element of fear in it. Perhaps the fear is simply expressed as the thought "Can I do this?", sometimes it's experienced as butterflies in the stomach, nervous nausea, sweaty palms or "**I can't do it!!!**"

If you then give it a go anyway, and eventually succeed, you will repeat the success many times and end up doing the task unconsciously. Learning to drive a car is a good example. This successful state is called **unconsciously competent**.

A downside to becoming unconsciously competent at something; is the natural tendency to forget just what it took you to get there. We tend to overcome many small and large problems on a daily basis and then **beat ourselves up** because we didn't achieve only one or two of them.

*A few years ago, my nieces and I were making a Birthday Cake. A boiled chocolate cake! Their mum had done a great job of keeping them safe. They both understood that "HOT" means pain and they were fearful of the stove.*

*Part of the procedure was to heat some butter on the stove and then mix the dry ingredients into the saucepan, along with the water and milk. It then had to boil for a while before being put into the oven for baking.*

*Miss 3 years old was just itching to help! So, I agreed to her attempting to put the pot on the stove. It was a big pot and it was a bit heavy.*

*She lifted it up towards the bench beside the stove. It wobbled a bit and the strain on her face increased. Wobble, wobble... Now she was clearly feeling some fear. She began to get frustrated, though pushed on with the job at hand. With a cl-clank clunk, it landed safely on the bench.*

*We then reset the position of her feet on the chair and she started to move the pot towards the stove. Wobble, wobble, fear, wobble, wobble, tears, wobble, wobble, encouragement from her big sister, wobble, wobble, a comforting/steadying hand, wobble, wobble, "You can do it", wobble, wobble SUCCESS!!*

She was so proud of herself! So was her big sister! So was her Aunty! And so was her mum! Big grins all round. Then we got on with the next bit....

She doesn't remember that occasion, and now confidently cooks all sorts of things on the stove.

**Let's think about your successes with fear for a moment....**

**We'll start with something really small or insignificant....**

For example: Worried about a cup tipping over, burning the toast, finding your keys, choosing clothes to wear, finding a lost toy as a kid, forgetting to do something....

**What was your small event?**

**How did it end?**

**What did you do/think/feel that made the situation work for you?**

**Do:**

**Think:**

**Feel:**

**Now, a big or significant event where you successfully dealt with fear....**

For example: Child birth, saved a life, closed a deal, got on stage, controlled an anxiety attack, didn't drown, did the exam, ran the race, got married, dealt with the illness, survived a war....

**What was your significant event?**

**How did it end?**

**What did you do/think/feel that made the situation work for you?**

**Do:**

**Think:**

**Feel:**

**What did you do/think/feel, which was the same or similar, on both occasions?**

**Now, a third event where you successfully dealt with fear....**

For example: Big or small, whatever comes to your mind now, is the right one....

What was your third event?

**How did it end?**

**What did you do/think/feel that made the situation work for you?**

**Do:**

**Think:**

**Feel:**

**What did you do/think/feel, which was the same or similar, on all three occasions?**

**Got a question? Ask Michele [micheled@nlpsuccess.com.au](mailto:micheled@nlpsuccess.com.au)**

So there you have it!

**You have just identified at least one of your successful strategies.** Now you will find your head is filled with memories of occasions where you have successfully dealt with fear. Isn't it amazing to realise how good you are at it?

## What is the point of projecting fear into the future?

Projecting fear into the future, or feeling anxiety is a normal and natural motivator for action or inaction. It's designed to keep us safe from the ravages of life.

**At low levels**, it helps you to remember to do things like lock your house, brush your teeth and to be humble.

**At medium levels**, it keeps people earning better incomes (so you are not poor in retirement), out of back alleys at night, mindful of our children's future and is often a good self-defence mechanism if physically challenged.

**At high levels** it leads to fight-or-flight responses (maybe at an inconvenient time), keeps you fixated on the small details of what is going on inside your own body, makes you stand still (a great response if a bear or a snake is nearby) or run... and clears your mind of all other matters until the current issue is solved.

**Out-of-Control levels** is when the emotion is used too often and is probably set on high levels, most of the time. It is problematic as it interferes with normal life functions, stops you walking out the door, achieving, earning money, making phone calls, getting up and keeping friends and other intimate relationships.

### Where would you rate your levels of anxiety?

(Many people find that it fluctuates over time, often around significant events such as marriage, death, birth, loss/gain of intimate relationships, loss/gain of income etc.)

**Now**

/10

**In the Past**

/10

**What is the first event, you can remember it being a problem?**(This is not necessarily a powerful event, just the first event.)

**How have you successfully managed it in the past?**

**What would your life be like if you were anxiety-free?**

Got a question? [micheled@nlpsuccess.com.au](mailto:micheled@nlpsuccess.com.au)

## Perceptual psychology

I am a real fan of Robert Bolton's *People Skills* and Gerard Egan's *The Skilled Helper*. I was first introduced to them when I was studying psychology as a Post-Graduate Student at The University of Melbourne, Australia. These guys have written some great books about 'The Human Condition' and how to get along with each other.

According to Perceptual Psychology (which is a sub-set of Cognitive Psychology), **we are all made up of the same basic emotions and behaviours**. We just each perceive and interpret the events differently. That is why we act and react in ways that those around us may not necessarily understand. For example:

### **Cigarettes:**

Imagine you are with two people who smoke cigarettes and one person who doesn't. One smoker takes a cigarette out of their packet and holds it for a minute. The person holding the cigarette will have a different experience of the cigarette (tactile experience, desire, craving, intellectual reasoning, anticipated feelings, financial burden) than the smoker who is watching (possibly desiring it, considering the brand and if the friend will offer them one?), the non-smoker (who may be dreading it being lit, noticing the colour and the smell) and yourself (who may or may not even notice it) as your focus is on something else.

### **How would each of you describe the experience of that cigarette?**

At one time I was part of a support team for 18–25 year old **drug affected men** in Sydney. These guys routinely 'fell off the wagon', had low self-esteem and several times a week, someone would end up throwing a punch at someone else. Of course you can imagine the next bit. The 5–10 drug affected men nearby would all soon be involved. Each one of them would have a "**Darn Good Reason**" for it. Once you got through all their bluff and bravado however, they were generally left with anxiety. Many believed that the best defence is attack. They all believed they were being attacked for different reasons. If someone made eye contact with you, it was an attack, let alone say something: - Attack. Move a body part forward: - Attack. They would then typically go off somewhere after the event and **self medicate** their feelings of fear and anxiety with **drugs and alcohol**.

Everything that happens in life is exactly different for everyone. This includes how we handle, perceive and think about anxiety and all the events that lead us to acting through our anxiety habit.

**In what typical situations do you run your Anxiety Habit?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**People in your family: When do they do Anxiety?**

- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

**People at work or play: When do they do Anxiety?**

- 13.
- 14.
- 15.
- 16.
- 17.
- 18.

**What have you got in common?**

**What do you do differently?**

How different would the situations you just described be, if you all ran your success strategies instead?

Who do you know or know of, who honestly doesn't do anxiety?

**Think of any times when you are not doing anxiety.**

**What are you doing?**

19.

20.

21.

22.

23.

24.

**People in your family: What are they doing?**

25.

26.

27.

28.

29.

30.

**People at work or play: What are they doing?**

31.

32.

33.

34.

35.

36.

**What have you got in common?**

**In a normally anxious situation, if you weren't doing anxiety, what would you be doing instead?**

**Got a question or comment? [micheled@nlpsuccess.com.au](mailto:micheled@nlpsuccess.com.au)**

## Here are some other people's answers...

Acceptance • Affection • Anticipation • Appreciation • Assertiveness •  
Calmness • Charity • Commitment • Compassion • Confidence • Courage •  
Curiosity • Detachment • Determination • Diligence • Ecstasy • Empathy •  
Enthusiasm • Forgiveness • Fortitude • Friendship • Generosity • Gratification •  
Gratitude • Happiness • Honour • Hopefulness • Humility • Humour •  
Independence • Integrity • Kindness • Lovingness • Loyalty • Mercy •  
Morality • Optimism • Patience • Peacefulness • Perseverance • Prudence •  
Respectfulness • Responsibility • Self-esteem • Self-respect • Sensitivity •  
Serenity • Sympathy • Tolerance

## The "Normal or Perfect Personality"

The idea of a 'Normal Personality' or a 'Perfect Personality' is a myth. It DOES NOT EXIST! It is only useful for describing *ideas* in psychology which is why I am introducing it here.

I think of a Personality when it is 'Normal' or 'Perfectly Balanced' like this:

**A Perfectly Round, Rubber, Striped Beach Ball:** which bounces and rolls around no matter what it bumps into. (A bit like Winnie-the-Pooh in *The Tao of Pooh*). Each coloured stripe representing the basic or primal human emotions. There's only about **8 primal emotions** so you can imagine them fitting on nicely.

All the beach balls on the beach have the same coloured stripes. If a ball keeps getting hit on the same spot, or the rubber starts to soften in one area, a lump may develop, which will begin to affect the way it rolls and bounces around. It may start to be concerned that the other balls will notice it's lumpiness. Generally, beach balls are a fairly easy-going group, so they will notice that the lumpy ball has changed it's movement pattern, perhaps finding it a little less predictable, but still, obviously, very similar to all the rest of them.

**Usually, our lumpy friend won't notice that all of the other beach balls are a bit lumpy too. It's so worried about it's own appearance!**

Over time, if **the lump gets bigger**, the ball will become less mobile, it will have to exert more effort to get moving and it will fear that the other balls may see it as 'eccentric' or 'not the same'. – More like a football perhaps, rather than a beach ball. Perhaps it will stuck in a shady part of the beach; isolated, cold, stiff; jammed-up between a rock and a hard place.

**What can we do for this poor ball?**

Well, if we put it in the sun for a little while to warm up and soften it's rubber, then gently squeeze the lump back down into it's original shape and position, (or close to it), then it will be back to bouncing around like the rest of the balls.

**Happy, content and knowing it's great to be a Stripecy Beach Ball!**

## What's your pattern?

It is important to know what your pattern of behaviour is so that you can successfully break it.

So far, as you've answered the questions I have asked you, you will have realised/confirmed a number of things about yourself and other people.

1. You already have some excellent and successful strategies for dealing with fear.
2. Boiled chocolate cake is a good thing all round!
3. You have already successfully dealt with your fears more times than I've had hot dinners.
4. You are just projecting fear into the future.
5. Your anxiety is a normal and a useful tool.
6. You do experience it at different levels.
7. Everyone does it.
8. It's a habit - a learned pattern of responses that you do in a bunch of different situations.
9. The beach is full of stripey beach balls!

## The Seductive Trap - the perfect negative anchor.

I can't tell you how many clients I have seen with so-called 'chronic' conditions who are people who have simply fallen into a 'seductive trap'....

People who are depressed, experiencing anxiety, or over-using any negative behaviour, often go to therapists or get self-help materials in order to work things out. It gives them a **great understanding** of their particular type of problem. They give it a name and a list of symptoms. **The deeper they go**, the more fascinated they get with it and the more time they invest in thinking about it.

It becomes a very "**seductive**" **pattern of introspection**. Every time you do it, you make the pattern stronger. You link up more meanings and more events to the meanings. Then you do it more often, because you now have more to think about more is attached to the feeling.

**Beware!** – don't think about your feelings.  
It's an instant loop which goes nowhere.  
It's a state of persistent and chronic introspection.

So then it **becomes stronger** and you may start building metaphors (stories) to explain it and understand it. Then you might even start making **picture references** in your head – now you can visualise it. So it becomes stronger....

And you will probably **start picking up phrases** that people use and lyrics in songs which sound right and fit in with what you have been endlessly contemplating... all of this making it stronger and better and more meaningful. After a while, the seductive trap is really powerful and you spend extraordinary amounts of time, **doing your negative pattern or un-productive habit**.

If you want some intellectual stimulation read the definition of terms at the end of this book.

<b>Your Anxiety Habit?</b>	
Think about all the ways it affects your life.	
How much time have you invested in doing and being affected by your problem behaviour?	
<b>Hours per day:</b>	
<b>Days per week:</b>	
<b>For how many years:</b>	
<b>Total:</b>	

**Phew!**

It can be quite a surprise sometimes.

**..... and the best thing to do is to STOP!!!**

And then you might say **"I know that already, just tell me how to do it!"**

## NLP (Neuro Linguistic Programming)

NLP calls it (the result of all that introspective thinking, feeling and doing) a negative anchor. A very well-formed, strong, patterned response to a stimulus. The nice thing about it is that **NLP and Cognitive Therapies** have some **great tools** for removing or changing anchors. You can also set up some positive anchors to replace your out-dated, old ones.

No doubt, at the time when you first decided that anxiety was a useful way to react in a given situation, you were right. In fact, it may have even worked just fine for a number of years. Typically, we tend to make these types of decisions when we are kids. Then when we become adults, we realise all of a sudden that it really isn't that appropriate any more.

In fact it has become more of a burden, rather than a useful tool.

<b>What is your Problem?</b>
<b>What is it not?</b>

## Pavlov's dog

### You've heard of Pavlov's dog?

It's a famous experiment in the world of psychology. Ivan Pavlov: a Russian, Nobel Prize-winning physiologist, psychologist and physician, trained his dog to salivate at the sound of a bell.

What he did: For several days, **every time he rang his bell** (some say it was a tuning fork), he would bring out some food. After a while, the dog learnt that the bell meant that food was coming. The evidence was that he would start salivating as soon as he heard the bell. Pavlov, then started to ring the bell just as often, but only brought the food out intermittently. What he found was that **the dog salivated**, every time the bell rang, regardless of whether the food turned up or not.

So the poor old dog had had his **basic natural response** to food (ie: to salivate so that he could chew, swallow and digest) changed. His **new conditioning** meant that he would do it every time a bell rang. In NLP, they call the bell an anchor.

They say the dog continued in his **behavioural cycle** until the day he died. Any time he heard a bell, he would salivate and start looking for the food. Apparently, he also developed a hernia from straining against his collar in his efforts to find food. You guessed it, they lived next-door to a Catholic School!

### How often are your bells ringing?

Many counsellors will tell you to create a journal. My suggestion, if this is your preferred method, is to create a **daily success journal**.

Daily Success Journal							
How often?	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Love							
Laugh							
Smile							
Peace							
Content							
Succeed							
Win							
Care for							
Enjoying							
Celebrating							
Sad							
Angry							
Anxious							
Beat Fear							
Contribute							
Be Clever							

Track your own behaviour for one week. Just use tally marks or numbers as appropriate. You'll need to carry it with you and fill it in frequently. This will soon show you what you want to do more of and less of. When you do this, you will immediately make some great decisions about your life balance.

## Riding a bike

*My beautiful niece wanted to learn how to ride her bike the other day. I felt really honoured to have been asked to get her mobile.*

*I was the right person for the job. I had been doing it for over 30 years.  
**I could do it perfectly.***

*Just get on and go. Two-handed, one-handed, turns, wheelies, no hands, arms outstretched, standing on the peddles or seat, dinks, skids... Yep – I was an expert. I'd spent years practicing, learning from friends and my own experience.*

*She just sat there on the bike, with her feet on the ground, looking up at me with expectation on her face.*

### **Hmmm I thought... What does she need to know?**

*I had to get on her bike and work out the mechanics of starting positions for:*

**Plant feet firmly:** *(on the ground first, then peddles so that I could easily start a downward motion for propelling forward)*

**Get a grip:** *(on the handles to support good control and a straight start-off direction)*

**Pressure:** *(energy and force shared equally between my hands, the peddles and the ground)*

**Balance:** *(I had to keep myself and the bike vertical in the static starting position as well as the take-off and first few turns of the wheels)*

**Momentum:** *(remember to keep peddling even while I was making sure that the handle bars and front wheel were pointing in the right direction).*

**I talked to her about how each part worked on it's own**, then we tested to prove it. This was achieved surprisingly quickly and easily. She was keen. She was smiling. I was keen. I was smiling.

*The next major hurdle was putting it all together. The first few tries were successful... well, I'd hold her steady from the back of the bike while she pushed off the mark and go a few metres forward. All would be well, then she would **wobble, wobble, wobble and end up in the gutter**. This happened a few times.*

**Then, I had a brilliant idea!** I went around the front of the bike. I thought: **I'll encourage her forward**. This did work as she got further along... however, my 30+ years had left me a bit unfit and I couldn't maintain it very far. As soon as I wasn't in front of her.... Wobble, wobble, wobble. **Back in the gutter again!**

**Aha! Now I know what you are doing wrong.** I noticed that when she was about to go off-track, she first would flick her eyes and turn her head a bit. Then her arms would follow. Next the bike would turn. **Hey presto! Back in the gutter!**

So I said to her **"If you keep looking in the gutter, then you will end up in it. You need to look ahead where you want to go instead."**

**Finally we had success! She was cycling on her own!** Her smile was amazing. She had a few tries on her own. It was sooooo good to see her. Happy and laughing with the other children in the street. And then the ultimate motivation appeared. Mr. Whippy (the ice-cream van) pulled up with his music going, down at the corner of the street.

*In my wisdom, I said to her... "If you make it down to the ice-cream van, you can have a double soft-serve. However, if you get there before me, then you can have it with chocolate sauce and any other toppings you like."*

**Wooooooosh!** She was gone. I was running as fast as I could. There was no way that I was going to be able to catch her. I was so thrilled. She had it all working together perfectly. **She was focussed. She was coordinated. She was happy. She was in control.** She was getting close to the van when she yelled:

**"But how do I stop?"**

## **Break Desire/investment in having it?**

It can all get pretty confusing after a while. Once you are in a pattern or the habit of a certain behavioural cycle, it can become very comfortable. The reason for this, is that we tend to feel most comfortable with things that we are familiar with. Even if they are bad-news, no-win, life-destroying, behavioural cycles.

I used to work in women's refuges. Time and time again, you would see these new women arrive, battered, bleeding and fearful. Their children would have been crying, clutching something small and familiar. Everyone was so relieved to have escaped their violent partners. Many of them said they had felt trapped and unsupported in their situation because no one had believed them.

After a few months of assistance, they would move out. Some would move on to further secure accommodation and others, seeming to forget how bad it was, would end up going back into a very dangerous situation. Some of the women and children actually ended up murdered by their partners. I'll never forget them either. In fact, it was because of these tragedies that I kept searching for a better set of tools in counselling and coaching.

Unfortunately, in those days, **NLP** and other **Cognitive Behaviour Therapies** weren't able to attract funding from the government. So, as workers, all we could use were traditional, non-proactive therapeutic styles. Unfortunately, not much has changed today.

You may be tempted to call these women fools. Foolishness has nothing to do with it!

The pre-patterning of their Unconscious Mind (subconscious), has *everything* to do with it.

Just imagine if everyone in that situation; Mum, Dad and the kids, had a different way of dealing with fear and no longer experienced anxiety. It just wouldn't have happened.

## Your Unconscious Mind

Think of your unconscious mind as though it were a 7 year-old child: A 7 year-old you! He/She has been there all your life and loves you unconditionally. Whenever things go bad, your unconscious is there. When things are good, your unconscious is there to celebrate, to be a bit naughty..... Being 7, it can only understand very basic ideas and language. Ultimately, it is always on your side.

**If there were a grander purpose for having this problem, what would that be? Ask your unconscious mind.**

**What possible benefit is there to having this problem? If there was a benefit, what would it be?**

- 1.
- 2.
- 3.

**Is there something that your unconscious mind wants you to get (understand), that if you got it, it would cause the problem to disappear?**

**What have you been unwilling to do in order to keep this problem?**

**What are you willing to do in order to change this problem now?**

**What will you be thinking, knowing and doing differently in order to know that the problem has disappeared?**

Got a question or comment? [micheled@nlpsuccess.com.au](mailto:micheled@nlpsuccess.com.au)

## Some NLP Tools

NLP identifies that one of the main groups of tools we use for recording a memory, is our senses. You may have noticed certain smells – like a pile of leaves, take you back to childhood memories. Maybe a song or a sound reminds you of a time when..... Or someone's face – you just keep thinking of someone else you know... perhaps the sight of a mess, makes you feel angry because it reminds you of... And makes you think..... or the way something makes you feel is sooo much like the other experience you had.

These memory-jogging sensory stimulators, or anchors, are everywhere and we spend our whole life being set-off by them. We bounce around from one memory-jog to another all day.

One key to a happier life experience is to **know how to create positive anchors and habits yourself. Get some control in this process, make conscious decisions and act deliberately about it!**

After all, it's what all the mega-successful people do. So why shouldn't you? This next little exercise is what **elite athletes use before the game**, to get into "**The Zone**". As you know, all competitive sports have two main aspects: The physical skills and the mental prowess. He/she who wins on the day is **the master of the mental game**.

The way they do it is to focus on how good it will feel to play the **perfect game**. They are taught to play the successes through. They will endlessly **watch winning strategies** being played out on DVD. Their coach will talk or yell them through the steps. Their head will be full of the sounds of the **crowd ROARING** as the final bell sounds and they have won. How the **champagne** will pop and will feel splashing all over the place. They can see that **million dollar cheque** in their bank account. They have already test-driven the car which they will buy with it. They have practiced what they will say to the media who will come around after the game.

**Yes, they are ready! Ready to play the best game ever!**

So what do you think they do if their spirits start getting a bashing during the game? **They do the following exercise, so that they can re-focus again. When you focus on the successful ending, the rest of the game just falls into place.**

## **Master of the Mental Game**

**Think about three different events or situations, which have not yet happened that you feel anxious about.**

We are using 3 events so that you master this method by practicing it 3 times. I have used this method for years and now it just comes naturally. I wouldn't dream of not doing it. It's been soooo useful in all areas of mine and my clients lives.

Once you have those three events in your mind, read the next box.

**In a moment, not yet, I'm going to ask you to do the following:**

1. Relax, then close your eyes.
2. Think about an event that you are not looking forward to.
3. Then imagine yourself just a few minutes **after the successful completion** of that event.
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
4. Stay there, just a few minutes **after the successful completion** of that event and notice again...
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
  
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
5. Then open your eyes
6. What happened?

**If you find that you get a Negative out-come,  
STOP immediately!**

**That's your old and out-dated pattern again.**

**You MUST go to a place,  
AFTER the Successful Completion of that event.**

**Start again.**

**Go just after the Successful Completion...**

## Master of the Mental Game

### So now that you are ready.....

1. Relax and close your eyes.
2. Think about the first event that you are not looking forward to.
3. Then imagine yourself just a few minutes **after the successful completion** of that event.
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
4. Stay there, just a few minutes **after the successful completion** of that event and notice again...
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
  
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
5. Then open your eyes
6. What happened? What was different?
  - What did you see?
  - What did you hear?
  - What did you feel?
  - What were you saying?

Brilliant stuff. Hey?

## Master of the Mental Game

### So, get yourself ready again.....

1. Relax and close your eyes.
2. Think about the second event that you are not looking forward to.
3. Then imagine yourself just a few minutes **after the successful completion** of that event.
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
4. Stay there, just a few minutes **after the successful completion** of that event and notice again...
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
  
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
5. Then open your eyes
6. What happened? What was different?
  - What did you see?
  - What did you hear?
  - What did you feel?
  - What were you saying?

Excellent, hey?

## Master of the Mental Game

### So now that you are ready for the third time.....

1. Relax and close your eyes.
2. Think about the third event that you have not been looking forward to.
3. Then imagine yourself just a few minutes **after the successful completion** of that event.
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
4. Stay there, just a few minutes **after the successful completion** of that event and notice again..
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
  
  - **See** what you see
  - **Hear** what you hear
  - **Feel** what you feel
  - **Listen** to what you are saying to yourself
5. Then open your eyes
6. What happened? What was different?
  - What did you see?
  - What did you hear?
  - What did you feel?
  - What were you saying?

It's great, isn't it?

## When should I use this Mastery of the Mental Game Strategy?

All the time or whenever you need it. Until it becomes a habit you just do. People who are generally optimistic naturally do it all the time. Perhaps that's going too far for you. If you wake up in the morning and start doing your old strategy as you plan your day. **STOP!!!** And go just after the successful completion of each event which you have been allowing to give you grief.

### **A quick question:**

**Now, how do you feel about the 3 events you used in the exercise:  
Master of the Mental Game?**

If your pattern was to get anxious the night before – perhaps preventing you from getting sleep. **STOP!!!** And go just after the successful completion of each event which you had been allowing to give you grief. If necessary, write down any information that you will need to remember in the morning.

### **Sleep a Problem? Do this right now – it's great.**

Relax, close your eyes and imagine yourself after the successful completion of a really good, relaxed, warm, comfortable, calm night's sleep.

See what you see  
hear what you hear  
feel what you feel – warm, relaxed, yawn, comfortable, calm  
listen to what you are saying to yourself.

See what you see  
hear what you hear  
feel what you feel – warm, relaxed, yawn, comfortable, calm  
listen to what you are saying to yourself.

And know that you will remember everything that you need in the morning.

**How do you feel about it now?**

### **What about an event in 6 months time? Do it now.**

Relax, close your eyes and imagine yourself after the successful completion of that event in 6 months time.

See what you see  
hear what you hear  
feel what you feel  
listen to what you are saying to yourself.

**How do you feel about it now?**

**What about in 12 months time? Do it now.**

Relax, close your eyes and imagine yourself after the successful completion of using this method for 12 months.

Notice what is happening for you now...

See what you see  
hear what you hear  
feel what you feel – success, confidence, competence  
listen to what you are saying to yourself.

**How do you feel about it now?**

**You are becoming an expert at it now and it is really quick and easy. Brilliant!** What's also very cool is this: Because you are now looking forward to events with a whole bunch of successful feeling attached, you will **naturally start behaving differently and more successfully, all the time.**

**My clients tell me frequently that once this changed, the people around them seem to change as well.**

They began to easily find, the resources they needed, to see what they wanted to do.

**Everything becomes easier because now you are working smarter – not harder.**

**Did you find this valuable? Would you prefer an audio version to guide you?**  
[micheled@nlpsuccess.com.au](mailto:micheled@nlpsuccess.com.au)

**A quick question:**

**Now, how do you feel about the 3 events you used in the exercise: Master of the Mental Game?**

## Understand the Mechanics of Your Cycle

### Yeah, but how do I know it's the right time to use it?

Well, the best approach is to nip your habit in the bud. You remember the story about my niece and Riding the Bike. Well, just like I had to break down the components of what to do, in what order, so do you.

1. **Plant feet firmly:**(on the ground, then peddles so that I could easily start a downward motion for propelling forward)
2. **Get a grip:** (on the handles to support good control and a straight start-off direction)
3. **Pressure:** (energy and force shared equally between my hands, the peddles and the ground)
4. **Balance:** (I had to keep myself and the bike vertical in the static starting position as well as the take-off and first few turns of the wheels)
5. **Momentum:** (remember to keep peddling even while I was making sure that the handle bars and front wheel were pointing in the right direction).

**When working with your behaviour pattern, it's easier to work it out in reverse.**

### Here's an example:

So, I'll ask my clients to think about a time in the past when they had full-blown anxiety happening.

#### What were you doing?

Standing stuck at the edge of a precipice. I was really anxious about doing some abseiling.

#### In detail...

I was standing still, my feet felt like lead, I was breathing really fast, my head was full of white noise, my hands were clasping together and they were wet. Thinking: *I'm going to fail, I'm going to fail.*

#### What were you doing just before that?

I turned my head towards my friend and thought: *You selfish \_\_\_\_\_, can't you see I've got a real problem and all you are doing is going on about yours!*

#### How were you feeling at that time and just before?

I was angry at her for making me feel isolated. Before that, I can't remember what I was feeling, but I was thinking: *Not again, not again! I'm going to fail!*

#### What were you doing just before that? Turn your head? Move a foot?

I looked down at the ground, felt more anxious, noticed my breathing was faster, then thought: *Not again, not again! I'm going to fail.*

#### And just before that?

I suppose I was rubbing my hands together. Feeling the wetness and noticing that my chest felt tight.

#### Your chest felt tight?

Yeah, that's what always happens. My body starts to feel stiff all over, I stand straight, I clasp my hands together so that I can feel how wet they are, I start breathing more quickly and my chest feels tight.

#### What do you do just before that?

I'll just be walking along and I'll be looking down at the ground.

#### Why are you looking down?

Checking for rocks and things to avoid when I start to think about what it

was like when my sister died of cancer. She was so scared and in so much pain. We were very similar and I'm scared I will get it myself.

### **What about before you got up on the cliff?**

Oh yeah, I was in the car and we were talking about what we were going to do today. I bent down to check the map. As I kept reading it, I started to feel worried – I always fail at outdoor things. I just know I am going to fail again.

### **So this anxiety routine goes like this:**

1. Check map
2. Feel worried
3. Think – I always fail at this
4. Talk self into failing

20 minutes later

5. Look down
6. Think about dying and cancer
7. Feel scared of pain
8. Check for body tension
9. Stand straight, think - I'm going to fail.
10. Clasp hands to test for wetness
11. Check for breathing rate.
12. Start breathing more quickly
13. Notice chest tightness
14. Looked down again - I'm going to fail.
15. Feel more anxious
16. Feel isolated
17. Feel angry.
18. Think – "You selfish \_\_\_\_\_"
19. Think – I'm going to fail, I'm going to fail
20. Clasp hands to test wetness
21. Notice head full of white noise
22. Check breathing
23. Notice feet are heavy
24. Too anxious to abseil!
25. I can't do it!

You can stop a cycle at any point. Obviously, an easy time to stop is at step 2 or step 3. As soon as you start your normal anxiety banter – **STOP!**

What about a little earlier? Say, *before* you check the map?

How about when you wake up that morning, or the night before?

Is there an even better time?

How about when you first talk about going out abseiling with your friend? Even if it was two months earlier?

Given that this person knows abseiling has been a problem before, this is the perfect time to – **STOP!** and imagine the successful completion of this event.

### **A quick question:**

**Now, how do you feel about the 3 events you used in the exercise:  
Master of the Mental Game?**

**Now it's your turn....**

- **How does it end up?**
- **What do you do just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**
- **And just before that?**



Obviously, not everyone is going to have 27 steps. You may have only 12. Now that you can see what you used to do, write it down in the right order.

**How do you start it?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

## When you focus on the successful ending the rest just falls into place

How can that be true?

It sounds like a lot of 'funky love-therapy talk' to me.

Well, you will have noticed in the last exercise, that your old pattern used to take a bit of time and energy to create. I'm sure that I don't need to tell you that while you were going through those old patterns, anything else you did was affected.

### **Monday Morning: What would happen when I used to do anxiety:**

My morning ritual was always the same.... I'd hear my alarm clock, swear at it, look at my old room, peek in the mirror to see my ugly face, pull up my covers and start telling myself I was a loser. Next, I would think about all the things I had to do in the day.

I knew I was going to fail at most of it. I knew the other people in the office were going to tear me down and make me fail.... I was dreading walking in the door.... My clothes would be bedraggled and I would make a bad impression... *again!*

So I get out of bed feeling flustered. I'm thinking about the people at work, so I'm not concentrating on what I am doing. I stand up, take 2 steps and stub my toe on the bed. Next, I go to my closet to get some clothes out... I can't decide what to wear because I am so worried about copping flack from the secretary. I stand for ages, pulling out lots of different outfits. I try a couple on, and because I'm in a hurry now, I toss them into a pile on the bed. So they all get a bit wrinkled – despite the fact that I spent a few hours on the weekend ironing them! *What a wasted effort!* I run out of time so end up throwing on the last one I pulled out – Not my favourite, just a last resort. *Crap. Shoes.. Black shoes will do. One black shoe. One black shoe. Crap, I don't have time for this! Where is the other shoe? Right – it's under the bed. Kneel down and bruise elbow while I stretch under to get it. I'm OK, I'm OK...* Put on shoe – *Oh damn that toe still hurts.* I hobble into the bathroom and have a look in the mirror. *CRAP!* I look at my watch. *CRAP! Here goes the 2-minute face and hair job. No time for foundation, I'll just slap on some mascara – quick, quick. Crap! I smudged it on my cheek. Now I will have to lose some precious time just cleaning my ugly self up! What am I, a baby? No time for coffee now – I'll have to buy one on the way which I will probably spill on myself, just like yesterday. The phone is ringing – no time to answer. Stop ringing! –Damn noisy phone. Who would be rude enough to ring me at this time anyway! Hang up will you?!! Crap!* the mascara is water-proof and really hard to remove. *Finally done!* I fly out the door and get half-way to work when I realise: *CRAP! I forgot to use hair spray. Now I will have to find somewhere to buy some before I get to the office. CRAAAAAAAAAAAAAAAAAAAP!!!*

## **Monday Morning: New Pattern, this morning.**

My morning ritual is always the same... I hear my radio alarm, listen to what the song is this morning, look at my room, notice my mirror will look great when I give it a wipe-over and reluctantly, get out of my warm, comfortable bed.

*I wonder what I should wear today? What do I feel like? The blue top always makes me look good. Next, I think about my day while I'm getting dressed. I've got a business lunch today with Joan which should be fun – I like her. She'll be happy to see the results of the report I wrote last week. I'll add some extra info for her this morning, before I leave for lunch. I might wear a scarf to match my top. Yeah, that looks good!*

*Hmmmm the evil secretary... what will I do today to turn that one around? I know, I'll give her a copy of this book – Anxiety, going, going, Gone! I'm sure, if she wasn't so anxious, she wouldn't be so nasty.... Then after work I'll pop in to the hair dresser (I deserve it). I love the way they massage my head when they wash my hair... it feels goooooood!*

*Oh, the phone is ringing, I wonder why any one would ring me at this hour?*

"Hello Michele speaking. Who is it? ...Cassandra from New York .....What's that? ...You're flying over for a visit next week. Brilliant! .....You must stay at my place."

"Michele, guess what? I've met this gorgeous new man Timothy – He has a large construction company and is doing a big job for Sydney Water. His sexy brother (very successful) is coming with us..."

"Look, I need to leave for work now but I'll call you tonight. ....Great! .....I can't wait! Speak to you tonight Cass."

*Wow! Bonus!*

**A quick question:**

**Now, how do you feel about the 3 events you used in the exercise:  
Master of the Mental Game?**

## Your Home

Another key to an anxiety-free life is to have a home/office filled with more happy memory-joggers than anxiety-filled ones.

When my clients ask me what they should have around the house... the answer is simple.

Anything that builds your confidence, re-affirms what great people you and your family are and what you have achieved. Reminders of your life heroes, the people you admire and you'd love to be more like, biographies and pictures of great people. Anything that encourages the feelings you want most. Often people want more peace, success, love. What do you want?

Perhaps you've got a photo up of a dead parent/relative that you generally feel love for. If there are any mixed emotions involved at all, or as I term it "The Object is Loaded" – then take it down as it will act as an anchor for the positive emotions as well as the negative ones. You can tuck it away in the back of a cupboard somewhere or better still, throw it out. Replace it with a picture of something or someone you really like.

### **Getting rid of the clutter of your past, gives you more room for what you want in your future.**

Choose colour schemes for your walls and furniture, which remind you of the good times. White walls can be very cold. There are so many off-white colours to choose from. Make sure yours has the slightest touch of brown, yellow and/or red in it. You shouldn't notice any change to the colour on the wall once it is painted, it will just make the room feel warm and inviting. Avoid having blacks and blues mixed in.

Or simply throw coloured fabrics over furniture which brings you down. Toss a couple of matching cushions on the daggy old couch or your bed – it will make all the difference. Your eyes will naturally be attracted to it.

Lighting scented oil-burners or choosing canned fragrances that make you feel good, bring back good memories. I was living in an apartment at one stage, and we had a cleaner who didn't realise that his filthy old mop stank to high heaven. No amount of air freshener could mask the problem. Visitors only ever came once and usually complained about the smell. Other tenants were unhappy about it as well. In the end, he did eventually get rid of the mop. Fascinated, I watched everyone's body language instantly open up. We started socialising with each other.... The place felt so much better! In other words, our negative anchor – the smell, had been replaced by a positive anchor.

If you have the habit of doing depression, there is a good chance that your house is dark, damp and has some mould issues. Quickest fix is to open windows to get the air in the house dried out, circulating and killing off those mould spores, and open the curtains to get some light in. Put in a sky-light which has a slightly yellowed or warm light affect, turn off any fluorescent lights and replace them with incandescent lights. Light candles for a feeling of warmth if you find the daylight too confronting.

Clothes in your wardrobe: a good friend of mine, is an image coach and fashion designer. (Lucky me!) I really don't have too much fashion sense, so

every once in a while she comes over and helps me to “Unclutter” my wardrobe, just as you would the rest of your home. **As you toss out the old, it leaves room for the new.** You should have seen the amount of stuff I had the first time she came! Anyway, she told me about fabrics, cuts, styles and then took me shopping. Thankfully, I learned pretty quickly and am now buying much better, longer-lasting, well-cut clothing. If you want to contact her, let me know and I will help you get in touch with her.

The point of this comment is: I had a plan to look great all the time; I knew I was missing some skills, **and the resource became available to me.** How good is that!

### **What about in 24 months time? Do it now.**

Relax, close your eyes and imagine yourself after the successful completion of using this method for 24 months.

Notice what is happening for you now...

See what you see  
hear what you hear  
feel what you feel – success, confidence, competence  
listen to what you are saying to yourself  
notice how everything which lead up to that time, fell easily into place to support it happening.

See what you see  
hear what you hear  
feel what you feel – success, confidence, competence  
listen to what you are saying to yourself  
notice how everything which lead up to that time, fell easily into place to support it happening.

**How do you feel about it now?**

## Years of Experience ...

.....so there I still was, stuck frozen in my anxiety habit.

**Breath! Breath! Breath! MY (breath) CHEST (breath)! IS (breath)! STUCK! (breath)! I (breath)! CAN'T (breath)! GRIP (breath)! WITH (breath)! MY (breath)! HANDS!! Breath! Breath! Breath!**

**SHEEEIT!!!!** – the word came flying out of my mouth ....And with it, all the air that I had forced into my lungs with rapid breathing. Suddenly, as a result, my chest deflated and I slipped right through the small tunnel and landed: THUMP! On my backside, on the floor of the next cavern.

Oh, was I feeling embarrassed! I looked around and saw the group had moved ahead a bit and hadn't even noticed. So I dusted myself off and rejoined the group as if nothing had happened.

The funny thing about it is, that I wasn't actually in the habit of using that word. One day when I was a child, however, my big sister had been doing something with a power-point in our lounge room. Dad and I were watching her. Something went wrong and she got an electric shock. I remember her flying backwards across the room yelling SHEEEEEIT!!! It was the one and only time when dad didn't have a go at her about swearing. Of course, being kids... it became a bit of a joke – "The day power-point scared the sheeit out of her!" ..... and my unconscious mind stored that magic word, anchored perfectly on an extreme event, for over twenty years. Until the day I finally needed it.

## Years of Experience ...

*What do I need? What do I need? ...I still just sitting there, frozen in my head... still moving things around my desk looking busy, too scared and blank-headed to do anything.... I just need a little hole to crawl into...*

**SHEEEIT!!!!** – the word came flying out of the secretary's mouth ! Wow! That was a surprise! .... I looked over and saw her flapping her arms and crying.

She had just spilled her cup of coffee all over the desk including her keyboard. Her computer was beeping, stuck on a delete function, systematically erasing all of her open documents as she was attempting to save and close them. Her documents were ruined.

"Oh! No! Oh no! The boss is due back in five minutes and he needs these contracts for his meeting with the International Financing Group! Without these, he'll lose the deal. He'll sack me and I won't be able to keep my house. Oh no! What will I do? My husband will kill me if I lose this job! What about my kids? Oh...! What will I do?"

I thought: *Wow.... She's suffering from anxiety too!* And it was at that moment that I was forced to step beyond my own moment of introspection. I did the

first useful thing I had done all day. I helped her clean up her desk. And as I listened to what she was saying, I actually felt compassion for her...

## Years of Experience ...

I knew my friend wanted me to understand something too. I could see lips moving... hands waving.... I just couldn't make sense of the words... The volume of the white noise playing in my head, was getting so loud! What could I do?

And through all that noise, my eldest niece, popped into my head. The last time I had been outdoors, I had been with her at the beach. She is a cool little number. Eight years old and full of life. Well-behaved, clever... does brilliantly in every academic field from science to language, math and music.

Her secret is that she doesn't do anxiety. Just does the test - without anxiety, explores new ideas - without anxiety. Just expects to be able to achieve it - whatever it is. And so she does!

She had her first go at the National Schools Competition for Primary-age children a little while ago. Just tried all the subject tests for fun.... The lowest score she got was a credit and she generally got distinctions. Anxiety-free..

*Why have you popped into my head? What do I have to learn from you?*

... and I was remembering our day together at the beach. We had been building sandcastles with wet sand along the shore. It had been quite an arduous task.... Many buckets of sand had been collected along with shells, rocks and seaweed. She had placed all the decorations so carefully and beautifully... I just had to get a picture.

So I grabbed the digi-cam and got her to stand beside her amazing castle. I told her to say cheese on the count of 3. "One, are you ready?" "Yes." "Two, are you sure?" "Yes." "Three" and as I went click she yelled out "SHEET!" We both burst out laughing. The photo is a classic! Half a castle, lots of foam and my niece toppling on a 45 degree angle! I was chuckling to myself, about this vision when finally I worked out what my friend was trying to tell me. "Watch where you're stepping!" ... so I re-adjusted my backpack and we ended up having a great day!

### End Note:

**Dear OneSong (Universe),**

I think I finally worked it out.

I am very sorry, I was wrong to underestimate you...

You have been sooo patient with me as I crashed and clunked around this earth, messing up your harmony, creating a little discord, while I searched for my position in the world. No matter what trials I have had to deal with - you have

been there... Ultimately providing me with every resource I could possibly think of and need.

I now understand that it is with great love that you have provided me with all the lessons I have required in order to grow and develop fully. After all, I am just a part of you so it's in your best interest too. And if there is something, that I didn't get the first time, you showed me the respect and care to keep offering me different ways of finding the answer myself.

You are such a good and patient teacher. ....

And if I didn't get it with the first example, you made the lesson bigger and clearer and stronger.

Well, I'm just letting you know that the sledge hammer worked and I am incredibly grateful.

*Your humble student*

*Michele*

**Finally.... How do you feel now?**

**How big do you feel your old anxiety pattern is now?**

—  
**10**

As you know, I have created this as a free resource for anyone who has difficulty dealing with anxiety. If you could help me now by giving me feedback about how it's helped you. I'd be really grateful. Of course, if you think it will help someone else you know, then you are welcome to share this gift.

**Thank you**

*Michele de Gidro*

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## Definitions of Terms

### Alphabetical list of emotions

- Acceptance, Agitation, Alarm, Amusement, Anger, Angst, Annoyance, Anticipation, Anxiety, Apprehension, Apathy, Awe
- Bitterness, Boredom, Betrayal
- Calmness, Cautiousness, Comfort, Contentment, Confidence, Courage
- Depression, Disappointment, Discontentment, Disgust, Desire, Delight, Determination
- Elation or Euphoria, Embarrassment, Ennui, Envy, Ecstasy
- Fear, Friendship, Frustration,
- Glee, Gladness, Gratitude, Grief, Guilt
- Hate, Happiness, Homesickness, Honor, Hope, Horror, Humility
- Impatience, Inadequacy, Irritability
- Joy, Jealousy,
- Kindness
- Loneliness, Love, Lust
- Melancholy, Modesty
- Nervousness, Negativity, Nostalgia
- Pain, Patience, Peace, Phobia, Pity, Pride
- Rage, Regret, Remorse, Resentment
- Sadness, Schadenfreude, Self-pity, Shame, Shyness, Sorrow, Shock, Suffering, Surprise, Suspense
- Unhappiness
- Vulnerability
- Worry
- Yearning
- Zest

## Basic or Primal Emotions as described by 5 prominent theorists

Carroll Izard	Paul Ekman & Wallace Frisen	Robert Plutchik	Silvan Tomkins
Fear	Fear	Fear	Fear
Anger	Anger	Anger	Anger
Disgust	Disgust	Disgust	Disgust
Surprise	Surprise	Surprise	Surprise
Joy	Happiness	Joyous	Enjoyment
Shame			Shame
Contempt	Contempt		Contempt
Sadness	Sadness	Sadness	
Interest		Anticipation	Interest
Guilt			
		Acceptance	
			Distress

### Cognition

This is a way of thinking and reasoning about mental processes, envisaging them as software running on the computer that is the brain. Theories refer to forms of input, representation, computation or processing, and outputs. Applied to language as the primary mental knowledge representation system, cognitive psychology has exploited tree and network mental models. Its singular contribution to AI and psychology in general is the notion of a semantic network. One of the first cognitive psychologists, George Miller is well-known for dedicating his career to the development of WordNet, a semantic network for the English language. Development began in 1985 and is now the foundation for many machine ontologies.

This way of conceiving mental processes has pervaded psychology more generally over the past few decades, and it is not uncommon to find cognitive theories within social psychology, personality psychology, abnormal psychology, and developmental psychology; the application of cognitive theories to comparative psychology has driven many recent studies in animal cognition

### Cognitive psychology

is the school of psychology that examines internal mental processes such as problem solving, memory, and language. It had its foundations in the Gestalt psychology of Max Wertheimer, Wolfgang Köhler, and Kurt Koffka, and in the work of Jean Piaget, who studied intellectual development in children. Cognitive psychologists are

interested in how people understand, diagnose, and solve problems, concerning themselves with the mental processes which mediate between stimulus and response. Cognitive theory contends that solutions to problems take the form of algorithms—rules that are not necessarily understood but promise a solution, or heuristics—rules that are understood but that do not always guarantee solutions. In other instances, solutions may be found through insight, a sudden awareness of relationships.

Cognitive psychology is one of the more recent additions to psychological research, having only developed as a separate area within the discipline since the late 1950s and early 1960s (though there are examples of cognitive thinking from earlier researchers). The cognitive approach was brought to prominence by Donald Broadbent's book *Perception and Communication* in 1958.

## **Ivan Petrovich Pavlov**

September 14, 1849 – February 27, 1936 was a Russian physiologist, psychologist, and physician. He was awarded the Nobel Prize in Physiology or Medicine in 1904 for research pertaining to the digestive system. Pavlov is widely known for first describing the phenomenon now known as classical conditioning in his experiments with dogs.

Pavlov was born in Ryazan, Russia. He began his higher education as a student at the Ryazan Ecclesiastical Seminary, but then dropped out and enrolled in the University of St. Petersburg to study the natural sciences. He received his doctorate in 1879.

In the 1890s, Pavlov was investigating the gastric function of dogs by externalizing a salivary gland so he could collect, measure, and analyze the saliva many had in response to food under different conditions. He noticed that the dogs tended to salivate before food coated with chili powder was actually delivered to their mouths, and set out to investigate this "psychic secretion", as he called it. He decided that this was more interesting than the chemistry of saliva, and changed the focus of his research, carrying out a long series of experiments in which he manipulated the stimuli occurring before the presentation of food. He thereby established the basic laws for the establishment and extinction of what he called "conditional reflexes" — i.e., reflex responses, like salivation, that only occurred conditionally upon specific previous experiences of the animal. These experiments were carried out in the 1890s and 1900s, and were known to western scientists through translations of individual accounts, but first became fully available in English in a book published in 1927.

## **Neuro-linguistic programming (NLP)**

an applied system based on the subjective study of language, communication and change. It is an approach to psychotherapy and "model of interpersonal communications". It was co-founded by Richard Bandler and linguist John Grinder in the 1970s as a method of personal development. They developed a set of practices and techniques based on modeling successful psychotherapists of the time. However, its application was not limited to psychotherapy, rather they attended to the patterns of interpersonal communications that could be applied generally. Its theoretical

foundations borrowed from a range of disciplines, including various psychological fields, linguistics, cognitive science and occupational therapy.

An important assumption of NLP is that emotion, thought and behavior consists of, and is influenced by, how the sensory-specific modalities (visual, auditory, kinesthetic, olfactory, gustatory) are organized and give rise to consciousness. Further, the mode and limits to the underlying mental representations is revealed by unconscious choice of words, sensory-specific predicates (eg. visual language) and non-verbal cues (such as intonation; gesture; posture; facial expression and eye movements). A basic method in NLP involves asking specifying questions to help clarify the intended message in communication. It seeks to recover what has been left out and to reframe faulty thinking when the communication is distorted or over-generalised. These meta-model questions are often combined with suggestions for personal growth and potential. Another technique seeks to alter sensory-specific sub modalities (eg. brightness, size or location of visual imagery or sensory representations) to affect the intensity of mental states and affect changes in behavior. A classic format has people anchor resourceful mind-body states (eg. creativity, confidence, etc.) to make them available in situations where a person wants to act differently. Generally, the intent of NLP is to increase choice in the underlying representations so that the individual has more choice and flexibility in the world

## **Perceptual psychology**

is a subfield of cognitive psychology that is concerned specifically with the pre-conscious innate aspects of the human cognitive system: perception. A pioneer of this field was J. J. Gibson. A major study was that of cognitive biases mostly due to affordances, i.e. the perceived utility of objects in, or features of, one's surroundings. According to Gibson, such features or objects were perceived as affordances and not as separate or distinct objects in themselves.

Other great writers on this topic have been Gerard Egan and Robert Bolton. These two explored areas of interpersonal interactions based on the premise that people act in accordance with their perception of a given situation. While behaviour is obvious, a persons thoughts and feelings are masked. This gives rise to the idea, that the most common problems between people is based on the assumption that we can guess what the other person is feeling and thinking. They also offered methods - within this scope, for effective communications. This includes: Reflective listening, Assertion Skills, Conflict Resolution etc.