

Check-up from the neck up- (A strategy to empower our sessions)

The Re- framing Programme.

The approach I bring to each session and the perspective I bring during it, sets the tone towards the result. In order to fully prepare myself for each session I have and will clarify and hold captive my thoughts with the following:

1. Brain dump of stress issues (five mins each session)

Clear any thoughts that pre-occupy your mind during each session. This is achieved by the visualisation of each dominant thought and visualising it being written down on paper or locked away in a box. By taking this approach, you give yourself permission to be free of any pre-occupying thoughts that will distract you.

2. Immediate thought that is dominating your attention

When an individual is currently experiencing stress or anxiety, the chances of them being able to concentrate fully is dramatically reduced. An argument, disagreement, accident or lack of wellness causes us to be "pre-occupied." An individual that has just been "told off" or disciplined or censured, is unlikely to have an open mind towards any positive feedback. Good communication always encourages first, positively censures or disciplines and closes with affirmation. By taking your dominant thought and dealing with it FIRST, is a great way of moving forward empowered. Of course, our "self talk" is the main reason we may approach a session without a positive perspective. No one can make you feel inferior *without* your permission.

3. Wish list of your desires right now

A great way of moving forward positively is by "framing" our perspective. Completing chores or schedules that we do not enjoy are better achieved by reminding ourselves as to why we are doing them. Focus on the end not the start.

"The hardest step of a long walk is the first - Chinese proverb

A great way to approach challenges is to sprinkle our day with affirmations and rewards. "If I could do anything right now it would be?" or "What would really improve my life right now, would be?". Now try it. What would you be doing or receiving right now if it was possible? Alternatively, if you could remove an irritant in your life right now what would it be?

4. Out of those lists, what is possible, probable and improbable?

To say I want to be forty pounds lighter is a great ideal, but that would fall into the *possible* category. The result is a way off but highly *probable*. To say "I want to lose forty pounds now" is *improbable*. The positive perspective would be to frame our perspective in such a way that the *probable is in perspective*.

Now choose the most important or most urgent, giving reasons as to why they are so?

- a) The most urgent issue I face right now is?
- b) The reason for it appearing urgent to me is?
- c) The solutions I can bring to this issue are?

1) The activity(s) needed to resolve

I will do _____

2) The perspective I bring to it

I will choose to think _____

3) The evaluation I HAVE MADE as a result of my activity and perspective brings a certain measure of resolve

I have _____

In summary:

The self-talk going on in my mind presently is?

The dominating thought that is overshadowing my day right now is?

The top of the wish list for me right now is?

My conclusion towards this wish list is, it is: **possible, probable, improbable!**

I now give myself permission to enter this session with my mind prepared, having taken responsibility for what I can resolve and putting away for today those things I cannot resolve. Tomorrow is another day.