

The Dickens Process

Take a deep breath in through your nose, hold the breath for a moment, now release all of the air from your body through your mouth in a long, low deep sign.

Take another deep breath in, and on the exhale, let your eyes close normally and naturally

Now here's what I'm going to ask you to do.

I want you to think about one or two vexing issues or destructive behaviors.

These one or two substance use and abuse issues or disempowering behaviors that you have in your life

These two problems have really held you back in various areas Of your life

And what I want you to do is imagine is:

How much do these two issues weigh on your life

I want you to imagine how much weight you feel on your entire body
Feel how heavy it is. Feel it on your shoulders, on your back

As you do, I want you to think about what are the **consequences** of having these powering sucking problems?

By having these compulsions, what is it actually costing you?

What has it cost you in the past and what is it costing you now in your life to have these compulsions that lead to the unwanted behaviors?

What are you losing because of these behaviors?

What are you missing out on and be very honest with yourself.

Stop and think about specific relationships.

Maybe you've never seen it like this before, but these destructive behaviors are costing you dearly on a level of love or connection or rapport with another important person or people.

Now I feel how that feels.

Really Feel that loss.

Feel how it feels in your body to miss out on those connections.

That love, that rapport, that communication, that respect.

Again, you'll need to create real pain in your body, to really be willing to feel it.

Feel the pain in the present.

Now think about exactly what it is **costing you financially** to have a problem with this destructive behavior.

What are the problems you're having with the choices you're making that affect your finances?

How is it affecting your income, your earnings, your business, your job?

How much money are you spending on this behavior and how much work or income opportunities are you missing because you don't feel well due to the misuse of a substance or the engagement in a behavior?

How do these problems affect your willingness to take some risks with your finances and grow your money or invest your money because you're spending it on a substance or behavior?

Think of all the money you have lost spent on useless and sometimes even pleasureless, but still powersucking compulsions

How are these behaviors costing you with losing your self-esteem?

How does it affect your sense of self worth?

How are your issues with these substances or behaviors affecting your self-confidence?

Does it create doubt or strength to have these problems?

How do you feel about yourself when you live with and know you have a destructive behavior that you could change, but haven't?

Do you feel powerful or weak?

How do these substances or behaviors affect your energy level?

Do they create energy or do these behaviors take your energy away?

What do you say to yourself when you look in the mirror and realize that you have allowed these behaviors to control you?

Open your eyes now.

Look in the mirror .

Say this to yourself:

“These substances or behaviors have controlled me.”

See yourself as you're saying it. Open your eyes, look in the mirror, and say it.

How does your face look when you think about living with these issues and the weight of them pulling it down. Feel how it feels. See how it feels.

You can close your eyes again

If you have children, what kind of role model are you for your children? What kind of role model are you for anyone?

How do these behaviors affect you spiritually?

How does it affect your relationship with your higher self or your Soul?

Think of what all the costs are for you physically, financially, emotionally, socially, and spiritually. Think about how these substances or behaviors have affected all areas of your life

Think of everything and everybody that you've lost or disappointed.

Think of how you've disappointed yourself.

Now do this:

Take the weight of all these limitations, all the limitations that you've imposed on your life and the lives of loved ones with substances and behaviors, all of the things that you're missing out on. *And I want you to pull yourself into the future.*

I want you to step five years into the future. Make sure you drag with you the weight of all of the problems that these substances or behaviors have caused you and loved ones with you for those 5 years

All of the Heavy feelings and experiences and limitations that these destructive practices will create for another five years.

Just stack One problem, on top of another, on top of another, on top of another like a giant snowball

Think of everything that the destructive substance or behavior will bring you. Think of all the problems. And think what it will be like in five years. *Feel the weight of it.*

Feel the weight of it pushing you further down and just crushing you. I want you to step into the future five years from now and bring with you everything you've missed out on.

Bring with you all the pain, all the frustration, all the anger that this behavior has generated through these five years. ***Draaaaaaaag*** it all with you for 5 years.

I want you to actually feel yourself going through five long years into the future

Now as you arrive five years in the future I want you to now look at yourself in the mirror. As you look in the mirror take a good look at your face.

How do you look five years from now having lived with all of this pain and not changed the issues with this behavior or substance. You've not changed your behavior at all.

What is the price you've paid?

Do you look younger or older?

Do you feel more alive or more dead?

Or energized or less energized?

Think about it. Feel it. Actually be there now.

What has been the cost for you?

That's right, what do you look like physically?

Has it caused you to gain weight, become bloated and become even more unhealthy because you didn't like the way you felt so you try to distract yourself with more of the destructive behavior?

What's happened to your physical appearance, your energy, your agility, your drive, your passion?

What has it done to you in business or in your career? Have you really gone on as high as you could have or what have you missed out on in your career because of the food and alcohol.

What has it cost you for 5 years?

What's been the price of these destructive behaviors?. Again feel it, don't just think it, Feel what it would feel like if you were right there right now. You've paid the price for five long years. Five years of self-destruction. Five years of giving up your power.

What's been the price in your relationships? Are there relationships that you were no longer in because of these behaviors? Have you lost the love, respect and friendship of important people? What has it cost you and your emotional connection with the people you care about?

What has it done to you in business or in your career? Have you really gone on as high as you could have or what have you missed out on in your career because of the power sucking behaviors?

What has it cost you? What's been the *true* price of the behavior?

What are the things you didn't do that you should have done in the last 5 years? And you didn't because of these behaviors? What has been the cost in your whole life?

Again feel it, don't just think it. Feel what it would feel like if you're right there right now.

You've paid that price for five long years. Five years of food and alcohol misuse. Five years of giving away all of your power to food and alcohol.

Five years of giving Your power away to these destructive and unwanted behaviors.

And what do you say to yourself, to see yourself in five years from now, in the future, still with these problems controlling your life?

Now step 10 years into the future. Drag 10 years of disappointment and grief and power loss with you. 10 years of destructive behaviors controlling your life. 10 years of disappointment. 10 years of one failure building on another. 10 years of all the limitations that these destructive behaviors have brought you. All the things you've missed out on that we're coming to you.

It's now 10 years in the future and now look into the mirror and notice how you look.

Do you look younger or older?

More alive or less alive?

Does your body feel heavier or lighter?

Do you feel stronger or weaker?

What do you say to yourself as you look at yourself after living this way for a decade?

What did you give up? What did you give up emotionally? How much frustration have you experienced for *10 years now* because of disempowering, defeating behaviors?

.How many things are you afraid of?

How many things did you not do?

How many things did you give up on and how much pain have you experienced because of the misuse of a substance or behavior?

What's been the cost for you and your relationships now 10 years later?

Have you given up on having that level of passion you know you deserve? Who is in your life? What do your friends think of you? How did your kids think of you? What do you think of yourself?

What has happened to you spiritually?

What has happened to you physically?

What's happening to you financially and emotionally?

What's been the price of these destructive behaviors?

Feel it. Feel the pain and make it real for yourself.

Now step 20 years into the future.

And drag yourself through two decades.

20 years of pain with you all the way and feel all the things that you've missed out on for 20 years now.

Feel that weighing on your back and on your shoulders. Feel it. Feel all the things you gave up on and all the things you missed out on and all the pain you've experienced because of these destructive behaviors .

Open your eyes and look in the mirror. Notice what your face looks like now 20 years later.

Look at your body and see what your body looks like 20 years later. Are you healthy or are you sick? Do you feel lighter or heavier? Stronger or weaker? More alive or more dead? More excited or totally depressed and disappointed?

Where are you? Who are you with? What has happened to you? What price did you pay for these lousy substances? What did it cost you, in your relationships?

20 years later what has it cost you in your career in your business? What didn't you do because of these behaviors?

What didn't you try?

What didn't you go for?

What does it cost you physically emotionally spiritually financially

What does it cost your family life?

What do you say to yourself after 20 years of living this way with these problems? Was it worth it? Feel the pain and make it real.

See all the prices you paid and all the things you've given up and all the things you've missed out on your life. How do you feel about your life if you were to live this way for 20 years

And NOW decide if you're willing to live this way any longer.

Are you willing to have this be your destiny? Your final destination? Is this how you are going to die?

If this is painful enough, then you'll be absolutely committed to never living this way again! If not you better keep working on this until it's *really painful*.

Do whatever it takes. Ask yourself these questions. Feel the pain.

Now, realize one thing. **This is only the shadow of the future and this can be changed.**

This hasn't happened yet. It doesn't have to happen.

Come backwards in time, all the way back to today and realize that none of this has happened yet. Come all the way back to today. And realize that none of this has happened yet. It doesn't have to happen, *if you make the changes.*

As you went 5, 10, 20 years into the future, you may have felt like your body was bent over and it was weaker and very unhealthy.

As you come back to today, feel your body becoming stronger and healthier and more vital as you come all the way back to today.

Now take a deep breath in through your nose. Feel the air filling your body with life-giving oxygen.

Hold it for a moment

Now release all of the air from your lungs through your mouth in a long, deep exhale.

Your brain should change at this point, and be very motivated to change your beliefs.

Go ahead and put yourself in the state like Scrooge was in when he woke up and realized that it was still Christmas morning and he had a chance to change all of his behaviors.

Feel that level of excitement and energy it creates in your body right now. And as you feel that energy start thinking of what is the opposite of your old beliefs.

If you're going to change these beliefs, these behaviors, and install new behaviors that are going to empower you, what would these new behaviors and beliefs be?

Now take your pen and paper. Write your new behaviors and beliefs down. Make it into a sentence what are your new beliefs and your new behaviors going to be.

Make it a phrase, make it a mantra. Whatever it is, make it something that absolutely empowers you. Write it down.

Now state out loud your new beliefs about yourself and about your life. Say your mantra out loud. Empower yourself with your new beliefs and words.

There is a part two to the Dickens process. After you have finished this exercise and assimilated, then go on to the second video.

You did good. Be proud of yourself.