

CRE - CREATIVE RELAXATION EXERCISE

DENTAL CARE & OTHER PHOBIA PROBLEMS CAN BE RESOLVED

WITH MEDITATION, DHE & RELAXATION PLUS !

Draft for publication – June 24, 2007

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FIVE GOLDEN RULES

GENERAL THEME: IS THERE A MEANING OF LIFE FOR ME WITH THIS PHOBIA? WHAT ARE MY RULES OF MY LIFE? WHAT ARE MY REALLY IMPORTANT FEELINGS? ARE THEY HELPING ME TO BE IN CONTROL OF MIND AND BODY?

1. Practice Meditation, Relaxation-Plus and Daily Health Exercise daily, to achieve personal control of the mind, body, spirit and habits
2. Expect some good news every day, and reframe each negative in life into something positive.
3. Change habits by helping other people ... feel the joy of being useful and needed and with no fear from dental care and other phobias.
4. Let happiness arise instinctively from achievement, caring and endurance of dental care, fear, phobia, pain and suffering, as the joyful memory to leave behind when we go ...
5. Find new powerful strengths and motivation from within ourselves, and yet welcome help from others to find control of mind and body and a Meaning of Life.

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I. INTRODUCTION

To be in control of mind and body, we have got to change. This is a little book to help people to help themselves ... to be happy and to be control ... of mind and body ... and allergy ... with meditation and relaxation-plus. The book has text to study, exercises, challenges and audios (www.crelearning.com) to help us relax and find answers to important problems about ourselves and our habits.

The structure of the books (see index) is:

Chapter 1	Introduction
Chapters 2- 5	Preparation for change - exercise to absorb new learning
Chapters 6-7	Application of change
Chapter 9	Conclusions and reinforcement of change.

Depending upon our culture and personality, we may CHOOSE to be happy and to change, despite our allergy, in three key ways ... with a strong positive attitude towards:

- A - Achieving - recognising our personal achievements
- C - Caring - loving and helping others in need
- E - Enduring – enduring suffering well ... as the memory of us..

Finding a reason to be happy, is easier when we have:

HOPE to give us CONFIDENCE and DREAMS about the future.
POSITIVE (not negative) ASSUMPTIONS about PEOPLE and LIFE.
HUMILITY to accept HELP
POSSIBILITY THINKING
WILLINGNESS to CHANGE

and as we begin to think it is possible ... then we allow it to happen ... with meditation and relaxation plus. Now some simple basics ... of meditation ...

Meditation and yoga have been used for thousands of years in order to promote a balanced mind, better physical health and ultimately freedom from suffering, both physically and mentally.

Simple meditation involves sitting and watching the breath. Simply let the breath come and go naturally either focusing on the whole of the lungs or being aware of the more subtle sensations around the nose.

Each time the mind wanders, bring it back to the breath in a gentle and relaxed way. Focus at the movement of the stomach, up and down with the breathing.

The breath may directly link the conscious and subconscious mind. It reflects emotions, and with stressed becomes fast and irregular. When relaxed it slows down and becomes smooth. By bringing breathing into the conscious mind and altering our breathing, we can influence our emotions.

To regain control over any reduce emotional problems, simply breathe in while counting to 7 and breathe out more slowly, counting to 11. This activates the parasympathetic nervous system, which aids relaxation.

Focus on the numbers moves brain activity away from the right hemisphere (emotional) to the left hemisphere (logical) in the brain. This technique alleviates anxiety and can be used in three minutes, discretely in public.

The bad habits we will work on may include: smoking, drinking and obesity ...the other ones can wait ...

Questions: How do you feel about your phobia? What is important to you now? Could you start to learn control with meditation with the 7/11 breathing practice now? Identify each phobia and put them in order of importance to you 1 – 5.

2. PREPARATION - SELF ANALYSIS

GENERAL THEME – DO I REALLY KNOW MYSELF AND MY PHOBIAS PRETTY WELL? DO I REALLY WANT TO? WILL IT HELP ME TO FIND MEANING IN MY LIFE?

Let's take ten minutes to do Exhibit B and find out a little more about ourselves. Perhaps we shall be a bit surprised? After all, where-ever we may go, we always take ourselves with us. Do people think of us as miserable buggers? Do we care? Depression is infectious. Should we care? Happiness is infectious too...

Now, think back to some SAD bad habit memories? Can we turn each sadness into something valuable? Can we turn "Hurts into Haloes"? Can we learn to overcome sadness and find a rich strength of character, which serves us well? This is called "Reframing" of negative experience into a positive framework, of which we learn in this little program!

Now put those SAD bad habit memories into a "mental box" and leave them on the shelf in our SCM cupboard. We may need them later very occasionally but NOT every day. Can we leave them in the past ... and work on TODAY and tomorrow?

Now think back to some HAPPY family memories. Children? Mother? Father? Brothers? Sisters? Friends? Good times in the family? These are our TREASURES to keep in mind every day.

Questions: Who in the family had a tougher life than you? How did he/she survive? Do you have some of these inborn FAMILY STRENGTHS in your blood?

4. PREPARATION - CHANGE IN SIMPLE WAYS

GENERAL THEME: WITH ALL OF MY TOUGH PHOBIA PROBLEMS ... HOW CAN I CHANGE NOW ? I HAVE ALREADY TRIED EVERYTHING AND FAILED. WHAT LITTLE CHANGE MIGHT WORK FOR ME TODAY?

Be a "Possibility Thinker" and seek alternatives for our problems of "How to be Older and Happy too". Here is "THE 25 PLUS ALTERNATIVE APPROACH" in finding ways for change.

Only WE can decide what fits us. BUT put a TIME and DATE on it ... so that we COMMIT ... and we are on the way ... to achieving it ...

1. Start today. Change some LITTLE THINGS first - to prove that we can do it. Sit in a different chair today. Eat or drink something new. Ask a new question. Wear a coloured scarf or a hat. Change some small routine. Make the effort to talk with someone new.
2. Change - change our physical location for living and social interaction and thus change our mind and our body.
3. Change our personal habits - sleeping, eating, clothes, friends, social life ... and we will change our K, S & A.
- 4.. Find someone or some thing to love and care for and our personal problems may fade away.
5. Use SH and Cognitive Therapy with Dr. Burns and begin to resolve just two of our cognitive distortions (Exhibit C).
6. Go to church again.
7. Try to find God and ask for help.
8. Learn something new and practice it.
9. Start to learn and speak a new language and become a different personality. See movies in that language.
10. Take up smoking and alcohol again, in reasonable amounts.

11. View some sex movies or books to stimulate our appetite and then try to do it e.g. La Pianiste.
12. Stop feeling like a victim and feel in CONTROL of our life. it is not what happens to us in Life and Death that matters, but rather how we DECIDE to PERCEIVE it!
13. Dye our hair (from grey to nice brown or blonde) and change our clothes and appearance - feel different!
14. Read the book by Mitch Albom and some books about people who survived Dachau and Auschwitz and see how their experience compares with ours (Exhibit E).
15. Begin to keep a little daily diary to record (in a book or in our mind) the daily the good news and how we react to the negatives.
16. Find social contacts who are happy - it is infectious!
17. Avoid depressed miserable people who infect us with their misery unless we can help THEM in some way! Misery is as infectious as the AIDS virus and TB!.
18. Get a cat or a dog or a parrot which needs us every day.
19. Forgive everyone who has harmed us and thus get that CROSS of HATRED off of our back and OUT of our system for ever.
20. DO NOT HATE ANYONE - we only harm ourselves!
21. Get access to computer and explore the web contacts.
22. Invite the neighbours in for a meal.
23. Do crossword puzzles, dance and play cards to avoid Dr. Alzheimer coming to call on us!
24. Change our furniture in our room, flat or house around completely ... to help us to get away from the bad habits of the past! Do some little thing differently.

25. Check up on Euthanasia by contacting the EXIT society (in every country - see web), so that it is freely available when needed at a later time, with a simple plastic bag.

Change is vital but only we can decide what fits us. An application of the "The 25 Plus Alternative Approach", for dealing with a sleeping problem is given in Exhibit G.

Question: How will you start with some little change ... now ... ?

5. PREPARATION - MIND/BODY CARE

GENERAL THEME – I AM SO TIRED ... WHAT CAN I DO ... TO CARE FOR ... MY BODY ... AND MY MIND ... AND MY SPIRIT ... EVERY DAY? WALK OUTSIDE TO SEE THE SUN, SKY AND WORLD EVERY DAY ... IT IS A WONDER!!

The psycho effects of mind over body are as yet only 40% discovered by scientific research. Our mind controls our body in so many ways. When our mind is positive our body has a CHANCE to be healthy and happy in so many ways! Our spirit inspires us and gives us energy and control over allergy reactions!

Some simple things to do for mind/body care:

Meditation and DHE – practice several times every day ... and achieve control of mind, body and emotions.

Start the day with two glasses of water. Drink and believe in water as the best therapeutic medication. A litre a day can work miracles for you. Alcohol and smoking in moderation are OK. Excess is not necessary!!

Even handicapped people can do some Thai-Chi exercise with the hands very slowly. Find out what you can do now. Health exercise brings LUCK to your mind/body peace. Customise exercise to fit YOUR personal needs.

Exercise the body ... to put the mind at rest!! It can get us into such a relaxed confident state of mind, that we can resolve problems, with no drug side-effects.

Exercise daily (with a little help) to put down that "CROSS". A little exercise can work wonders for us, as we find ways to suit us best:

Body - 1-2 minutes – very gently move the parts of you that still work - three times.).

Eyes - 1-2 minutes - gently exercise both eyes and then each eye separately, as suits you best.

Mind - 1-2 minutes - do the DHI (Appendix A).

Spirit - 1-2 minutes - use the prayer to the SCM or God (above) with Compassion, Conscience & Commitment.

Questions: What exercise of mind and body, can you still manage every day? What did Gary Player the golfer, say about LUCK?

Answer: "The more I PRACTICE golf ... the more LUCK I seem to get!!!"

6. PREPARATION - SELF-THERAPY

GENERAL THEME – CAN I REALLY TAKE CONTROL? CAN RELAXATION PLUS WORK FOR ME? DO MEDITATION AND DHE REALLY WORK? CAN I DO THEM IN MY OWN WAY?

Therapy to mind and body, that we control ourselves is always the best, because when we believe in it. The mind controls our body in so many wonderful ways.

So now we make some progress in Meditation and DHE from Exhibit F.

Practice each meditation exercise to develop your very personal skills for: calm, becoming the present, developing acceptance, goodwill and compassion, mindfulness. Reinforce your meditation with the DHE – Daily Health Exercise.

Good intentions for daily medication practice, often fail in busy lives. Meditation with a partner or group may be helpful and it doesn't always have to be about discipline and formal sittings, it can be more of a way of life. The principles apply to our daily lives and applied whenever needed.

Cognitive therapy can also be helpful to us for: recognising Cognitive Distortions (see Exhibit C); developing the personal skills to REFRAME negatives into positives; making rapid progress in system control; understanding; self control; prevention and personal growth

The books of Dr. David Burns on "Feeling good" are often as effective as psychological therapy, because they encourage people to help themselves, and this to develop CONFIDENCE! See his latest book "Handbook for Feeling Good" in Amazon Books on the web.

Question: Ready for the practice in Exhibit F? On we go together ... expecting learn something about ourselves

6. APPLICATION – DENTAL CARE

GENERAL THEME: IS DENTAL CARE REALLY IMPORTANT? WHO IS IN CONTROL? WHAT DO I NEED TO DO NOW? I HAVE ALREADY TRIED EVERYTHING AND FAILED!! WHAT ALTERNATIVES AVAILABLE?

1. CONCEPTS

Relax with a gentle approach to dental care, as you study the text and play the audio (www.crelearning.com) several times. With this proven new gentle approach to dental care ... with confidence ... you can become a free in just one week from now ...without any effort or stress ...

Dental care ... is necessary and not harmful to the body. Your need mind and body control to be healthy. You have no need to insult your body with lack of dental care!!

To relax ...learn to use the simple Meditation and DHE routine in Exhibit F to develop your motivation to achieve what you want to achieve..

2. MOTIVATION

TO CHANGE FOR DENTAL CARE – THE KEY IS DEEP MOTIVATION.

FIRST, FIND YOUR MOTIVATION ... TO BECOME READY ... NOT JUST FOR YOURSELF ... BUT FOR THE ONES AND THINGS THAT YOU REALLY CARE ABOUT ... IN YOUR WORLD. THIS IS CRITICAL !!!

YOU CANNOT CONTROL DENTAL CARE JUST FOR YOURSELF!! WHEN YOU FIND THAT DEEPER VERY PERSONAL MOTIVATION ... RELATED TO CARING FOR OTHERS AROUND YOU ... AND THE INSPIRATION ...

AND THE MEMORY OF YOU ...THAT YOU WANT TO LEAVE BEHIND ... WHEN YOU GO ...

THEN YOU CAN DO IT SO EASILY!

SO NOW LEARN RELAXATION-PLUS WITH EXHIBIT A - THREE TIMES!

3. THE THREE WORD RP TECHNIQUE

This three-word Relaxation-plus technique is a non-directive, indirect relaxation-plus, mind-body control technique, which helps us to focus on former good experiences, which we recall and experience again “live” during the dental care. It’s impossible to have fear and pain while we deeply re- experience a really good event from the past.

Procedure:

1. Choose a really good experience that we have had just lately (Focus on this good memory as a resource).
2. Repeat three words, which characterize our good memory and the values connected to it (Reactivate the resource by the three-word signal).
3. Recall and repeat the details of the good experience we have chosen (Second reactivation of the resource).
4. Do RP (Appendix A) to make our good memory vivid again? (RP using the information from the third question.)
5. Circle around our three words in our mind, as we experience them right now? (Recall the good memory in all five senses)
6. Mix the three words: Repeat the three words and a deep RP relaxation evolves. (Overflow our resources, by utilising deep breathing rhythm mixing words and experiencing our memory.

After repeating the three words in the mind ... five to ten times, let dental treatment start without any more suggestions. To deepen the RP experience see the treatment as rhythmic with all the sensations of noise and rumbling contributing to our happy memory.

With RP a quick start of the treatment helps us to dive into a deeper RP calms. Avoid complex thoughts just breath deeply and use only the simple inner “video” of our happy experience. We are there.

There are only indirect comments by the dentist and the assistant. If the patient gives any signs of relaxation, like a sigh or response, it is reinforced by the team with a: “That’s right!”

By the end of the treatment, when still a little, “unexciting” work has to be done, we already start with the RP suggestions.

1. Reinforce ourselves as doing a great job.
2. Use our three words for later RP.
3. Keep the treated region inside the mouth numb and cool until the healing has completed.

After the treatment is completed, the we leave RP by counting from 1 to 10 and returning to real life and keeping good memories, until reaching full conscious awareness, repeating our RP suggestions for mind-body control..

4.REINFORCEMENT

Learn to use the simple Meditation and DHE routine in Exhibit F to reinforce your motivation to achieve what you want to achieve in dental care!

When back for the next appointment, start RP relaxation plus with our three words, as soon as we enter the chair, and we will once more go into a deep state of RP plus with the three words.

We will enjoy calm, good sleep and regular digestion and regular physiology before and after dental care and treatments, by using our three word RP technique.

7. APPLICATION – OTHER PHOBIAS

1. CONCEPTS

Fear of dental care is a phobia. So let us learn about other phobia control too. Therapy for phobia control is designed as a morale builder and sustainer. It reduces the stress and it enhances relaxation, peaceful sleeping and self-esteem.

Some phobias have their origin in real events of the past. With meditation and relaxation – plus we can learn to:

1. Reframe the meaning of the event
2. Dissociate our feelings from a fearful physical response.
3. Provide a “helper” RP routine to keep us calm

The audio to the book can be a reinforcement. Be sure to have a good supply of water on hand to keep mind and body refreshed.

Practice the following exercises to find which ones work best for you!

You are in control ...

2. PRACTICE – PARADOXICAL INTENTION

Paradoxical intention – make a new habit of deliberately seeking out the phobia. Exaggerate the symptoms

- a. Phobia for excessive hand washing – compulsion
 - deliberately wash hands three MORE times a day
- b. Phobia for elevators (lifts)
 - deliberately go up some small lifts three MORE times a day.

3. PRACTICE – RELAXATION PLUS

- a. Do Relaxation-plus (Appendix A) and then start imagining ... :

Imagining the phobia cause at a MINIMUM level ...e.g. stairs at a very minimum level – imagine going up two steps and coming down again.

Then imagining the phobia cause ...very slightly higher ...go up three steps ..and come down ... progressing each day ... until it becomes a calm routine.

... calmly within your personal limits each time ... progressing ...

- b. Apply the steps in (b) above ... to your reality ... do those things ... bit by bit ... so that little by little ... the source of stress becomes so routine ... so boring ... and so “normal” ... that it just fails to bother you ... and you become less and less emotional ... and stress slowly disappears ... with mind-body control.

3. ENERGY EXERCISE - X

- a.. Relax and breathe deeply.
b. Make arms out-stretched in front of you.
c. Put right palm over and in contact with left palm and entwine the fingers of the hands together.
d. Move the entwined hands downwards and then up and inwards to form a “butterfly position, on the chest.
e. Breathe very deeply as you repeat five times ... to yourself or aloud ... the key phrase:

“I deeply love ... my mind and body ... and I control it ” ... or
“Although deeply anxious about ... (insert) phobia ... I control it ” ...

or ... a phrase to express YOUR deepest feelings ... and “I control it” very slowly ... feeling every word ... deep within you ...

- f. Relax the arms to the sides ... breathing deeply ... feeling well
g. Repeat as needed.

4. ENERGY EXERCISE - Y

- a. Relax and breathe deeply
- b. Put arms down by the sides.
- c. THINK DEEPLY ABOUT EACH WORRY ... IN TURN ... AND THEN SEND IT ... BY YOUR OWN SPECIAL DELIVERY ... INTO YOUR HANDS..
- d. Grasp the wrists tightly (with tension).
- e. Raise the hands and arms above the head ... breathe in deeply ...
- f. BREATH OUT AND THROW AWAY WORRIES ... UP... INTO THE AIR ... AWAY ...
- g. Relax ... feeling relieved
- h. Repeat as needed.

5. ENERGY EXERCISE - Z

- a. Relax and breathe deeply.
- b. Breathe in and raise the hands and arms upwards and outwards to the level of the shoulders ...
- c. Breathe very deeply as you repeat seven times ... to yourself or aloud ... the key concept:

“The world is a beautiful place ... for me ...”

very slowly ... feeling every word ... deep within you ...

- d. Relax the arms to the sides ... breathing deeply ... feeling well ...
- e. Repeat as needed.

6. AFTER ENERGY EXERCISES

Relax and think deeply about what YOU have achieved. Give each exercise a GRADE from F (fail – intense anxiety) to A (anxiety resolved). Keep a CAREFUL record of each exercise completed and results achieved.

With less than grade A, then next time ... revise the key phrase to make it more powerful for you. Change it to fit your needs and personality e.g. from “I want control etc.” to ... ”I love and respect myself “ ... etc.

**AND THEN BEGIN TO SMILE AND LAUGH AT YOURSELF. OH DEAR!!
BUT HOW CAN WE LAUGH AT SUCH SERIOUS PROBLEMS?**

Because Dr Milton Erickson (world famous psychiatrist) who spent 25 years in a wheel chair with polio ... suggests that when we learn to laugh with our problems, then we can begin to change ourselves in mind and body, and we can begin to resolve ANY problem!

Because ... with laughter we find new strengths within us that we never knew were there !

7. REINFORCEMENT

Practice daily the Meditation and DHE approach in Exhibit F to reinforce your control of phobia ... and be so pleased ... with yourself ...

8. CONCLUSIONS AND REINFORCEMENT OF CHANGE

GENERAL THEME: CAN I PUT ALL OF THIS CHAT ... INTO SOMETHING REALLY PRACTICAL AND USEFUL FOR ME? CAN I BE IN CONTROL OF MY PHOBIAS, MY MIND AND MY BODY? CAN MY PROBLEMS REALLY FADE AWAY ... ALMOST WITHOUT EFFORT ... WITH MEDITATION AND RELAXATION PLUS?

1. Phobia control is in the head!! Being happy with phobia has nothing to do with objective reality. It is all about our emotional perceptions of the world as we would like it to be. SO NOW, get into the NEW HABIT of doing RP (Exhibit A) when needed and Meditation and DHE (appendix F) twice each day (just before we sleep at night and first thing as we awake in the morning).
2. As we find with meditation and DHE, the skills of relaxation of mind and body, so we will find ways to change ourselves to perceive our phobia and the world in a positive not negative way, and begin to find all of the alternatives we still have available and thus to change our reactions.
3. Reframe our reality with Compassion, Conscience & Commitment ... and surprise ourselves by finding that we can indeed be older and happy - and leave behind us a wonderful memory for our loved ones, of which we will indeed be proud of achieving control of phobia, mind and body..
4. Sometimes a little prayer is helpful either to ourselves (SCM - the Sub Conscious Mind) or to God ... as we may choose ...

"Good morning SCM (or God). What are you up to today?...
Can I be part of it please? ... Give me strength for the day and hope for the future May I be a window for your light to shine through ... I am, I can, I will, I believe
Thank you SCM (or God) ...!!

5. Concentrate on the "coconuts" bad habits of being older and happy, and leave the "peanut" phobia reactions ... to the monkeys!

6. Keep a diary every day to record feelings about life (positives and the negatives) and make plans for a month ahead.

7. Make the "Key Decision" ... FIND WAYS TO BE IN CONTROL AND BE HAPPY EVERY DAY ... and then plan on "How" to achieve it, so that WE will be REMEMBERED as someone who INFECTED others with Happiness and NOT MISERY.

8. So from this moment on ... expect success ... and some good news every day ... and make A...C... E ... work well for us ... every day ! Good luck! When we are positive ... we bring our OWN luck ...

9. And now READ the most wonderful book which will CHANGE your life: "Man's Search for the Meaning of Life" by Dr. Viktor Emil Frankl (Pocket Books - New York)

10. And finally ... recognize that when we believe that anything is possible ... then we are on the way ... to making it happen ... because the "impossible" seems to happen ... every day ... even phobia and mind-body control ... on we go ...

EXHIBIT A - RELAXATION-PLUS FOR PHOBIA

1. Tell yourself that you are going to do your own RP.
1. Make yourself comfortable. Gently grip the LEFT THUMB into the left fist. This is your “anchor sign” for RP. Begin to breathe very deeply.
3. Focus your attention on a spot high up on the wall. As you concentrate feel more relaxed. Concentrate intently so that other things begin to fade into the background. As this occurs, notice a relaxed heavy feeling and allow your eyes to close. Then pretend that you cannot open them for two minutes. Nod you're your head when you have done it.
4. Relax your whole body ... by visualizing and smiling at each part carefully ... from the top of your head to the tips of your toes ...
5. Begin slowly and mentally ... to count down from 10 to 0 ... saying ... deeper... deeper ...
6. Imagine a beautiful white light ... coming from above your head ... cleaning every part of you ... as it passes through your whole mind and body ... and out of your toes.
7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... soothing and healing every part of your mind and body ... right up to the top of your head...
8. Then RELAX ... as you repeat

“Everything I need to do for my dental care and other phobias ... is WITHIN ME ... everything I need ... to do this relaxation ... is WITHIN ME ... and I am doing well ... I am doing very well ... feeling at ease ... feeling at peace ... relaxed and at ease ... giving myself permission to enjoy this restful time ... that I am granting to myself ... that's right ... that's right ... letting go ... and enjoying a wonderful relaxing ... calm ... I am doing well ... I am doing very well... and whenever I want to ...or choose to ... I can relax ... I can remember ... some of the feelings that I have now ... and my body remembers ... what to do next ...and it fulfils that relaxation need ...instinctively ... “

Then make one or two ... **POSITIVE** suggestions to yourself ... which help YOU ... (take your time to choose the very special positive things you need to help you to master your particular phobia) within YOURSELF ... handling YOUR problem of worry (or pain or phobia or stress or sleep) in YOUR OWN WAY ... believing in the success of YOUR little health care team in which YOU are an important member ... and feeling very deeply ... that this is a wonderful world ... with so many joys for YOU.

10. And then **REPEAT** your suggestions two or three times. Think deeply and gently talk with yourself about these things ... for a few moments ... and then ... in your own time ... when YOU are ready

TO COME BACK FROM RP:

- a. Tell yourself that when you come back ... you will feel very well ... calm, contented and very **CONFIDENT** and **MOTIVATED** ... to achieve what you need.
- b. Slowly release the thumb from the left fist (RP anchor sign). Slowly count up from 0 to 10 and open your eyes.
- c. Stretch the arms and neck. Relax. Feel calm, confident and pleased with yourself.

NOTES:

1. Practice to make RP work better and better for you in YOUR OWN SPECIAL WAY. For the first week practice twice or more a day as needed. On awakening in the morning, to plan for the day, and just before sleeping at night, to hand over one key problem phobia to your sub-conscious mind.
2. When you practice before going to sleep, do not awaken with a count of 1 - 10 simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.
3. Suggestions: Determine what you want and need. Make only those suggestions that are **SIMPLE** and **POSITIVE**. Repeat them several times. Always be clear on how you want to think, feel and believe. **NEVER** suggest anything that you **DO NOT** want to happen, because the sub-conscious does not understand negatives!!
4. Once a month, check out your Cognitive Distortions (Exhibit C). Expect some good news every day ...

EXHIBIT B - BRIEF SELF-ANALYSIS

(Adapted from Dr Burns - see reading list)

For questions 1-15 select a score (0-3) to reflect your feelings this week.

0 1 2 3
none some often always

1. Sadness: Do you often feel sad?
2. Discouraged: Does the future look hopeless?
3. Low self-esteem: Do you feel worthless?

4. Inferiority: Do you feel inadequate or inferior?
5. Guilt: Do you often blame yourself?
6. Uncertainty: Is it hard to make decisions?

7. Irritability: Do you feel angry and resentful
8. Interest in life: Have you lost interest in your home, work, hobbies, family or friends?
9. Motivation: Do you have to push hard to do things?

10. Self-image: Do you feel old and ugly?
11. Appetite: Lost your appetite? Do you over-eat compulsively?
12. Sleep: Is it hard to get a good night's sleep?
Are you so tired and sleeping too much?

13. MOL: Have you lost interest in the Meaning of Life?
14. Health concern: Do you worry about your health all the time?
15. Suicide impulses: Is life worth living? Would you would be better off dead?

Calculate your total score (0-3 for each question) and then see our reactions on the next page.

EXHIBIT B - SCORING & REACTIONS

Total Score	Degree of Aging Depression
0 - 4	none
5 - 10	normal
11 - 20	mild
21 - 30	moderate
31 - 45	severe (help needed ?)

QUESTIONS:

How do you feel about that?

Are you a bit surprised?

Do you believe it?

What will you do about it?

Alone or welcoming a little help from a partner?

EXHIBIT C - COGNITIVE DISTORTIONS – TO BE OVERCOME

1. All or Nothing: Will I be a "Black or white" thinker today, whereby anything that is less than perfect is a total failure?
2. Generalisation: Will I see a single result as a pattern of inevitable never-ending defeat?
3. Filter: Will I allow only negatives to darken my reality today, as I (very carefully) filter out almost all of the positive things?
4. Positive disqualification: Will I reject positive experiences today, by telling myself that they "don't really count"?
5. Conclusion jumping: Will I jump to negative assumptions about the future, of a project, without any definite supporting facts, by simply "fortune telling" on the situation and the people?
6. Catastrophizing: Will I perceive disaster in everything today, by exaggerating the bad things and minimising the good ones?
7. Emotional reasoning: Will I convince myself that if, for just a moment, I feel something, then it is almost certainly true?
8. Obligations: Will I allow myself to feel frustration, anger or even guilt today, by adopting some of those false personal motivators like: "I really must" or "I ought to" etc.?
9. Labelling: Will I indulge myself in extreme over-generalisation, by attaching negative labels like "A real pain!" to things, to others or even to myself?
10. Responsibility: Will I perceive myself as responsible for everything that may go wrong today?

Question: How many apply to you? Choose 3. What are you going to do about it? ... Do you really enjoy punishing yourself ...?

EXHIBIT D - READING LIST

Man's Search for the Meaning of Life

Dr. Viktor Emil Frankl (Pocket Books - New York)

Feeling Good - The New Mood Therapy

Dr. David D. Burns (Avon Books - New York)

Turning Hurts into Haloes

Rev. Robert Schuller (Crystal Cathedral - Cal. USA)

When the Living Hurts

Dr. Michael D. Yapko (Brunner/Mazel New York)

Handbook to Feeling Good

Dr. David D. Burns (Avon Books - New York)

Hypnosis and the Treatment of Depression

Dr. Michael D. Yapko (Brunner/Mazel New York)

Final Exit

Derek Humphrey (Dell Publishing - New York)

Man's Search for Ultimate Meaning

Dr. Viktor Emil Frankl (Pocket Books - New York)

Self Hypnosis - Complete Guide

Brian Alman (Brunner/Mazel - New York)

The Hiding Place

Corrie ten Boom – (Christian Literature Crus. - London)

Hypnosis in the Relief of Pain

Ernest & Josephine R. Hilgard - (Brunner/Mazel - New York)\

The Five People you meet in Heaven

Mitch Albom – (Little Brown – Time Warner Books)

EXHIBIT E - THE 25 PLUS ALTERNATIVE APPROACH

When nothing seems to work well for you, CHALLENGE yourself to think up 25 PLUS alternatives for possibly resolving the problem. Then DECIDE to make some of them WORK for YOU ... Find ideas and strengths within yourself ... that you did not know were there... waiting for be found ... and used ... to control those bad habits ... with almost no effort at all ...

For example - The Problem of Sleeping at Night:

1. Change sleeping habits that do not work ... adopt NEW ones that do. Change your "sleeping" to ... dreaming ... resting ... relaxing ... travelling... imaging ... wandering ... in different ... places, times, durations, physical positions (try fetal and others) ... and company.
2. Like Churchill learn to sleep for ten minutes at any time of the day or night to refresh yourself.
3. Join a group of non-sleepers and to share common experience and learn how others have found new ways to overcome the SAME problem ... in a quiet restful environment?
4. Use logotherapy's "Paradoxical Intention" in which you set your mind on staying awake all night and NOT going to sleep, and then laugh at yourself!
5. Take sleep medication - but only once a week deliberately as a REWARD. Sleep with a cat or other pet for company
6. Research non-sleepers who never sleep but have found ways to relax and survive with NO sleep at all ...just physical and mental relaxation.
7. Make a list of your "Cognitive Distortions" and do something about ONE of them.
8. Make a 90-minute confidential audiotape in which you relate all your sleep problems ... very very frankly ... about the things that happened in the past and how you felt.
9. Find a gentle solution as a wonderful example to your kids on overcoming their future problems.

10. Take away all fears of being alcoholic with a wonderful faith in God who loves you.
11. Ring up the help line of the Crystal Cathedral in California.
12. Start to see Rev. Schuler on Lifetime TV each Sunday morning with his approach of dreaming, possibility thinking and expectation of success.
13. Reject the "pride" idea ... "That is the sort of person I am ... nobody can help me to sleep" ... "help" aids us all.
14. Throw out the "Victim Complex" - God has something SPECIAL for you to learn.
15. Read the Meaning of Life by Viktor Frankl in Auschwitz ... so begin to laugh at yourself and the problem ... smile ...
16. Watch TV once week and be bored to sleep.
17. Start to write your autobiography... with all the details ... for your grandchildren - a best seller.
18. Keep the mind open to new ideas ... open your eyes ... the answer may be just in front of you.
19. Ring me up every day to hear my problems and complaints ... any time day or night.
29. Be grateful that sleep is a problem for you and not your loved ones.
21. Expect some good news every day ... and count your blessings too.
22. Be grateful indeed for a healthy non-handicapped family.
23. Research the oldest living man who sleeps only every two days ... in Russia.
24. Find someone to help with the same or a worse problem or and resolve problems together.

25. Keep a daily diary of progress and list everything you have learned about yourself since the problem began ... change attitudes
26. Write up a case history of your problem and try to identify the initial causative factors. What were those events and why did they affect you then and not before? Then take benefit from the analysis.
27. Make a list of worse things that could have happened.
28. Sleep anywhere any time during the day for 10-60 minutes, as needed ... just ... "I am not available until three o'clock"
29. Stop calling it "sleeping" ... call it something else like ... drifting off ... relaxing ... letting is go ... off on a trip ... dreaming ... goofing off ...
30. When not sleeping use the time to draw pictures or write comic stories.
31. Tell yourself that you either sleep or you do that horrid ... horrid ... horrid ... householder chore (that you DETEST) ... in just five minuets time!
32. Add a little more love and affection to your nightly activity.
33. Finally don't give up ... a solution will come in time ...far far worse things happened to Viktor Frankl and he survived ... to find something to smile about every day ... and ... to find meaning in life ...
34. "Begin to think that it is possible ..."

EXHIBIT F - MEDITATION AND DHE (DAILY HEALTH EXERCISE)

Practice meditation at any opportunity, on the train or waiting for a friend. Meditation is not just something to sit down to do, but rather it is a way of our bringing awareness ... of our deeper self ... with each breath we take ... at any time. The book to buy is "Meditation" by Lorraine Turner.

Practice meditation for different problems ... as needed:

- Calm
- Becoming the present
- Developing acceptance, goodwill and compassion
- Mindfulness etc.

and reinforce your meditation with a DHE – Daily Health Exercise.

1. MEDITATION FOR CALM

The breath is a natural anchor to still the mind, as breathing continues throughout the day and night. Watching it can have a great calming effect as it rhythmically enters and leaves the lungs like waves breaking on the shore.

It is also helpful to imagine stress leaving the body as black smoke and relaxation entering the body as white light.

2. MEDITATION ON BECOMING THE PRESENT – NOT THE PAST!!

Watching the breath brings the mind into the present, since the mind naturally wanders to thoughts of the past and future all the time.

The mistake often made during meditation is to feel bad about imagination and daydreaming and becoming disheartened.

The key is to congratulate the part of the mind that realizes when the mind has wandered, so that it become peacefully aware of the new present moment. This actively encourages the conscious mind to wake up and be still, improving with each meditation.

Posture is important. In thinking about the future, you may tend to lean forward too much, so simply sit upright again, and become more in the present.

3. MEDITATION FOR DEVELOPING ACCEPTANCE

When we can be happy simply watching the beauty of the breath for long periods of time, then we become less irritable and more at peace with the world.

We often experience mild restlessness, drawn to pleasure and repelled by discomfort and our misfortune.

By accepting situations that are beyond our control, we can act more rationally and put ourselves in a better position to make any necessary changes.

4. MEDITATION FOR GOODWILL AND COMPASSION

Calm the mind by focusing on the breath. Cultivate a feeling of gentle goodwill and deep respect towards mind and body. Internally repeat the words: "May I be well and happy" and imagine a warm glow of acceptance spreading from the heart.

Pass this feeling of goodwill and acceptance (G & A) on to a friend, wishing him or her well.

Then pass G & A on to someone who you have neutral feelings towards. Then pass G & A to someone you have difficulty with. And finally spread G & A to every living being.

Developing an open-heart benefits the self and all those around. Blame and anger simply lead to more internal suffering. If someone acts maliciously this is because they themselves have internal pain and so out of compassion, generate the desire to free them from their suffering.

We are all living, breathing humans who simply want to be happy. By cultivating a clear mind full of unconditional love, difficult issues are most likely to be resolved.

5. MEDITATION FOR MINDFULNESS

Mindfulness meditation requires the cultivation of a particular attitude or approach including:

- a. Don't expect anything
- b. Don't strain
- c. Don't rush
- d. Observe experience mindfully, that is, don't cling to or reject anything
- e. Loosen up and relax
- f. Accept all experiences that you have
- g. Be gentle with yourself and accept who you are
- h. Question everything
- i. View all problems as challenge
- j. Avoid deliberation
- k. Focus on similarities rather than differences (2).

In daily tasks we daydream with light trance state, thinking about the past or the future, but we are rarely the present. At these times move awareness around the all of the senses, letting go of any other past and future concerns.

For example, when washing up, you may become aware of the sensation of the water on your skin, or the sight of the shapes under the water or the sounds that the water makes. When eating, you can slow down and even close your eyes so that you can devote your awareness to the tastes.

Practicing this kind of mindfulness often, to develop a deeper connection with the world, discovering that the senses, become much sharper, more acute and we enjoy the simplest of things.

Allot just a few minutes or more a day to formally sitting for meditation. Try kneeling or sitting cross-legged on several cushions, or sit on a fairly high chair. When sitting try to keep the spine upright and posture relaxed. Imagine the back of the skull being gently pulled upwards and the base of your spine downwards.

Practice meditation with any opportunity such as while on the train or waiting for a friend. Meditation is not just something to sit down to do, but more a bringing of awareness to the breath, at any time.

... and support the meditation with a DHE which follows ...

6. DHE – DAILY HEALTH EXERCISE

BE IN COMPLETE CONTROL OF MIND AND BODY. EVERY DAY, TAKE A LITTLE TIME, FOR YOUR MENTAL AND PHYSICAL HEALTH, BY GOING INTO A TRANCE WITH VERY GENTLE SELF-HYPNOSIS. TELL YOURSELF HOW LONG, YOU WISH TO REMAIN IN TRANCE, E.G. 5 MINUTES, 15 MINUTES ETC.

TO GO INTO A TRANCE

1. Tell yourself that you are going to do your self-hypnosis.
2. Make yourself comfortable. Begin to breathe very deeply.
3. Close your eyes and pretend that you **cannot** open them for five minutes.
4. Relax your whole body ... by visualizing each part carefully ... from the top of your head to the tips of your toes ...
5. Begin slowly and mentally ... to count down from 10 to 0.
6. Imagine a beautiful white healing light ... coming from above your head ... relaxing and Healing every part of you ... as it passes through your whole body ... and out of your toes.
7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... to sooth and Heal every part of your body ... right up to the top of your head ...
8. Then make simple POSITIVE suggestions to yourself ... to feel well in MIND & SPIRIT ... so that you ... help yourself ... to feel at peace with a MOL ... day by day

9. TO WAKE UP FROM THE TRANCE:

Tell yourself that when you wake up you will feel very well, very happy and very motivated to achieve what you need.

Slowly and mentally count up from 0 to 10 and open your eyes.

Stretch the arms and neck. Relax.

10. NOTES:

Practice: For the first week practice twice a day. On awakening in the morning, (to plan for the day) and just before sleeping at night (to hand over one key problem to your subconscious mind). When you practice before going to sleep, do not awaken with a count of 0 to 10, simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.

11. SUGGESTIONS:

Determine what you want. Make only those suggestions that are simple and positive. Repeat them several times. Always be clear on how you want to think, feel and behave. Never suggest anything you DO NOT want! The sub-conscious mind is highly emotional ... like a child ... so treat it very gently please...