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Self-Help Worksheet designed off the format of PHILLIPIANS 4:6-8, 13
Discontinue use of this worksheet at your discretions. Only use if the brain feels good about it

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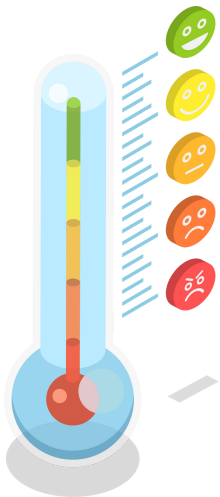
THINK OF ANYTHING MARVELOUS, AMUSING, CUTE OR HEART-WARMING

- *YOUR PET
- *FUN VACATION
- *SOMETHING YOU ARE LOOKING FORWARD TO DOING
(MAKE SURE IT'S SOMETHING ALL GOOD)



OR SCAN AND VIEW A 60
SECOND FEEL GOOD
VIDEO

THE MIND WILL SHIFT ON ITS OWN FOR THE BETTER!



QUICK EVAL: THINK OF
ISSUE YOU WILL NOTICE
LESS INTENSE FEELING!

How intense now: 1-10



READY FOR ADVANCED?



WHY REPEAT.....GO TO NEXT PAGE

WHY REPEAT 2 MORE TIMES? LEVELS ONE UP FROM JUST DOING A COPING AND MANAGING SKILL (DISTRACTION) INTO PREVENTION AND RESOLUTION SKILLS; THAT MEANS YOUR REWIRING THE MIND. And at the same time find out how wonderfully made your brain is and how it can work for you when you know about NEUROPLASTICITY.

Your brain MIGHT BE telling you it won't be able to do that...especially if you have tried everything to get rid of a feeling or thought. Yet, think about trying one more thing! You may feel like you are setting yourself up for disappointment. **SO, BREATHE! Never force, you can use this worksheet in the future anytime you are ready!**

WHEN YOU FEEL IT'S A **ZERO OR ONE** INTENSITY....**THIS IS THE SELF-TEST PART!**

- TRY TO MAKE YOURSELF UPSET ABOUT THE ISSUE...**IF INTENSITY STAYS LOW YOU CAN THEN "REPLACE A MEMORY"**. IF NOT, DO ANOTHER SELF-SESSION. ON WHATEVER YOU SAID TO YOURSELF TO MAKE INTENSITY RISE, RIGHT AWAY!
- SO, WHAT IS REPLACING A MEMORY? IT HELPS THE MIND TO REWIRE HOW IT RESPONDS/FEELS FOR THE BETTER. EXAMPLE: SO, YOU ARE DRIVING AND INSTEAD OF A CAR ACCIDENT, YOU IMAGINE YOU MADE A LEFT TURN AND UNFOLD AN AMAZING FEELING STORY OF THE DAY YOUR WORLD CHANGED FOR THE BETTER.
- YOUR CONSCIOUS MIND WILL KNOW THE DIFFERENCE OF WHAT REALLY HAS HAPPENED, YET THE SUBCONSCIOUS WILL FEEL SAFE WITHOUT THE INTENSE UNWANTED FEELINGS OR SENSATIONS. NO MORE MY LIFE WENT DOWNHILL AFTER MY ACCIDENT. THE BRAIN WILL FEEL DIFFERENTLY FOR THE BETTER. SO, YOU CAN EFFORTLESSLY THRIVE!

*When you have COMPLETED SELF-SESSIONS two or three times and if you are still having major unwanted sensations or feelings...then go from self-help tutorship to practitioners at skillstochange.com. They are the PROS that will work with you one on one for super fast results In person or zoom!

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