

Thoughts

So just let your mind drift for a while now....and just notice how nice it feels to enjoy that quietness....how easy it is to put your mind into neutral.....so that it's just ticking over nicely...doing everything it needs to do in the background.....without your conscious attention....and this is how a mind feels when it's at rest....when it's free from anxiety....free from worry....and you can recognise I'm sure by now that worrying never achieves anything of value...the only kind of thinking which can be considered to be useful for you is the kind of thinking that creates solutions....and you know solutions always come to mind so easily when you are able to just allow your grip to loosen when you're okay with not knowing.....when you're able to be comfortable about uncertainty...because you know it IS safe to live with ambiguity in your life....Life IS ambiguous....and we're all equipped to deal with this quite comfortably.....and we do it best when we're nicely relaxed generallyso you can see how important it is for you to continue to create that sense of positivity in your life.....and you know what you need to do in order to make that happen....you know how you really wold like things to be and of course you can create that life for yourself...you have everything you need available to you....and you'll be noticing by now just how much easier it's becoming for you to take control in a way which is really satisfying for you.....in a way which really empowers you....and gives you back intellectual control....allowing you to just put your mind in neutral....to disengage from those old patterns of thoughts.....to disengage from those old negative feelings and move towards a whole new way of seeing things....a completely new perspective....and looking back....I'm sure you can see how things are clearer now..

You can think of the mind as a glass of water with sediment in it....and you know if you shake and stir that glass of water...the contents will become cloudy and unsettled....but if you just allow the glass to be still....to just be...then soon the sediment settles to the bottom and the water becomes clear again....so crystal clear....so you'll resolve now to just leave the glass of water to settle now....and you can remember for the future that if the water becomes cloudy again, then it's just been knocked by some passer by.....and rather than picking the glass up and trying to fix the problem....trying to get the sediment to settle again....you'll know in future that all you need to do is just to simply leave the glass where it is....just noticing that when you do so it becomes clear again in no time at all....and you know this can be like an enlightenment for some people when we realise that in order to create order in chaos...sometimes the best course of action is no action at all.....just allowing things to settle down....just disengaging our thoughts and our minds so that everything becomes clear again.

And now that you have this sense of clarity....**METAPHOR** (The Village).....

Thoughts

Now that you see that your glass of water is settling....I'd like you to cast your mind forwards.....and I don't know when this will beit might be tonight or it might be next week....but I do know that you'll decide when the time is right..... and when you make that decision you are going to be able to get your life on track in no time at all....and you'll feel such a great sense of pride and pleasure at being able to enjoy a better life....and you'll know without question that you've really cracked it....that you truly have control of your life again....and you'll have no doubt about this fact....because this isn't something that happens by accident...this is something that you have done....something that you have achieved...and you know all the steps that you have taken to bring yourself to this place in your life where you are in control again.....so you will know for sure that you have made these changes and that you are in control.

This is how life is.... Life challenges us and we move beyond our comfort zone to create solutions and in doing this...in creating solutions we find that we have grown....that we have become something greater that we were before....that we have learned about the processes of life and how to overcome our difficulties....we can even...in time...look back and see that our difficulties have also been our greatest teachers....enriching our lives in ways we perhaps didn't see at the time....so you can be sure that this difficulty is something that you can put behind you now....just closing the door and leaving it in the past.....secure in the knowledge that you have grown...that you know much more about yourself now than you did before....and this makes you so much stronger....so much more confident in your own ability to deal so easily with any difficulties now.....so let's really put this into practice...let's harness the power of your imagination to paint a picturea new picture of you and or how your life will be when you made those important changes in thought and behaviour....

General Reframe (to adapt as necessary)

In the past, the day of _____ might have been worry for you..... now you wake up feeling wonderfully refreshed.....pleased to notice just how well you slept and how you are looking forward positively to the day ahead....you enjoy feeling a sense of calm and confidence as you think about what you will be doing... there may be a feeling that you think is familiar....that you once thought of as anxiety but you realise now that it is actually excitement. Enough adrenalin to keep you alert and focused which is good....and you know you are in control.....you **know** that you are prepared because you have been rehearsing everything in your mind....with your imagination....and we know that imagination is known as the rehearsal room in the mind.....where we can train over and over again until we achieve exactly what we want.....in the way that we want it....a place where we can demonstrate to ourselves that we have all the resources and abilities that we need to achieve success