

Program Yourself Thin 2.0

Intelligent Weight Loss

Training Module Four: Class Four: Mastering Your Emotions “You are much more than your feelings and behaviors”

Resourceful States:

GRATEFUL, HAPPY, EXCITEMENT, CONFIDENCE,
MOTIVATION, ATTRACTIVE, SATISFACTION, LOVE,
CONNECTION, CALM, PATIENCE, UNDERSTANDING,
PEACE, RELAXATION, COMFORT, FAITH, TRUST,
SECURITY, CONTROL, EFFECTIVE, SUCCESSFUL,
USEFUL, VALUABLE, CAPABLE, KNOWLEDGABLE,
SKILLED, SEXY, DESIRABLE, ENERGIZED, HELPFUL,
AWARE, ATTENTIVE, RECEPTIVE, OPEN, FRIENDLY,
SMILING, LUCKY, INSPIRED, ENCOURAGED, HEALTHY

Unresourceful States:

SADNESS, BOREDOM, DEPRESSION, FEAR, DRAINED,
ANGER, FRUSTRATION, IRRITATION, IMPATIENCE,
STRESS, EXHAUSTION, NERVOUSNESS, UNCERTAINTY,
RESENTMENT, DISAPPOINTMENT, OUT OF CONTROL,
ANNOYANCE, VENGEANCE, MISERY, CONFUSION,
OVERWHELM, INSECURE, INCOMPETENT, HOPELESS,
INADEQUATE, DEJECTED, WEARY, SELF-LOATHING,
DESPERATION, LONELINESS, INDIFFERENT

The #1 Mistake You've Made

The biggest mistake most people make is applying their willpower to changing their behaviors rather than changing their state. Remember if you put yourself in the right state, the right behaviors will follow.

The Structure of Behavior

Physiology (muscle tension, posture, breathing)



STATE → BEHAVIORS → BODY



Psychology (memories, imagination, beliefs, etc.)

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How to Increase and Decrease Feelings

You can increase and decrease the feelings you have by intentionally Associating and Disassociating in and out of them. This is a skill that you've already mastered in your life, the only difference here is that you're going to do it intentionally.

Try this example: Remember a time when you were walking in the rain. You can think of it in 2 ways.

You can disassociate from it by imagining that you're in a movie theatre watching this memory on a movie screen as if it was someone else walking in the rain. When you do this, the feelings you had while walking in the rain don't seem as real.

You can associate into the memory by imagining that you're in your body while the rain is coming down on you. You can remember where you were and what was around, what you could hear, and what you were thinking. As you bring back more details and associate into them as you did in the real situation, you're going to find the feelings becoming stronger.

How to elicit and create states in yourself

Your internal state in any situation is created by how you are using your physiology and thoughts at that moment. In order to take more control over this process, it helps to become aware of it. The easiest way to become aware of it is to practice eliciting the different states that are listed above, the resourceful ones and the negative ones. Think back to a time when you experienced those feelings. For example, when you think of calmness what comes to mind, is it the time you were sleeping in your warm bed while you could hear the rain outside and you knew that you had nothing to do that day. As you think of a memory keep adding to the specifics, what do you remember **seeing**, what sounds did you **hear**, what did it **feel** like. The goal of this practice is to begin to feel the state like you did when you actually had the experience. Remember the mind doesn't know the difference between vivid imagination and reality.

The ingredients of your memories and thoughts

When you use Theatre of the Mind, remember that your "movies" are made up of the same things as reality. The big three components to both are: what we see (visual), what we hear (auditory), and what we feel (kinesthetic), the other two are smell and taste. As you make little changes in these ingredients, you will find that it changes your ideas. So experiment, when you make your movies change these components up from the way you normally think of your movies. If you have a memory of someone yelling at you make a movie of it that is the same, but when they begin yelling their voice gets real high pitched, etc. Play around with some of the following specifics:

Visual

Size: Big/Small
Brightness: Light/Dim
Distance: Near/Far
Clarity: Fuzzy/Crisp
POV: Associated/Disassociated

Auditory

Volume: Loud/Quiet
Clarity: Clear/Jumbled
Resonance: Deep/Shallow
Tempo: Fast/Slow
Pitch: High/Low

Kinesthetic

Density: Hard/Soft
Textures: Smooth/Rough
Weight: Heavy/Light
Movement: Fast/Slow
Temperature: Cold/Hot

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Physical Recipes for Different States

1. Choose an emotion you would like to feel more
2. Remember a time in your life when you felt this way
3. Associate back into that memory by remembering details (was it night/day, were you alone, etc.)
4. Imagine you are in that memory and pretend you feel the same way
5. Now without changing your body answer these questions

A) How do these parts of your body feel?

(relaxed, tense, heavy, light, open, etc)

Emotion: _____

Jaw _____

Neck _____

Shoulder _____

Chest _____

Stomach _____

B) What is your posture like:

(straight, slouched, head up/down)

C) What is your breathing like:

(deep, shallow, erratic, rhythmic)

Emotion: _____

Jaw _____

Neck _____

Shoulder _____

Chest _____

Stomach _____

B) What is your posture like:

(straight, slouched, head up/down)

C) What is your breathing like:

(deep, shallow, erratic, rhythmic)



State Awareness Exercises

When you achieve your goal weight what resourceful states will you automatically feel more of in your life?

Which unresourceful states will you automatically feel less of? _____

List 3 habits that sabotage your weight loss, the states that usually accompany them, and the antidote states:

Sabotaging Habits

States that precede habits

Antidote States

_____	_____	_____
_____	_____	_____
_____	_____	_____

List your antidote states and describe a time when you have strongly felt that way:

State: _____

State: _____

State: _____



How to change your habits

Changing habits is easy when you know how, all you need is the proper motivation and an understanding of how your mind works. Theatre of the Mind is a great tool for creating easy, natural change. It is so effective because you are using the language of the mind (imagination) and you are giving it a new direction to go in, rather than just telling it not to do certain things. Like most things in life you will find that it gets easier and more effective each time that you use it, so use it.

Hypnotic Programming in The Theatre of The Mind

Imagine that you are in your own theatre sitting in a very comfortable chair watching a movie screen. In front of you there is a control panel that directs what happens on the screen.

1. Identify an unwanted behavior or pattern
2. Create a movie of how this behavior typically happens, starting the movie about 5 minutes before the behavior and 5 minutes after the behavior.
3. Watch the movie
4. On the control panel choose some "antidote" states that would change this movie. Maybe if you felt more relaxation or confidence you would act different.
5. Go to the beginning of the movie and give yourself the resources you want and set the dials on your control panel the way you want it. If you want you can score the movie with music that makes these feelings even stronger (like hearing the Rocky theme if you wanted to feel confidence or New Age music if you wanted to feel relaxed).
6. Replay the movie and see how it changes with these new feelings.
7. If it feels good leave it alone and let it loop as many times as you want to make the feelings stronger and to install it into your mind. If it doesn't feel right change it some more and replay it.