

3 Steps to Retrain your Brain

Guide

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STEP 1 – STOP!

I challenge you for the next week to catch yourself every single time you are thinking a negative thought!

Irrespective of whether or not it is a justifiable reaction to a particular situation, I want you to focus exclusively on whether or not it is a positive or negative thought.

The purpose of this exercise is simply to create personal awareness of your overall thought processes.

You will be amazed at how many negative thoughts, even mild ones, actually go through our minds on a daily basis.

Such thoughts could go like this:

“Yet another snow storm! The roads are going to be hell again.”

“I don’t feel like doing this but I guess I have to otherwise what am I going to tell her when she asks me?”

“These jeans are just too tight, I must be putting on weight again!”

“He never gets it, does he? How many times do I have to point this out to him?”

“Here I go again. No matter how hard I try I just can’t get it right.”

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STEP 2 – EMOTIONAL INSIGHT

1. Let's identify your main emotional patterns now. This exercise gives you an insight into what main emotions are underlying and influencing your behaviors and reactions to life situations. Put an **X** next to each emotion that you can identify with right now, and that you have repeatedly felt over the last year.

Shame
Guilt
Fear
Grief
Apathy
Anger
Scorn
Hate
Anxiety
Regret
Despair
Blame
Humiliation

Courage
Pride
Desire
Trust
Forgiveness
Peace
Joy
Love
Acceptance
Bliss
Relief
Optimism
Understanding

Add any not listed here

2. Identify the top 3-5 negative emotions from the list above you want to change here:

3. Identify the top 3-5 positive emotions from the list above you want to feel more of here. Add any not listed you know would make you feel on top of the world. Also include these on your vision board you created last week.

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STEP 3 – CREATE YOUR NEW EXPERIENCE

Now take each positive emotion you identified in Step 2, and associate a situation, or an experience, with it that would cause you to **feel** that way. It is important you do this as you can better conjure up this emotion when you picture yourself **experiencing it**, rather than simply have a word in front of you.

This is your chance to **create your new experience**. This does not have to be a currently existing situation, it can be a future goal, your dream come true, anything that will guarantee that you **feel this emotion** wholeheartedly.

Emotion: _____

My new experience: _____

Emotion: _____

My new experience: _____

Emotion: _____

My new experience: _____

Emotion: _____

My new experience: _____
