

# **Cognitive Therapy for the Solitary Practitioner**

## **A Guidebook to Living Well**

*A course book for beginners and  
professionals alike*

Scott Rauvers

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## DEDICATION

*I dedicate this book to my mother, a psychology graduate at Boulder University, Colorado, who taught me that distortions hide the true harmony driving all things*

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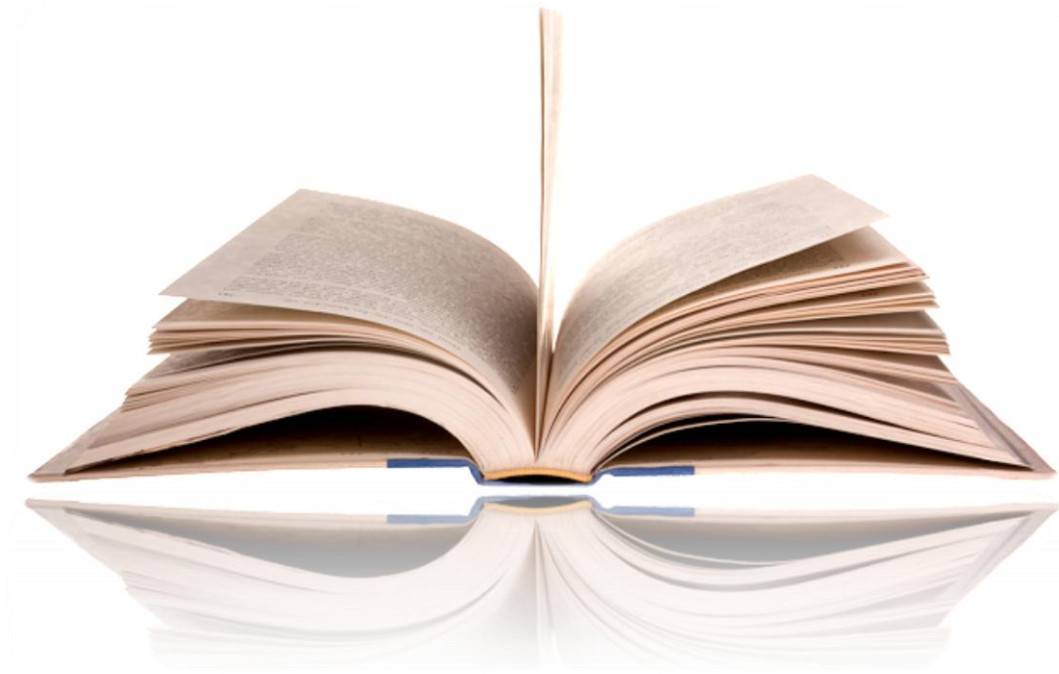
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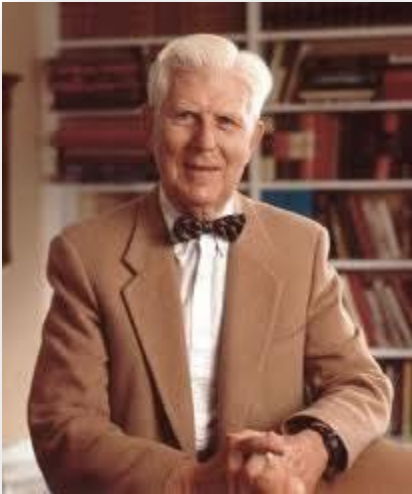
*About the Author*

Scott Rauvers is the founder of the Institute for Solar Studies on Behavior and Human Health in Santa Monica, CA and studied psychology, social work, gerontology and sociology at Weber state University. He is the author of numerous articles and reports on self esteem and wellness. Besides being the founder of the Research Institute for Solar Studies, Scott studies how our solar activity affects human perception. The lessons in this book use scientifically proven methods to remove depression and improve ones emotional wellness based on the research done at the Beck Institute at the University of Pennsylvania.

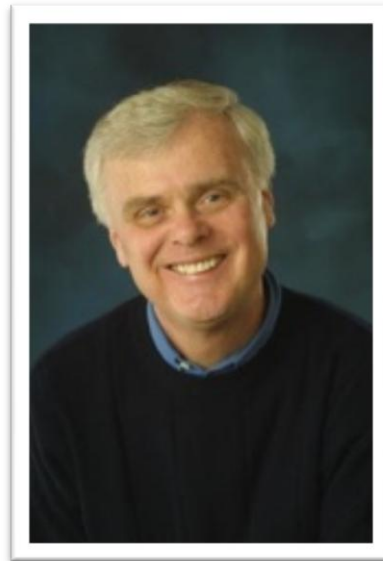
## ACKNOWLEDGMENTS

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*Dr. Aaron T. Beck*



*Dr. David D. Burns*



*A Note From The Author:*

In college I loved studying sociology and psychology because it opened up new doors to self growth and transformation and gave a greater understanding to how populations behave according to environmental and sociological influences. Even though I was able to study this process closely, many of the books on cognitive therapy were written for experts. This book has been written for beginners wanting to understand how to use cognitive therapy for themselves.

Short term periods of depression are a part of a normal life and experienced by people from all backgrounds, including therapists and psychiatrists. This type of depression usually goes away without treatment, it is only when it saps your motivation and energy that it becomes a problem. It was through the exercises that I share with the readers of this book that a profound transformation occurred. I'm sure people who have experienced cognitive therapy know exactly what I mean by this.

Now these same tools are available to anyone so they can understand why they get depressed and have the tools on hand to make changes for the better. By applying the tools in this book you will learn how to identify the emotions that are taking away your enjoyment of life, and you will learn how to transform these emotions into a more satisfied and fulfilling life.



**This books makes the tools of Cognitive Therapy available to anyone so they can have the tools on demand to make life changes simply and quickly. By applying the lessons in this book you will learn how to identify the emotions that are taking away your enjoyment of life, and learn how to transform them to bring you a rewarding and satisfied life.**



## Chapter 6

### Learning How to Re-Motivate Yourself

#### Why Some people "*Need Permission*" to Feel Motivated

I remember reading about a fascinating account about a patient of one of Dr. David Burns' who could never achieve goals he set out to accomplish because nobody was "*pushing him to do it*". He always had to be prodded and pushed to get things done. He sincerely believed since childhood that an senior figure was always necessary in order to get motivated towards a goal. I will share the story with you below:

The client named "Steve", was as a young boy just learning to swim. On this day while he was sitting at the side of the pool, he felt fear and hesitation about jumping in the water. As this fear was racing through his mind, his peers and parents cajoled him to jump in. This cajoling session went on for 30 or so minutes, after which, giving in to the demands of his parents and peers Steve jumped into the pool. After jumping in, he discovered that the water felt fine and his fear of water was gone. However the damage was done. Because of this event that took place that day, it triggered a whole series of events that changed the way he pursued goals in his life from that day forward. Throughout the rest of Steve's life he now carried the connotation '*I have to be pushed before I can do anything risky*'.

As Steve grew into adulthood, instead of gracefully accepting invitations to parties or baseball games, he had to be prodded and pushed. He was unable to initiate any action on his own, and thus suffered from severe depression. By the time he was 21 years of age, he was living with his parents who were prodding him daily to get him

motivated enough to accomplish even the smallest tasks.

Now in Steve's case instead of using the clicker to count negative thoughts, the clicker is used to record positive actions taken. Steve's breakthrough came in the ability for him to effectively use the wrist counter technique. Beginning each morning, every time he did something on his own without having to be pushed or prodded (*even if it was something simple such as changing his clothes*), he would click the wrist counter. Every night before going to sleep, he would record the daily click total in his journal. Over a period of weeks this total increased and generated new feelings of self-confidence, self esteem and self respect. Just by doing this for only a few weeks, years of Steve's life of being chained by procrastination were released. He was feeling free at last of needing permission from an outside exterior authoritative figure to accomplish a goal. Every time he clicked the counter it reminded him that he was the one in control of his life. By acknowledging this, he started noticing what he was capable of. This forever changed Steve's perception about how he viewed himself, giving him renewed feelings of self confidence and self esteem. Steve now sees himself as a more capable human being.

This story is an excellent example of how when we identify the root cause of an issue, it just takes a few simple steps to overcome it.

## The Proven Process that Motivates You Enough to Make Positive Change a Reality

Depression takes away our power of motivation. As we covered earlier in this book, the first experience people have when they are depressed is a lack of energy and motivation. When you are depressed, the last thing you feel like doing is applying

yourself to a new routine. Depression naturally paralyses a person's willpower and is the mother of all procrastination. You may think back on the times you had the energy to get things done and the sense of pride you felt from accomplishing them. Let's examine a well used technique that will help you get motivated without exterior sources.

Think back to the last time you accomplished something, than write down how it made you feel. Now ask yourself, "*When I think about leaving tasks undone, does it feel as good as having accomplished the task?*" "*What thoughts are entering my mind as soon as I think about carrying out a task?*"

Next write down those thoughts on paper. You have now exposed the very thoughts that are sapping your motivation to the light of reason, taking away their power over you. You will find that what you have written down will be a number of maladaptive attitudes, misconceptions and faulty assumptions. Some of which may include apathy, anxiety, or a feeling of being overwhelmed and feeling helpless. You will now begin to clearly see that these false feelings are impeding your motivation resulting from distortions in your thinking process. Next we will cover keeping a Journal

Begin a journal that records your daily activities and name it your "Daily Activity Journal". Be sure each page of your journal has the day divided into hourly time slots. Some journals already come with this feature. Your journal will simply consist of 2 parts. One column will be labeled "Perspectives" and the other column "Retro-perspectives". In this column write out what you would like to accomplish each hour of the day, even if it includes only carrying out a portion of your plan. By breaking down each task separately into an easily observable format, it forces us to focus on what we subconsciously accomplish, giving us the self esteem to accomplish much larger tasks.

Be sure to include on your schedule the simplistic tasks such as: *got out of bed, ate lunch, fed the cat* and so on. Now at the end of the day, just before going to bed, in the far right column labeled "Retro perspectives", record what you actually accomplished that day. Be sure to place each accomplished task next to the designated time slot.

Now you are going to apply a rating system to each accomplished task. M will be for mastery and P will be for pleasure. Mastery represents tasks you have experience with such as brushing your teeth, washing the dishes, mowing the lawn and so forth. P represents tasks that bring you pleasure, such as reading a book, watching movies, having ice cream etc.

Now the final part is rating our pleasures and mastery skills on a scale from 1 to 10, with 1 being the easier task. Getting dressed would be an M1 (*an easy task done without much thinking*). An M-10 would be carrying out the task of going to a job interview. A P10 would be making a complex meal such as Lasagna or a Thanksgiving Dinner for 4 or more people and a P1 would be ordering a pizza. If you were a good ice skater, a P7 would be going ice skating. If an activity you did in the past brought you pleasure the first time you did it, but when you repeat it you don't find pleasure in it anymore, assign it a negative rating. For example going hiking in the local forest used to be a P3, but now during the winter or since the forest fire it now ranks as a P-5 (P negative 5 points).

As you begin to apply your newly found motivation to plan your days ahead, aim for a healthy balance between leisure (P) and that of goals (M). By dedicating yourself to this new routine, new levels of increased motivation will start becoming normal for you. Make a commitment to make a journal for just 1 week and dare yourself to experience change!

The secret to achieving success from this routine is to each and every night before bed dedicate yourself to reviewing the accomplishments made during the day, even if they were partly accomplished. By doing this you will immediately receive self-gratification and satisfaction, creating a newfound spring of internal motivation from which a new creative urge of energy springs forth.

## Identifying How Dysfunctional Thoughts Cause A Lack of Motivation

Just as attacking someone with a response of self defense causes the person hurling accusations at you to become even angrier, the same happens when you try to talk back to an onslaught of negative self talk. It will only fuel the negative self talk, giving it the energy to come at you from new angles with new techniques.

By putting them down on paper you take away their power due to them being exposed to the light of reason. You now have them pinned down, allowing you to pinpoint distortions and come up with practical and thoughtful solutions.

If you feel the overwhelming urge to do nothing, using the double column technique, write out in the left hand column in a brief honest manner, the thoughts that run through your mind whenever you are thinking about performing a particular task or set of tasks. Include the ones that may help you work towards set goals. By doing this you will clearly identify what is holding you back, causing a lack of motivation.

Now using the right hand column, write out a series of Rational responses showing how unrealistic the thoughts in the left hand column really are. You may also want to apply the third column technique if you want to get more in-depth.

By sincerely performing this technique by honestly writing out these emotions, you

will re-ignite the spark that causes true self motivation. This will than lead to the necessary momentum to get you on your way again.

## How to Re-Establish Motivation to Help Achieve Dreams And Long Term Goals

We all have long terms goals and dreams and they can never be turned into reality if there is no motivation behind them. Try this exercise to keep you motivated towards your dreams. Say you are about to give an important speech about an important topic. You fear public speaking and when you have made speeches in the past, they did not excite your audience or have the intended outcome. A week before your speech, before you go to sleep each night, make a promise to set aside 10 minutes to practice fantasizing your speech in a positive way. Use your imagination to feel, touch and taste as realistically as possible that your audience finds your speech energizing, interesting and refreshing. See them responding to your words in a positive and delightful manner. Feel the thunderous applause from the audience and witness a standing ovulation as your speech draws to a conclusion. If you are having a question and answer session at the end of your speech than clearly visualize yourself handling all questions from the audience in a warm and capable manner.

By practicing the speech in your mind ahead of time, you achieve much better results than having not rehearsed it in your mind the night before. A research study found that basketball players who rehearsed a virtual basketball game in their minds before the game, played much better than those who had not visualized the game in their minds beforehand. There are also numerous studies done on athletes who performed virtual workouts in their heads before commencing their sport activity and found that they got much better results by rehearsing the sport in their mind before

the game, rather than not rehearsing at all.

**THE SIMPLE SECRET TO AN EFFECTIVE SPEECH IS TO REHEARSE THE SPEECH OVER AND OVER IN YOUR MIND UNTIL THE CONFIDENCE ARISES THAT IT IS PERFECT**

Another effective technique is to record yourself on camera doing the speech and playing it back and noting any flaws that need to be worked out. Identifying the whole than breaking it down into manageable parts can help us defeat negative routines and behavioral functions that are sabotaging our goals and ambitions.

### **How to Re-Phrase Internal Dialogue to Encourage Natural Feelings of Motivation**

Lack of motivation stems from our internal dialogue incorrectly playing back to us thoughts that trick our minds into thinking that the smallest tasks can be the hardest tasks to accomplish. To change this internal dialogue, start with small things first. Instead of saying to yourself as you get up in the morning "*I don't want to get out of bed*", instead say to yourself or write down, "*I will feel better if I get out of bed, although I admit it will be hard at first. Although nobody is making me do it.*" By rephrasing this into a "should" instead of a "want", your subconscious mind begins learning the art of self respect.

## A Simple and Proven Technique to Relieve Depression caused by the Death of a Family Member or Friend

The unexpected death of a loved one can cause severe depression because it is an unexpected emotional impact. However, there are some very simple methods and techniques that can quickly eliminate these feelings when properly implemented. From personal experience, I found utilizing the EFT technique (*not that thankfully I have a lot of people die around me*) to cope with the loss of a loved one works extremely well. It quickly relieves unnecessary built up tension and sadness.

One simple EFT that works is "Even though \_\_\_\_\_ died, I know he/she loved me, and I deeply and profoundly accept myself". I'm sure you can think of many more phrases, but the more honest you are with your feelings of sadness and the more simple the phrase, the more effective and shorter your recovery time.

Another method that has brought profound results for other people is to set time aside for "grieving sessions". This works best using an egg timer or alarm clock. Each day of the week for 5 days, go to a private place you feel secure and comfortable, than honestly allow your emotions to vent. Let your feelings come out naturally without any hesitation or blockages. Imagine them pouring forth like a rushing waterfall, going out in to the ether where they are exposed to the afterlife. After the 20 or 30 minutes have elapsed, or the alarm goes off, immediately stop and don't go any further until your next scheduled "grieving session".

At the end of your "sessions", it is also helpful to use the 2 column technique to get your thoughts down on paper. Simply write out on paper any distortions or negative beliefs you may have and than in the opposite column, write out appropriate rational responses. If you feel you need further healing, and you may than want to



**implement a positive affirmation to help finally get rid of the emotional pain and suffering.**

**The key to rapid healing is to be as honest as possible with your feelings of despair. Allow any memories and experiences to flow forth as unobstructed as possible. This prevents them reoccurring again unexpectedly. You can also use this technique to help overcome serious bouts of personal rejection stemming from job interviews or relationships.**

## Chapter 9

### Using a Stress Diary to Transform Stressful Situations

A stress diary is a great way to manage your stress because you can pinpoint where and when stress starts building in your life. Once you know this "map", you can take steps to avoid or reduce it in the future. Stress Diaries are an amazing way to bring what is stressing you to the light of day, exposing the energies down on paper, helping you connect the dots and create lasting solutions to greatly reduce the stress that may be occurring in your life. Like experiencing the right type of fear is beneficial for our safety, we don't want to totally eliminate stress in our life. Research studies have proven that short term stress is actually good for our health, and can actually increase our productivity. When you use your stress diary, you will also gain valuable insights into how you react to stress. This will help you identify the level of stress at which you prefer to operate.

#### What is Stress?

Stress occurs when you are unable to mobilize enough social or personal resources to combat or deal with an issue. After you become stressed you first feel threatened by the event and then you try and judge whether your capabilities and your resources are sufficient enough to overcome the perceived threat. A Stress Diary helps you to get a thorough understanding of your routine. It will clearly identify short-term stresses that you experience in your day to day routine. A stress diary helps you identify the most frequent and important stresses that you experience, so that you can concentrate your efforts on managing these and providing any necessary

solutions to avoid encountering them in the future.

When using your stress diary on a regular basis, you record information about what is stressing you. Later when you review these experiences, you can analyze them and then use the information to create a new schedule to avoid future stresses in the future. This is important because often stress will show up without our even thinking about it. As well as being a valuable tool to help you capture and analyze the most common sources of daily stress in your life. You may use your stress diary to help you learn more about yourself with the following:

- Levels of stress at which you operate most effectively to accomplish tasks effectively;
- How you are reacting to the stresses in your life;
- Whether your reactions to unexpected stress are appropriate and useful;

A stress diary can also help you identify areas you need to improve your stress management skills, and it can help you understand the levels of stress at which you are most productive. So dedicate a portion of your journal to recording what stresses you out the most. Learn from the information and create positive change to help leverage your stress as a way to increase your productivity.

## Scientific Studies Confirming Excess Stress Causes Disease

Researchers at Carnegie Mellon discovered that psychological stress on the body caused inflammation which in turn promoted development and progression of disease. Psychological stress has been confirmed as being associated with a greater

risk for depression, heart disease and infectious diseases. The teams findings displayed that psychological stress is associated with our body's inability to regulate the inflammatory response. Once inflammation sets in, it promotes the development and progression of disease(s).

Journal Reference: Published April 2, 2012

Source: Carnegie Mellon University

Study Name: Chronic stress, glucocorticoid receptor resistance, inflammation, and disease risk.

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Next we shall examine steps of how to build your stress diary.

## How to Write A Stress Diary

Be prepared to gather information about your stressful experiences and encounters over a set period of time. Set a time limit, such as two weeks, than begin an intensive review of the stressful situations and/or events recorded in your journal after the two week period is over. While you are reviewing your "*stress points*", you will be able to start separating the common, routine stresses from those that only occur occasionally. You will then be able to clearly identify a pattern emerging. At times you may make regular entries in your Stress Diary such as hourly. Sometimes you may forget to enter events into your stress diary, as stress can creep up unexpectedly on a person. If this happens, set an alarm to remind you to make your next diary entry and record any events that caused you stress during the previous time periods. It also helps to gauge the amount of stress you may be encountering on a scale from 1 to 10, with 10 being the most stress. For example, driving to work could be an 8, going shopping a 5 and having lunch a 2. That is if you find having lunch a stressful situation.

Every time you make an entry into your stress diary; record the following information:

- Date and time of the entry.
- The most recent stressful event you experienced.
- Any physical symptoms felt (*butterflies in your stomach, anger, headache, raised pulse rate, sweaty palms, etc.*).
- How well you handled the event. Was the reaction you initiated good at solving the problem, or did it inflame it?

By adhering to your stress diary, you will reap the real benefits tenfold within for the first few weeks. Once you feel confident your stress is managed, you can cease using the diary. However if there is a sudden change to your lifestyle or you begin suffering from stress again in the future, than using the diary approach again will help you get through new unexpected stress. In this case, you will probably discover that the new stresses you face will be different from the previous stresses. If you find this occurring, than using your stress diary again will show you how to develop a different approach to deal with this new stress.

## A Second Approach to Interpretation of Your Stress Diary

At the end of the day, or week, open your journal and go to the stress diary section. Next use the following steps to identify the areas where stress is negatively impacting your daily routine. First look at the different types of stresses experienced during the time you kept your diary. Identify the types of stresses experienced by their frequency. Put the most frequent stresses at the top of this list.

Next prepare a second list listing the most unpleasant stresses at the very top of the list and with the least unpleasant at the bottom. Now that you have sorted out your stressful situations in this order, by glancing at them you will discover that those at the top of the list are the most important for you to learn to control, work on or avoid. These should take priority for you working on your stress management program.

Now if you like you can look at your assessments and their underlying causes. Give an appraisal of how well you handled each stressful event. Do these events show you areas where you handled the stress poorly? Could you improve your stress management skills? If so write down solutions or methods you could use to cope

with these situations should they occur again in the future.

Now if you want to take this a step further, look at how you were feeling when you were under stress. Try to discover how it affected your happiness and reduced (*or enhanced*) your effectiveness. Understand how you behaved, and think about how you were feeling. You now know the sort of situations that create negative stress so that you may prepare for them and manage them when you encounter them again.

Now that you have applied a thorough analysis of your stress diary, you should now clearly see what the most important and frequent sources of stress are coming from in your life. You can also identify and appreciate the levels of stress which enhance your productivity and drive you to push the envelope. You now have a deeper understanding of how you react to stress, and know the identifying symptoms that cause you stress. Now that you know how to identify these experiences, it can serve as a valuable tool for you to apply appropriate stress management techniques.

## Chapter 10

# Learning to Love, Accept and Understand what Self Worth is all About

### Learning to Accept Creates Miracles

There are some people today that want to be like somebody else. Instead of valuing how unique they are, and the wonderful gifts they could use to bring joy and light to the world, they would rather get lost in the crowd, being swept away in the flow of the latest "*look*". The truth is each one of us is truly unique. And by recognizing that we all have unique qualities, it gives us internal strength.

Some people will get swept up in crowds because they fear rejection from displaying their gifts and talents. They would rather "*play it safe*" and not take risks. You must change this perception immediately if you really want miracles to start occurring in your life. The statement on the following page illustrates this point clearly.

**IF YOU CONSTANTLY SEE YOURSELF AS A FAILURE, LEARN TO LOVE  
AND RESPECT YOURSELF IN FAILURE**

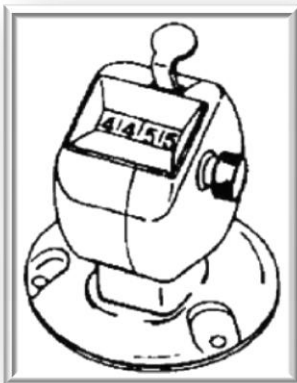
The 2 emotions of LOVE AND RESPECT of oneself and FAILURE, when experienced at the same time cannot co-exist together. Instead the very act of experiencing one of these two qualities causes one to dominate the other. It changes our awareness and



perception, which in turn starts a new beginning. The end result of this action? A whole new world of adventure filled with amazing new experiences begin to unfold and any fears are immediately banished or severely reduced in having any power or control over you. Learn to simply accept yourself exactly as you are unconditionally and without any strings attached, including other selves and side personalities you have. Learn to deeply and sincerely have acceptance of your faults and accept yourself just as you are. Accept who and what you are without hesitation or indifference. This simple, but very effective technique has been used for years to help thousands break out of a self repeating cycle.

## The False Belief that Those we Respect Are Responsible for Our Well Being

It is human nature to feel good about ourselves when someone approves of something good we have done. However some people take this too far and become "*approval addicts*". This comes from them fueling an illusion that they need approval from somebody they respect in order to feel good about themselves. They mistakenly confuse their exterior appraisals of self approval with their own self approval, due to them both occurring at the same time. This twin effect of emotions hides the real reason why we are the true facilitators of our well being. The best way to break the self approval addiction is to get out your wrist counter, and make a promise to yourself to use it for at least 2 to 3 weeks while doing the following exercise:

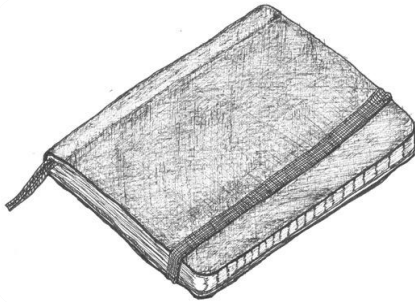


Click your wrist counter when you notice the positive things that you do well. This includes the things you do without receiving any type of reward or praise.

Examples include:

- Making a phone call you have been avoiding - click the counter
- Buying that suit you always wanted - click the counter
- Taking out the trash - click the counter

You may have to at times force yourself, especially at first to notice the positive things about yourself, but as time goes on, you will start to notice a positive change in your mood. Be sure at the end of each day, before you go to sleep, to carefully record the total number of clicks before re-setting your writer counter back to zero. As time goes on, you will start to see that you don't need the approval of someone you respect to feel good about yourself.



This is a simple and wonderful method to learn how to build self respect, improve self esteem, and feel better about yourself. But most of all you will break free of the self approval from others cycle.

### Breaking away from the Illusion that Your Contributions Measure Your Self-Worth

This section is going to be a little longer and larger than the other parts of this book because it touches upon one of the major faults in our western society, and that is the mistaken belief that *Material Things Govern A Person's Self Worth*. This belief is also the cause of much unnecessary emotional turmoil and suffering and can waste

entire lives. We are going to explore why this is in further detail in the following chapters. When you are done understanding this fault, you will have a new outlook on what causes low self worth and that it is really an illusion. You will then use this newfound knowledge to enjoy life the way it was meant to be enjoyed and have immense new feelings of satisfaction and happiness.

One of the major, but easily overlooked contributors to frustration and grief in western culture is the notion that what you have achieved in your life is a measurement of your levels of true "self worth." This view is especially prevalent in middle aged individuals who one day wake up and feel depressed because they feel they have not "*accomplished enough*". They have feelings of inferiority because they perceive that their peers have "*made it*" in life. This type of belief can gradually build up over time, leading to unnecessary anxiety and depression. This can add further frustration if the individual attends class reunions throughout his or her lifetime or goes on job interviews. The individual begins to fall into the illusion that their worth as a human being is proportional to what they have achieved in their life. This false belief comes from being conditioned since early childhood, especially in the educational and career work environments, to base their feelings of self worth on their accomplishments. Once this false belief system has been firmly ingrained into an individual, it makes them highly motivated to produce. As you work harder and harder, you receive "*rewards*" from accomplishing "*goals*" and "*doing better*" than your peers. The underlying basis for being addicted to work stems from the person working harder and harder to "*recapture*" the feelings from being on top. The more underachieved you feel, the harder and harder you will work to make up for the illusory lack of self worth.

Now don't get the wrong idea that goal accomplishment is a bad thing. There is nothing wrong with setting goals and achieving them. It can be a very rewarding and fulfilling adventure. It is only when you set out with the intention to accomplish a

goal, or set of goals as a measurement of yourself self worth or to boost your feelings of self worth, that you set yourself up for failure in the long run.

## How Does Doing More or "Achieving More" Make You A Better Person than Others Who are also Accomplishing Tasks in Their Daily Routines?

The person who does the laundry feels just as much satisfaction, accomplishment and fulfillment after washing, drying and folding their clothing than the architect who just completed drawing up his 33rd contract. Now the individual obsessed with accomplishments and rewards is doing it because him or her has inferior feelings of self worth so he or she does more and more. During the early stages, they may accomplish a lot and feel a sense of pride and accomplishment. However as time goes on if they fail to meet their deadline, or extra demands are placed upon them for higher and higher bars for them to jump over, they end up experiencing severe withdrawals. This is than followed by intense feelings of despair and emptiness, than finally depression. This is because experiencing an absence of "*achievement*" causes the individual to see themselves as "*worthless*" and "*used*". They begin to feel "*bored*" and burned out. The person now feels they have no other basis for self respect and fulfillment.

This is especially so for individuals who have "*ridden a wave of success*" for many years, than due to a downturn in the economy or some other unforeseen circumstance, suddenly find they are unable to "*produce*" at previously high levels. This is one of the leading causes of extreme sudden depression and anxiety. The person's perception that gave them the illusion that once fueled their reason for feeling good and satisfied has now vanished. They feel like the "*rug has been pulled out from under them*". They feel cheated, a loss of control and without direction. Or

they may feel like a tin can that has been used and is ready for the trash. I term this "*Empty Work*", because the work is not fulfilling, nor may it be contributing to the overall good of humanity, science or industry. People in these situations believe the only way to feel "*happy*" is from experiencing recognition, glamour and glory. The real fact is that all praise is empty, fleeting and temporary. That in itself should prove self worth based on recognition is a total sham.

If the person continues to stay addicted to this cycle, they will unconsciously discover that greater and greater doses of "*recognition highs*" are necessary for them to "*feel good*" about themselves.

THE FACT IS TRUE HAPPINESS AND SATISFACTION DOES NOT FLOW FROM  
"*SUCCESS*" BASED ON TRYING TO "*MAKE UP*" FOR A  
PERCEIVED LOSS OF "*SELF WORTH*"

## What's the True Meaning of Life Really About?

As the person gets along in age, questions surface such as, "*What's life really about?*" or "*What's the meaning of it all?*" You may still feel that success makes you worthwhile, but wonder why the much anticipated and promised payoff always appears elusive and it always appears just beyond your grasp. It's like trying to break free of a planet with a strong gravitational field. The higher and harder you jump, the more you are pulled back down to the ground. You may fool yourself into thinking that by inflating a balloon filled with helium, it will allow you to escape the planet's gravity, however, the fuel will always run out and you will end up back from where you started.

The only way to break free is to learn to feel satisfied from accomplishing even the most routine tasks. This could be doing laundry, raising children or raking out the trash. Feeling content and satisfied in the moment with what you have draws more of those feelings towards you like a magnet. By doing this you will have generated enough internal feelings of self satisfaction, that you will feel like you are in a rocket with unlimited fuel escaping the planet's pull of gravity. If your routine is "*boring*", it is only because you are doing too much of it, or doing the same thing far too often. The best cure for this is to take a break or a rest. Once you return to your routine, you will than experience the feelings of self satisfaction more strongly, helping you to rebuild your true self worth.

Think about the first janitorial company that expanded nationwide. No one likes to take out the trash or mop floors. But it was the learned satisfaction that the founder had in the beginning that had him realize that his true sense of self worth was not based on accomplishments or rewards or even an expectation of rewards, but on gaining satisfaction from doing each task with pride and feelings of fulfillment.

Now everyone is born with a small amount of self worth, and this self worth is equal to all people across all races and all ages. We will cover this in more detail at the end of this section, but first, let's see if your accomplishments truly do determine yourself worth.

## Why Your Accomplishments Are Not Necessary to Understand Who You Really Are

Do individuals who have collected a shelf full of trophies and plaques or certificates be seen as more worthwhile individuals? What do those achievements actually mean

in the big picture of life? Perhaps a neighbor or associate you know has a barb like personality by displaying an attitude of being overly aggressive and gaping. Now does that person appear worthy to you? Are they someone you like to associate with or be around with?

Now on the other side of the coin say a person you know of displays an aura of self respect and does not have or desire to show off a shelf full of trophies and plaques (*achievements*). This person gains satisfaction from accomplishing even the smallest of things. Their satisfaction comes from creating new things while having enthusiasm during the process and they show the ability to bounce back quickly after taking hard knocks. Which person would you rather have as a neighbor?

Now ask yourself this simple question, "*If this person can display feelings of self respect for themselves and show a strong sense of self worth, all without having a book shelf filled with certificates, trophies and plaques, than why can't I feel the same way?*"

## **BREAK OUT OF THE ILLUSION THAT "ACCOMPLISHMENTS" ARE YOUR FOUNDATION FOR SELF-WORTH**

Try this simple technique to gauge if you feel your self-worth is based on accomplishment. The next time you see or hear someone bragging about their high iq, ivy league education, political influence or social status, pretend for just a moment to agree with that person's bragging that those achievements have given that person recognition and a higher degree of their self-worth than the "average person".

Next ask yourself "*But how does that make the person more worthwhile or better in the big picture of things?*"

## THE ABOVE QUESTION IS IMPOSSIBLE TO ANSWER OR SOLVE

It is the mere impossibility of trying to answer the previous question that clearly invalidates the belief that a person's achievements can be a measure of their true internal self worth. By maintaining this view, it takes the wind out of the sails of a system of values that makes some people believe they are more superior to others based on their "*accomplishments.*" It also proves that this individual may be destined for a life of very hard and time consuming work based on trying to please his or her self worth. It may also show that the person may go through more than usual bouts of depression and anxiety.

## Why A Person's Net Worth Is The Same For Everyone

It would be incorrect to assume that we are all devoid of any worth whatsoever. The fact is we are all born with a unit of worth that stays with us until the day we die. The only problem this "*worth*" is misinterpreted and grossly distorted. The unit of worth we are all born with cannot be measured, exchanged or expanded and it remains the same for everyone.



**IT IS IMPOSSIBLE TO MEASURE OR CHANGE WORTH  
THEREFORE THERE IS NO POINT IN  
CONCERNING YOUR ENTIRE  
CAREER OVER IT**

Trying to deal with "*worth*" becomes frustrating, pointless and irresponsible. ONE VERY IMPORTANT POINT to consider and this affects all of us –

The unit of valuable self-worth that you do possess can be transformed into delusional illogical negative thoughts when you persecute yourself or "*beat yourself up*". When these negative and self inflicting thoughts cross your mind, dismiss them immediately. You can also do the double column technique exercise by writing out your negative thoughts on paper and in the opposite column write in rational responses.

### **Be True to Yourself**

If your self-worthiness and self esteem are strong enough, you can take any critical comment hurled at you, look at it, then take something from it that you can use, and then get rid of the rest.

### **How to Tap into the Spring From Which Self Worth Flows**

Now you may be thinking, *WOW!* What a shock to my internal belief system! If my view of worthiness is not really based on what I have accomplished, how can I ever

feel any sense self worth? To do this requires a shift in the way you think about yourself. You need to rebuild your self esteem based on a new set of values. First understand:

## Human "worth" is an abstract concept

There is no substance or meaning behind this philosophy. It holds no water in its actions. Because it is impossible to measure, we cannot "*have it*" or fail to "*have it*". It is only an illusion, fueled by a perception based on distorted facts and circumstances. Trying to build upon it over the long term ends up becoming a self defeating process causing unnecessary anxiety, pain and suffering. Think of it like a house of cards. Personal worth is meaningless and completely filled with hot air. Let go of it, surrender to the hold it has taken on you and your life and toss it in the garbage can. This will shift your thinking to truly living in the present moment. You will then be better equipped to answer and deal with such situations as: "*What problems am I facing in my life right now?*" "*How am I going to solve them?*" "*What solutions can I come up with?*"

## THIS IS THE TRUE SCIENCE BEHIND LASTING SUCCESS AND ENJOYMENT IN LIFE

When you dare to live independently and learn to separate yourself from acting in ways to enhance your self-worth, life naturally becomes an adventure. By learning to take responsibility for the challenges you face, along with a talent to bounce back after hard knocks, you ignite within you the real Adventure of living. You begin to see that self worth is an elusive and cleverly devised "*mirage*".

You can start right at this moment by focusing on what you're good at, things you LOVE to do, this will give your life a natural sense of purpose, and you'll feel energized in the process. Learn to let go of the fact that you are "*entitled*" to being worthy. Once you can do this, you will free yourself from thinking you have to measure up to others.

To further create your own self worth, first decode what is of value to you. If you don't learn to fully identify the kinds of things you love to do and follow through on them, than other people will step in and want you to do it for them. If you truly know who you are and are confident in that, than you won't allow yourself to become exploited in this way. Demand to yourself to refuse to live your life for someone else. Don't be a slave to their desires, instead be a servant to paradise. Become an independent person that can work when he or she wants, an independent person that can enjoy the rewards of their labor, an independent person that enjoys true satisfaction from accomplishing what they have set out to do.

Secondly understand that self worth cannot be obtained by what you do. Awards and recognition through hard work may bring temporary satisfaction, but never happiness. Any self "*worth*" obtained through accomplishments is a "*pseudo-esteem*" and never the genuine thing. Now let's get a little more deeper, taking apart yet another layer of the illusion that accomplishments determine our self worth. (*I told you we were going to strip this illusion down to its bare bones*)

## Why Self Worth is Only a Mirage

Some depressed individuals may have many admirers and may be loved by millions, however if the qualities of self love and self esteem are missing they will always feel unhappy. They express that something in their lives is "*missing*".

Throughout history in all cultures and incomes, genuine and valid self worth has proven itself wrong. It has truly failed to prove its existence based on talent, fame and looks. Instead it appears merely skin deep.

To name just a few, Marilyn Monroe, Elvis Presley, Michael Jackson and Whitney Houston clearly had looks, talent and fame, but their low feelings of self worth was a major contributing factor to their self inflicted suicide. This proves that love, respect, friendship, social approval or capacity for close human relationships can never add one iota to your inherent self worth.

**THE GRIM, BUT TRUE FACT, IS ONLY YOUR OWN "SENSE" OF SELF WORTH  
TRULY DETERMINES HOW YOU ACTUALLY FEEL**

One of the major breakthroughs of Cognitive Therapy is that it stubbornly refuses to buy into your sense of worthlessness. It does this by exposing your distorted thoughts to the light of reason. If you ever start experiencing thoughts that insist you are no good, than it is time to take a close look at your internal dialogue. Use the double column technique to get those thoughts down on paper. When you can write out rational responses to the contrary, as we discussed earlier in this book, you lay a fresh new foundation that contradicts negative self talk and pity.

**DEPRESSED INDIVIDUALS LOOSE PART OF  
THEIR CAPACITY FOR CLEAR THINKING**

## CLEARLY THINKING INDIVIDUALS CANNOT EXPERIENCE DEPRESSION

### Learning to Accept Compliments can Greatly Lift Your Self Esteem

Many of us will dismiss a positive comment someone may unexpectedly reward us with. For example you may have just spent 2 hours at the beauty salon getting your hair done and as you are waiting in line for coffee, someone says to you, "*Oh how lovely your hair looks today!*" and you immediately dismiss it by saying "*Oh it's nothing*".

People who exhibit mild forms of depression and won't allow themselves to accept praise given by others act out like this because they haven't made the choice to believe what is being said to them is genuine. They therefore make the decision that the valid compliment offered towards them is invalid. Over the long term this behavior then becomes a subconscious habit, contributing to low self esteem. This habit can cause the sender of a genuine complement to feel frustration because the receiver of the complement is not accepting their compliments. That is why we teach children to say "*Your Welcome*", after Thank You because both parties feel a positive exchange of energy resulting from the compliment.

### Why some People Feel Ungrateful Towards Others

We have all witnessed people who have employed someone to clean their laundry or fix their car or other form of service. Then the person who performed the service feels like they deserve a "*tip*" or reward. This behavior stems from the person thinking that

if they do something extra for someone that they are duty bound to be rewarded. They believe their "*reward*" should take the form of monetary compensation or a strong display of gratitude from the person they performed the service on. While we all wish we could be duly compensated for all the extra effort we apply to some tasks, the fact is life does not always work this way.

## NO ONE HAS A MORAL OBLIGATION TO CREDIT ANYONE FOR THEIR CLEVERNESS BASED ON THEIR GOOD EFFORTS

So what's the use of expecting or demanding to be compensated? A more realistic attitude to apply to situations when you feel like "*going the extra mile*" would be to apply the policy that the chances are good that people will appreciate extra effort and that it will make you feel good in the process because of the extra effort put forth. Every now and then some people will not respond the way you may expect them to. If you are a waiter, the best you can do is to provide sincere service and not expect to always be tipped. But if you can cultivate a routine of sincere and genuine service, the odds are in your favor that you won't need to expect everyone you serve to tip you, because you will feel good about providing the service.

### Why Praise Is Fleeting and Empty

Many people love to be praised for the work they do. They may even attract a multitude of devotees or fans, or even in some cases "*hangers on*". These people admire who you are, but over the long term, this perception can change overnight. This is a common situation in show business, where actors thrive on praise from their

audience. They are so gilded by this praise that they fail to see how empty and fleeting it really is. Only seasoned actors have learned not to let themselves get addicted to the cycle of allowing praise to affect their way of thinking.

When you allow yourself to become addicted to praise, you will develop an extreme vulnerability to the opinion of others. When the praise begins to fade, as it always does eventually, you will start to crave more of it. It becomes an addiction, with its own withdrawal pangs. It takes experience, sometimes years to learn to accept praise with grace and not let it "*go to your head,*" causing ignorance and ego trips.

Why does hollywood have so many producers, agents and others working behind the scenes and hidden from public view pouring all that attention into just a single actor? The truth is, although many of these people are motivated by good intentions, some of whom the actor deems as important to them, may at times express their disapproval over certain things or sport in-differences. This disapproval opens up a window of vulnerability in the actor that the director, agent, producer or other administrative figure can use to exploit and manipulate them with. They all of a sudden discover that they have set themselves up for emotional blackmail, giving into demands "*from the top*" for fear that the important person(s) they respect may look down upon them. Approval feels good and it is a natural and healthy feeling. But it is a fact that disapproval tastes bitter and unpleasant. To experience this is a healthy part of living.

**THE GRAND ILLUSION THAT APPROVAL AND DISAPPROVAL ARE THE  
ULTIMATE AND PROPER YARDSTICKS OF LIFE WITH WHICH TO  
MEASURE YOUR TRUE SELF WORTH IS FALSE**

Have you ever considered that if a person disapproves of you that it may be reflecting the other person's irrational beliefs or insecurities? It is key to keep in mind there are going to be times you make a mistake and the disapproval directed towards you will be genuine, but it never makes you a worthless individual. This is because it is impossible for your self worth to do wrong things all the time.

When you give up your power and allow yourself to buy into another person's criticism, you will tend to believe that you are no good. This is where you begin a cycle of feeling bad about yourself. If this persists, than over the long term it makes you vulnerable to depression.



## Chapter 11

### How to Re-In force Your Belief System to Sail through Goals and Accomplish Tasks Rapidly

I have found that when I used to do projects I would sometimes have "*blocks*" along the way. When I used the double column technique once on a large project, not only did it get rid of the blocks, but future projects were much more easier to accomplish. From early childhood our developing minds are programmed with certain belief systems. Because the universe gives you exactly what you focus on, the belief(s) held forth in your subconscious mind are creating the situation(s) you are currently experiencing in your life at this time. The good news is that beliefs that we obtained

early on in our childhood can be removed / reprogrammed with a more up to date belief system or one that is modern and suited for today's way of life and more in align with our goals and ambitions. This results in us creating a better life for ourselves in the process. A negative belief system goes something like this:

Life is harsh and never fair, or I'll never get anywhere, or I don't deserve happiness, well-being and success.

The fact is that you are not the result



of life's circumstances or outside influences are not responsible for causing the problems in your life. These are almost always the result of a belief system or framework that is not aligned with today's modern way of life, or that the belief structure is false, outdated or causing you limitations. Obstacles that we encounter along the way to fulfilling a chosen goal or task are really challenges that contain hidden opportunities which in turn give us experience and strength to accomplish our goals, push us further and accomplish more.

Personally I have found that if a project I am working on begins to have problems associated with it towards the completion of the project than when I examine my belief structure related to the project by doing the double column technique that it transforms the negative energy into a new force of positive energy that pushes, molds and creates completion of the goal with ease and much higher quality results. I have also found that this has greatly assisted me in accomplishing goals and ambitions after the original project has long been completed. So by eliminating hindrances on one project, it frees up any future hindrances that may occur in future projects. Once you have positioned yourself when you intuitively feel you are about to accomplish your goal and if there is anything blocking you from completing it, review your current existing belief structure. Once you have exposed the blockage(s), you will see your goal come to completion.

After your beliefs have been transformed, you may experience a short term temporary distortion or challenge in your life. This is necessary for the shift to occur and is confirmation that you are now operating with a new updated belief system. It is after this shift that you now find yourself with new creative energy and see that your goal will come through quickly and easily with higher quality and more than enough creative energy to make it happen. Just remember that this short term period of turbulence is a time to keep the faith, because things are about to get better over the long term.

## How Belief Systems are Acquired

Take a look at any areas in your life you may be experiencing problems and you will discover that the cause is due to a faulty belief system.

Because our subconscious mind projects our current existing belief structure, it also subconsciously picks up negative beliefs that are occurring around us. Many of these come from the mainstream. This could include media, newspapers, places of worship or other forms of communication that routinely report negative circumstances and events.

Because these belief structures are repeated over and over, it can form a belief structure in our unconscious minds. It is key to every now and then to re-examine our belief structure. We also have the power to tune out these negative energies or transform that energy to create a new belief structure.

Many people believe they have to struggle to make money and many of the commonly held beliefs subconsciously picked up by their unconscious mind contain some of the following programming routines *"If I accept money from others, it is charity, or someone will have to go without, or I have to work extremely hard to make lots of money, or rich people are cruel and selfish and I don't want to end up that way."*

The fact is once the subconscious mind has picked up a thought of worry, negativity, self-doubt or other limitation, it will gradually see these beliefs as truth and work non-stop to manifest those beliefs into reality, creating the circumstances in life you experience. Our limitations and self-doubt attract these negative beliefs due to fear, and then the energy of the fear creates the experiences we encounter or attract to us. It is up to you to transform these limiting beliefs by holding them up to the light, bringing them out into the open and writing them out and then observing them.

Like any change in our life, it takes courage to make the change. When we examine our beliefs it takes courage to make the change. This is so they can be transformed into something better. Once you know the technique to introduce new beliefs into your subconscious mind, it will become an accepted part of your routine thinking process, which in turn attracts new positive experiences and a more positive reality. Are you up to the challenge to examine your limiting beliefs? Let's find out.

## How To Change An Existing Belief Structure

Carefully examine an area in your life you are experiencing difficulty in. This could be relationships, money, health etc. Next in a quiet, safe and nurturing location such as a quiet corner of a park outdoors, or other private space you feel safe in, write out all beliefs related to that area in life you are experiencing difficulty in. Take your time to do this. It is key to be entirely honest as possible because without clarity and honesty, transformation will not be possible. Reach deep down inside yourself and write down how you truly feel. The more words you can write down to express these limiting beliefs, the more change you will have, which in turn will create a stronger belief structure. After you have written down your limiting beliefs, next to it write the exact opposite. This is because in nature, there always exists an opposite to any effect, like a pool of still water, the reflection is always the opposite of what you see.

Below is an example of a list of beliefs and a list of the opposites.

*Limited Belief* - No opportunities exist for me to increase my income

The opposite of the limited belief – Undiscovered and overlooked opportunities exist in abundance all around me

*Limited Belief* – I find it awkward to meet new people

The opposite of the limited belief – People are warm and friendly and I talk to people who look friendly and sociable

*Limited Belief* – There is not enough time to finish my project

The opposite of the limited belief – I can re-arrange my schedule to make time for important projects and focus on the priorities first

Once you have examined your new list of beliefs, keep the list a few days then burn it, or detach yourself from it and let it go.

If you don't experience a positive transformation of your circumstances after this, you may want to try the imprinting technique to re-enforce your newly transformed beliefs. Complete transformation of a new belief structure, can sometimes take up to 3 months, however the changes are permanent and life long lasting.

## The Belief Imprinting Technique

We have the power to choose any belief system we want, and we also have the power to alter/change any belief system that is not serving us or making the world a better place. The imprinting technique is similar to the process used in schools and education. When you learned to multiply numbers, you repeated the numbers over and over again until they were second nature. Or if you were disciplined in class, you wrote out on the blackboard that you would never do it again. These imprinting techniques used in education are very powerful and you can use these same methods

to reaffirm new belief structures in your everyday living.

Start imprinting by writing down your affirmation on paper while repeating it in your mind. Then re-read over the text you just wrote and repeat out loud the affirmation. This must be done daily for several weeks or until you intuitively feel a shift has occurred. An affirmation is a simple worded statement in the positive that you repeat on a daily basis, preferably in the morning hours that reaffirms what you are believing in. An example would be, "*I am open to new positive and rewarding possibilities to increase my income.*"

Or you can make a "*treasure map*" which is simply a handmade picture or drawing with images of positive opportunities you would like to see come into your life. You can use cut outs from magazines, or draw the picture with colored pencils. It does not have to look like a masterpiece, just as long as the message is clear. You can put your treasure map on your refrigerator door or other visible location so your subconscious mind picks up these images and helps with the imprinting process. You will know when the imprinting is a success because your life circumstances will start changing for the better and you will feel that the negative thoughts holding you back will have vanished or been substantially reduced in their power.

The minute you start to strengthen your belief system, you will unconsciously start affecting those around you, making the world a better place for all.

## Chapter 18

### Techniques to Vastly Increase your Productivity without Compromising Quality

As covered in a previous chapter on perfectionism, one vulnerability that perfectionists must learn to overcome is their fear of failure. From childhood they may spend their entire lives devoid of any risk, building invisible "*fences*" around them in order to avoid their fear of outside failure. This actually can be dangerous in the long run because they are actually setting themselves up for failure. If they haven't learned how to cope with or deal with failure early on in life, it can lead to severe depression.

Perfectionism can stall us from moving forward. Perfectionism is the ultimate illusion. A beautiful flower may look perfect, but the flower did not become beautiful through cultivating a culture of perfectionism. From a distance a flower may appear perfect, but if you examine a flower closely under a microscope you will see all sorts of imperfections. If you take petal measurements at the nanometer scale, some petals will be wider than others, some with a rougher texture and other petals will be longer than others and so on and so forth. Our minds have been conditioned to see the perfection in things when viewed from a distance.

From my personal experience, once I thoroughly understood this, it helped convince me that trying to live up to the standard of someone's idea of "*perfection*" just doesn't fit the true concept of reality. The fact is the more closely you examine something that appears "*perfect*" the more "*flaws*" you will find. That is where the saying "*beauty is only skin deep*" arises from, and that is why tabloid magazines

make millions of dollars a year just by looking at these flaws close up. No wonder some actors are afraid of the tabloids!

We are now going to cover methods on increasing productivity by reducing our urge to be perfect. The key involves changing routine. When you do the same thing over and over again you start to see "*flaws*" appearing. They start popping up here and there, so you make more and more time to try and defeat the never ending flow of imperfections. You start to believe that the true beauty of your work is at risk. This eventually leads to you implementing never-ending "*higher and higher standards*" to make up for this false illusion.

### BY LOWERING YOUR STANDARDS YOUR QUALITY OF WORK IMPROVES

Not only will you begin to naturally feel better about what you do, but you will vastly increase the effectiveness of your efforts. If this concept sounds too simple and easy to be believable, than try this simple experiment and see for yourself:

*Instead of aiming for the usual 100%  
take a step back and aim for 80% or even 40%*

An example would be instead of working on Monday, take part of the day off and go to a beauty spa or treat yourself to something nice. Allow yourself to let in the different surroundings and experiences. Have the courage to sacrifice one day or even half a day a week to nurture yourself. It takes courage to aim for lower standards but you'll be truly amazed by the results. For some reason this method works extra well at the beginning of spring each year. Probably because most people begin to rush more than usual as warmer temperatures return. Test this method to



increase your physical endurance and stamina. Choose a day you feel physically fit and strong. A day where you feel like running a long way. I have always used a biorhythm chart to view my physical fitness status, which helps. You can locate plenty of free biorhythm charts online. Just look for the "*physical*" biorhythm line and when it peaks your physical body is usually stronger during this time. Another time your body and health are physically healthier are the first 30 days after your birthday.

Now for the first few days, run as far as you can. Say you accomplish 10 miles as your best distance and calculate the average amount of time it took you to run this distance. The next week plan 8 miles and the next week 5 miles. Be sure to calculate the average times and see if it took you less time to run according to the average amount of time. Now the final week, set a time to run only 5 miles per day each day and record your average. What you will discover is that it will take you much less time to run the 5 miles by gradually reducing the distance you run over a period of time. Now you will know you can run 5 miles in such and such a time. You could also try to re-run 10 miles again and see if your time improves. It is key to remember that you are not getting better times because you are getting physically fitter, but your times are improving because you are reducing a part of the distance you run, after spending the previous few days running longer distances. By understanding this, you will have renewed self confidence and prove to yourself that lowering your standards actually accomplishes more.

## Chapter 19

### Exercises for Strengthening Cognitive Therapy Techniques

This next part of the book deals with simple exercises that you can use to support and add more power to the cognitive exercises just covered. These are exercises commonly used in motivational and goal achievement and many of them are simple exercises that take up little of your time and deliver excellent results. Let's start with one of the best and most commonly used.

#### The Emotional Freedom Technique Exercise

One method that has emerged during the last decade that is simple and alleviates many forms of depression is the EFT Technique, which stands for The Emotional Freedom Technique. It involves touching and rubbing specific acupressure points along the body which remove built up tension. Once you experience an emotion that is blocking and holding you back while learning to accept yourself at the same time, a powerful healing transformational healing takes place. The idea is to keep the positive phrase simple and short, and be honest with your

feelings as you rub and massage the acupressure points and experience the emotional feeling you wish to remove. While you read this over, familiarize yourself with the concepts mentioned. You can also view thousands of videos of how to do the EFT exercise online. So let's go into detail about how the EFT Technique Works.

## How to Properly Perform the Emotional Freedom Technique Exercise

### First. Identify the Issue:

Simply make a mental note of what ails you. Once you have clearly identified this, it becomes a focal target at which you will "*aim*" at like a laser. Some examples include: "*Daddy embarrassing me at my age 8 birthday party.*" "*A Sore shoulder.*" "*The Death of my Mother.*"

IT IS KEY TO ONLY TARGET ONE  
EMOTIONAL ISSUE AT A TIME

### Second. Test The Intensity Of The Emotional Or Physical Pain And Assign It A Number:

Assign a number to your pain between 0 and 10. 10 is the worst and 0 is no problem at all. By using this we have a benchmark to compare our progress after each round of performing the EFT Tapping. For example, we may start at 8 and eventually approach 4 as the EFT session takes place. Now we know we have achieved a 50% improvement. Because the EFT technique works over a broad category of pains they don't all fit into neat testing boxes. Here are some ideas to get you started;

For emotional issues, recreate the memories of the experience in your mind as closely as possible, and then assess their discomforts. For physical ailments, simply assess the existing pain or discomfort.

For performance issues, attempt your desired performance level and then measure how close you come to it.

### Third. The Setup:

The Setup is the process you use to begin each round of the Tapping. Here we will design a simple phrase and repeat it while continuously Tapping the KC (*karate chop point*). When you tap this one important point in your body you are letting your system know what you're trying to address.

THE MORE HONEST YOU ARE AND THE MORE YOU EXPERIENCE YOUR  
EMOTIONAL PAIN WHILE TAPPING THE POINTS,  
THE MORE PROFOUND THE HEALING

When designing your simple phrase remember to keep these two simple goals in mind;

- 1) Acknowledge The Problem
- 2) Accept Yourself Unconditionally In Spite Of It

*An example;*

*"Even though I may have this \_\_\_\_\_, I deeply and profoundly accept myself".*

The blank line above represents the issue you wish to address. Use your imagination

to think up responses, such as:

A sore shoulder:

*"Even though I am experiencing this sore shoulder, I deeply and profoundly accept myself."*

A fear of spiders:

*"Even though I fear spiders, I deeply and profoundly accept myself."*

An embarrassing humiliation that went on at my eighth grade graduation:

*"Even though I carry with me this humiliation that occurred at my eighth grade graduation, I deeply and profoundly accept myself."*

A difficulty making free throws:

*"Even though I have difficulty making free throws, I deeply and profoundly accept myself."*

Now remember as mentioned before not all issues fit neatly into "*Neat Boxes though I have this \_\_\_\_\_, or that*". So use flexibility when designing your Setup phrase.

Another example: Instead of repeating "*this sore shoulder*" repeat "*Even though my shoulder hurts, I deeply and profoundly accept myself*" or "*This humiliation at my eighth grade graduation*" say "*Even though dad humiliated me at my eighth grade graduation. I deeply and profoundly accept myself.*"

When using "*Even though I have this \_\_\_\_\_,*" you automatically choose something that is representing your emotional experience as you are experiencing it. You are getting as close as possible to re-living the situation and experiencing your emotions. It becomes clear that a problem exists and that you recognize it as

something that belongs to you.

One mistake is to use EFT to heal another person's problem. For example "*Even though my son is addicted to pot, I deeply and profoundly accept myself.*" In this case you would say, "*Even though I am highly frustrated by my son's drug addiction. I deeply and profoundly accept myself*"

Another example: "*Even though my husband works far too much...," "Even though I feel empty and alone when my husband stays late at the office, I deeply and profoundly accept myself."*

EFT works best when we aim EFT at our problem, rather than trying to fix another person's problem.

When you can fool your thinking into believing that a problem has been identified, you set into motion a new flow of emotional electricity that will work with the EFT Tapping Points to resolve the issue. As an example, when you look down at a paper cut you may have made, red blood cells will rush to the injury to promote healing as rapidly and as infection free as possible. The same goes for when we identify a negative emotional problem or issue that is causing us emotional distress. As we tap the appropriate acupressure point, stagnant energy becomes released which in turn facilitates healing. This works much like acupuncture or acupressure. This is why the language we use in EFT is always simple and aims directly at the negative. It is the stagnant negative creating the disruptions, the blockages and the distortions. When we start tapping the primary acupressure points the EFT Tapping clears and restores clarity and peace to our emotions.

This is the difference between self-help books that push positive thinking. They avoid the negative, they don't give our thinking process something to target itself on. EFT

targets the negative and transforms it so it can be effectively and in most cases permanently neutralized. Once the negative has been neutralized, energy starts flowing again and our natural positives bubble back up to the top.

#### Fourth. The Sequence:

During this section you will learn how the energy meridians of the body are unlocked and unblocked, allowing natural clear energy to flow again. At the end of a proper EFT session, your body's energy pathways will be re-stimulated and re-balanced.

The process is very simple. Just tap each of the points shown in the diagram on the following pages. As you are tapping each of these points, repeat a reminder phrase that keeps your energy system tuned into the issue at hand. Below are the points followed by a description of the Reminder Phrase:

- Top of the Head (TOH)
- Beginning of the Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under the Nose (UN)
- Chin Point (CH)
- Beginning of the Collarbone (CB)
- Under the Arm (UA)

Your Reminder Phrase is quite simple. You need only identify the issue with some brief words. As an example repeat the following at each tapping point....

*"This sore shoulder",*  
*"My father embarrassed me",*  
*"This difficulty in singing that high note."*

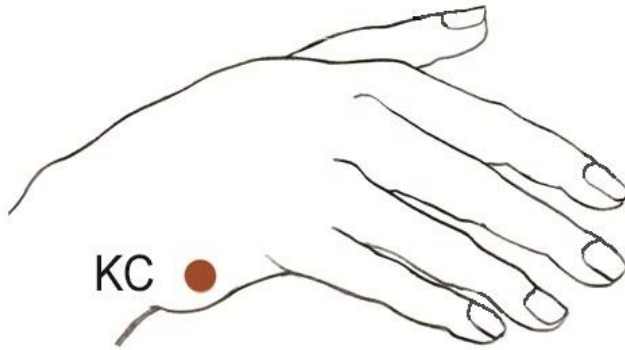
#### Fifth. Re-Test the Intensity Again:

Now establish an "*after*" level of your issue's intensity by assigning it a number ranging from 0-10. Be sure to compare this number with your before number and see how much progress is made. If you don't get close to or down to 0 then continue to repeat the process until you either reach close to zero or feel you have reached a plateau at some level. From my experience I am at times able to get to a 0, but most times I will achieve between a 1 and 2, which is great because most of the negative will have greatly subsided by this number. In some cases you may need to "*get to the roots of the issue*", and there are many courses and exercises discussed previously in this book that can help you achieve that.

#### A Summary of the EFT Tapping Points

KC: The Karate Chop point. This is located at the center of the fleshy part of the outside of either hand. It is located between the top of your wrist and the base of your baby finger. It is the part of your hand you would use to deliver a karate chop. This is shown in the image on the following page.





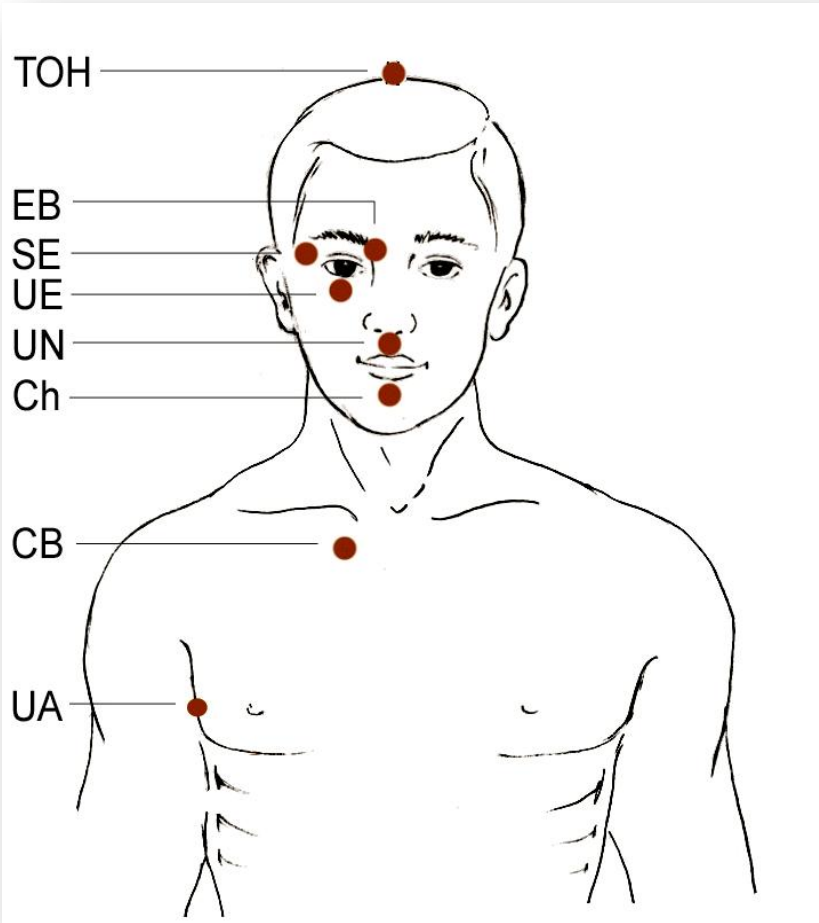
**TOH:** Top of the head. If you drew a line from one ear, over your head, to the other ear, and then another line from your nose to the back of your neck, your TOH point is where these two lines would intersect.

**EB:** Eyebrow Beginning. This is located above and to one side of your nose.

**SE:** This point is abbreviated SE and is short for Side of the Eye. It is located on your bone bordering the outside corner of your eye.

**UE:** This point is abbreviated UE and is short for Under the Eye. It is located on the bone under an eye about 1 inch below your pupil.

**UN:** This point is abbreviated UN and is short for under the Nose. It is located on the small area between the bottom of your nose and the top of your upper lip.



Ch: This point is abbreviated Ch for Chin. This point is located midway between the point of the chin and the bottom of the lower lip.

CB: This point is short for CollarBone. It is situated where your sternum (*breastbone*), collarbone and your first rib meet. To find it, place your forefinger on the U-shaped notch at the top of your breastbone and from the bottom of the U, start moving your forefinger down towards your navel 1

inch and then go to the left (*or right*) 1 inch.

UA: This point is short for Under the Arm. To locate it, on the side of your body, that is at a point even with the nipple for men, or at the middle of the bra strap for women. This is located about 4 inches below the armpit.

## Chapter 20

### Affirmations and Intention Circles

Affirmations are an amazing way to induce positive change quickly and to create lasting effects. They work best when the phrase is simple and direct. You can write out your affirmation(s) on paper, or repeat them out loud. They also can be used after you have done the double column technique and you want to "*cement*" or make permanent the change in your thinking process after doing the double column technique.

#### What are Affirmations?

Affirmations are short phrases in the positive that can be said out loud, written down on paper or both. When you base your affirmations on clear, rational facts made from creating Rational Responses, you begin undoing the damage that the consequences of long term negative thinking may have played upon your psyche. They also rapidly rebuild your self confidence. Be sure your affirmations are specific, have strong emotional content and are expressed in the present tense.

#### Affirmations for Health

- Every Cell in my body vibrates with energy and health
- Loving myself heals my life. I nourish my mind, body and soul

- My body heals quickly and easily

## Working with a Group to Form an Intention Circle

This technique is commonly used in workshops. It requires several people sitting in a circle around a single person. As they face this person they make positive statements about him or her. As the person is facing the group, he or she starts experiencing a positive flow of multiple voices, coming from multiple directions. This builds up to a crescendo that simply overwhelms the negative portion of a person's mind. During this state of being, the positive affirmations slip straight through to the person's subconscious mind. If you are holding a workshop and you have the right group of likeminded people together, it can be an amazing experience.

## Simple Techniques that Deeply Relax Your Body

From my experience over the years and from reading the experiences of others, the more relaxed you can make your body before you use or state an intention, the quicker and longer lasting the results. Therefore learning to relax your body is extremely important if you want effective and long lasting results. It is like a "re-set" of your nervous system occurs when your body is in a relaxed state and you start sending out positive intentions. Your system is "*re-booted*" and begins "*afresh*".

## **Instant Tension Erasure in Neck and Upper Shoulders Exercise**

If you sit behind a desk all day or work at the computer a lot, the upper part of your body has a tendency to get tight and sore. By using these exercises, you will be able to quickly erase the tension, allowing you to focus more. Try this exercise to relieve tension.

**1: Visualize the stress and tension in your neck and upper shoulder area flowing out and away from your body like a small stream. This small stream takes away any stress and bad tension that exists**

**2: See it flow out of your etheric body, and then out about 4 feet from your body**

**3: Now visualize a larger river and the small stream of stress flowing into this river and being carried away down stream**

Thank you so much for reading this book. It is available for immediate purchase in paperback from [Amazon.com](https://www.amazon.com). You may also download it in [Nook and Kindle](#) editions by visiting [Amazon.com](https://www.amazon.com).

Thank you again and I wish you love and happiness in all your goals and dreams.

*Scott Rauvers*