

Harnessing Positivity

REFRAMING YOUR MINDSET THROUGH
TRUTH AND VULNERABILITY

Process Guide
(including Bonus Material)



J Paul Campbell

Harnessing Positivity
Process Guide
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Thank you for your interest in *Harnessing Positivity*. I truly hope you are enjoying the reading and will find value in the process that is outlined within the book.

This companion to the *Harnessing Positivity: Reframing Your Mindset Through Truth and Vulnerability* book is intended to provide you with additional insight into the process itself. I have included prompts, graphics and other materials to help you better make your way through the Harnessing Positivity process, as well as a Bonus - Day 34.

If at any time you wish to work with me directly with the Harnessing Positivity process or as a coach for your broader healing and growth, please reach out through the contact methods on my website: www.jpaulcampbell.com or contact me via DM on Instagram @jpc_living.

Thank you again and good luck!

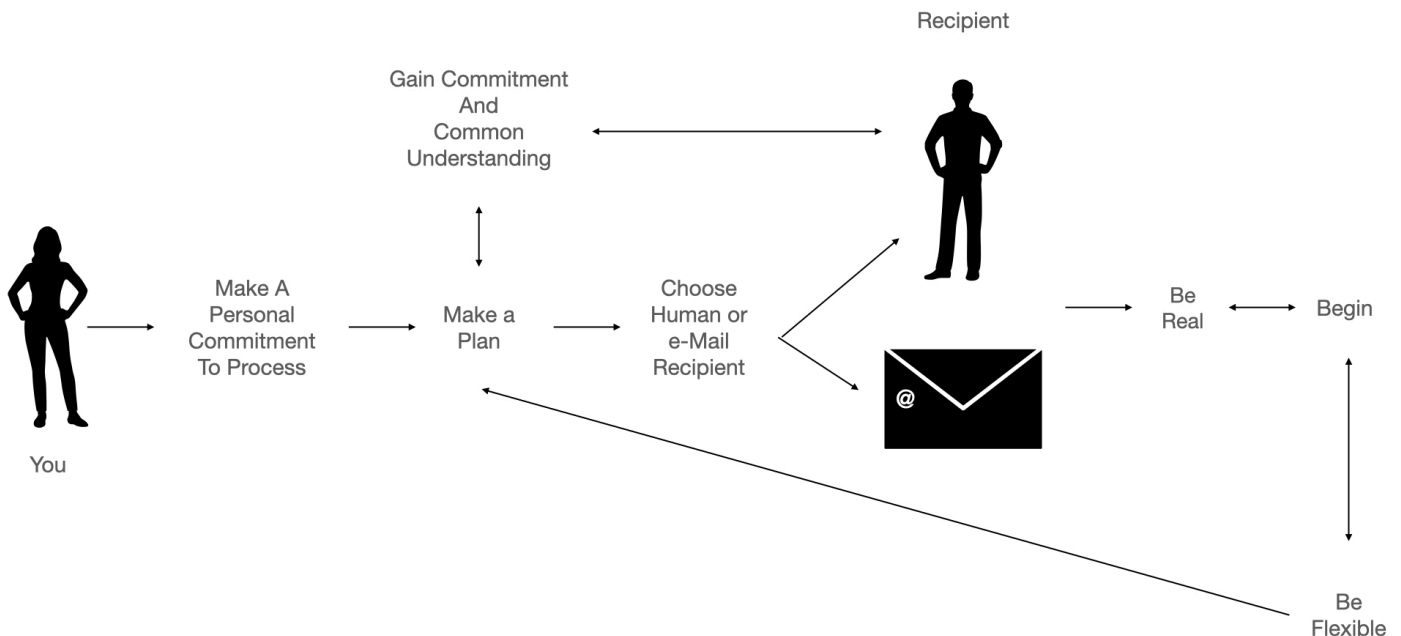
Jonathan

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THE PROCESS

The major parts of the process as outlined in the book are Commitment, Making a Plan, Being Real, Choosing Your Medium and Beginning. I am also adding here, Be Flexible.

Let's take a look at each of these in more detail to make sure you are prepared and can give yourself the best chance of benefitting.



Harnessing Positivity Process

Commitment

Self Commitment

Commitment from yourself, to yourself should not be underestimated or simply taken for granted. To do this, you are going to be on a journey through some potentially difficult self reflection for 33 days or longer.

Capacity is a problem for everyone in today's world, there are limited hours and tremendous demands on our time and our energy. In order for this to be successful, you will need to prioritize within your capacity. So my best advice is to be very real with yourself about your schedule and demands. Be aware of unmovable objects and be smart about your planning and you will have a very good chance of success.

If you find yourself making no move to begin the process, then either it is not the process for you or your fear of becoming all that you may be is outweighing your desire to move forward. The Ego can be relentless when it comes to preventing change in our lives, recognize that this is what is happening and then take the steps needed to push through or move on.

Start by not overthinking what the process will be like, or how long it will go, or what you will say every day. Instead, try to feel what the other side will be like in your body, and in your mind. What will a natural flow of self support and self love do for your mood, for your relationships, for your ability to work, or in your quest to realize a dream?

Does that sense of calm and detached self love seem like it would be beneficial?

In creating your commitment, really focus on the why. Begin to visualize yourself with a greater peace, being less reactionary, more predictable to yourself and others and use that energy to carry yourself through the days to come. Allow the words of the day to come to you naturally, without forethought and from the deepest part of you.

I totally get that being vulnerable, being completely real and honest can be scary, but I promise you that the act of telling yourself and sharing this with

another (including with an unmonitored inbox) will energetically increase the value and return on your trust.

Commitment from Recipient

It may come as no surprise that in order to get commitment from the person to whom you will send your daily reflection and positive thought, you first have to select that person. Now, this may be no problem at all and you may have selected the person the moment you first read through the book. But in case you are struggling with trust, boundaries or any other part of the decision making process, I wanted to provide you with a brief guide on how you can select, align with and move forward in trust with this person.

(Remember that the anonymous: harnessingpositivityprocess@gmail.com is available to you if you choose).

Who to Trust and How to Decide

Talk to the person or persons that you would consider. Show them the book and let them understand the process. Explain why you would like them to participate and what you want from them.

This basic level of communication can be difficult, but it is essential to ensure that you are sharing very personal thoughts with someone willing to participate, and who will treat these thoughts like the valuables they are.

I highly recommend you do not share this process with a short-term person in your life, especially a new romance. It might seem like a way to break through an intimacy barrier and to get to know one another, but be aware that your thoughts can be taken out of context and potentially weaponized especially in the wake of strong emotions that surround events like breakups.

Make a Plan

In creating your commitment to doing this (or any) process you manage the question of capacity and timing. Making a plan is about execution, action, and ensuring that you give yourself the best chance of success possible.

Give Yourself Permission

I am a huge proponent of giving yourself permission (written and verbal) to do a thing. Say it out loud to yourself, write it down on a slip of paper, send yourself a text. Whatever feels like it carries the most energy to that part of you that is hesitant, do that, but be overt about it. Don't think it to yourself or whisper it between pursed lips, be loud and proud about it - make it a statement.

I give myself permission to write about each day truthfully, with vulnerability, and to share these thoughts with (insert name). I am in search of positivity, detachment, and self kindness and this is important to me.

It doesn't have to be quite so formal, but put the building blocks of your actions into the permission statement and put your energy behind it.

Give Yourself Space

Space will mean two things in this context. First, a physical space in which to do the writing. It doesn't need to be fancy or single use, it just needs to be a space where you can be alone with your thoughts for (normally) 15-30 minutes. It can be a powder room, a bedroom, a porch, or even a shared space, but the more likely you are to have others around, the more you need to be clear about your boundaries.

This will not work well if you are sneaking off or trying to fit it in without "inconveniencing" others.

Which brings up the second type of space, the space to be yourself. To not be the one catering to others, fixing problems, or otherwise putting out energy that is not focused on your own personal growth.

This is the really hard one for many people. Setting a boundary with others in the household be they family, roommates, lovers, children or any combination, can be difficult. It may take cooperation from a spouse or a parent or a friend to help while you take a small amount of time to take care of yourself.

Some will feel a pang of selfishness or loss of control at this thought. It is not selfish, but rather the opposite. To truly care for yourself and to see to your growth is the greatest gift you can give to others and I believe one of the greatest examples you can set.

We also cannot control everything despite our desire or our felt need to do so. Within your comfort level, within a safety level for those you love and care for, work to be creative and to cede some level of control for that 15-30 minutes a day so that you may better help yourself.

Put It In The Calendar

Mark it on the refrigerator, put it in your phone, set an alarm, have Alexa remind you. Create any means that will work for you to be reminded of this activity each and every day.

When we are starting a new habit, our natural tendencies are working against us. This doesn't mean that you aren't busy or hyper productive, in this case it means that you are doing a course correction intentionally, but your momentum will continue to try and take you on your previous course for a while. This is why 33 days is such an important milestone and why going further (if you can) is so important. It is so that you can ingrain this new course into your routine, allowing it to become the natural tendency. In this way, even as the writings end, you will be left with a new and natural sense of positivity that will not disappear.

Be Real

This is an exercise in utilizing authentic and truthful (real, genuine, deeply felt) communications to help create a sense of detachment from the impacts of life and to develop the use of positivity as a force.

Your willingness to show up and be real is a crucial underpinning of this practice. This however does not mean you have it all figured out or are even used to being real with others or yourself. I certainly wasn't.

It means that you need to create the environment to try to put aside your inner bully and just say what you mean. Your communication does not have to be perfect, or make sense on a 2nd or 3rd reading; instead it needs to be reflective of something that genuinely expresses how you feel about a moment or memory that stuck in your body or in your mind.

Curse, write in all caps, forget punctuation. Do whatever it takes to be real about the expression, to find some semblance of distance from the stickiness and a positive thought or feeling generating from it.

If you have nothing, if you can't find anything - then write that. Don't not do the exercise for the day. Write out something like "I have nothing and I don't know why". Talk about how you feel about having nothing or what having nothing feels like in your body, create the genuine expression and then sit with what positive that brings about.

Understand that this sense of truth and vulnerability is, as much as anything else, an energetic state driven from intention. If you intend to cheat the system, you will. If you intend to work through an exercise that will challenge and bring about authenticity you will. You can't lie to or deceive your energy, it is always aware of your true intention.

Choose Your Medium

This is not a difficult step in the process, but one that should not simply be glossed over. Depending upon a persons access to and adoption of technology, age and socio-economic background the tools that they are most comfortable with may vary considerably.

Some tools/programs/apps are better suited for near real time communication or asynchronous communication. What do you want and expect from this exercise and recipient? Are you expecting replies? How often, how lengthy? How comfortable are you putting these types of thoughts within the tool and storage structure that you are selecting?

There are more tools and Apps everyday to manage communication. Signal, Telegram, WhatsApp, WeChat, Slack, honestly there are too many to mention. Please just ensure that the tool you choose makes sense for the message, the privacy, for the expectation of reply, and for both users.

I chose email because it is simple, ubiquitous and there is no expectation of near real time reply.

Begin

Treat this like the real, meaningful task that it is. When the day to begin arrives, follow your plan.

Remind anyone you need to remind about the start. Give yourself that permission slip to take this time once again. Go to the place you have chosen. Reflect. Remember that it is 15-30 minutes and that your control of the outside world can be set aside as you outlined in your plan.

This is not an exercise in meditation as so many seem to find that concept intimidating, but rather self-reflection and deep, honest communication. So to aide you on your first few days here are three examples of techniques I have used. Use any, all or none as fits you.

Breathing

Intentional breathing is (in my opinion) always the best way to start.

- Shut your eyes, or soften your gaze so that your eyes feel very relaxed
- Intentionally meter your breathe so that the inhale and exhale are the same length.
- Recommend a slow four count inhale and a slow four count exhale (if you have breathing difficulties, do one or two count - do not create anxiety in your body)
- Do this deliberate breathing for Five full round (inhale and exhale equals one round)

Throat Focus

In many systems of energy, the throat is the focus of our truth. Things that sit in this area are often challenges to our truth and so a focus on the throat can provide insight into the difficulties of the day.

- Intentionally breathe
- Focus on your throat and how it feels, its dimensions, how open or closed it is. Try to relax the muscles of the throat, jaw, face.
- With your eyes closed, play back the day. Perhaps all of it, perhaps one piece that you are pretty sure is the right place to look.

- Slow down the film of the day in your head and pay attention to your throat, what was the action, memory, statement, inaction that caused your throat to especially tighten or to especially relax.
- Note that moment, open your eyes and write.

Just Write

From the school of write until it comes out, just start telling the story of your day and when a moment comes that hits more than other moments - focus your thoughts, intentions and words on that moment. Do not hide from it, but rather write into it and tell its story.

Be Flexible

Let's be real. Life will get in the way. The person you chose may not follow through, you may get sick, there may be an accident, a million things can happen. So be flexible and be willing to adjust your plan.

If 8:30PM no longer works because your child needs that private space for a school assignment, then look at where else and when else may work. If you get sick, take a day off or write about what it felt like to be sick and not be able to accomplish what you had planned.

My two months worth of writings took place over the course over nearly 75 days. Why? I had travel for work, unexpected deadlines, I got sick, I had an evening of fun and laughter with friends.

Its okay. Do your best, do your best for as many days in a row as you can and then come back to it for as many more days as you can.

We are not machines, and part of expressing yourself truthfully is having the patience and acceptance that sometimes things happen and we get to start again the next day.

The Ego and Ego Overuse

In the book, the term Ego is used frequently and I utilize the phrase Ego Overuse as well. I wanted to provide a bit more context of these two terms for anyone who is less familiar or finds themselves a bit confused with my use of these terms.

When using the term Ego, I am referring to the concept of Ego as our conscious awareness. Without the Ego, there is no concept of self as distinct from others. It is the origination of “I” or “Me” or “Self” as an entity. Within this concept, the Ego is also responsible for the maintenance of this Self. Preservation and Protection are its primary duties in this regard.

This all sounds simple and great - I want to have “Me” as a concept and I want that Me to be safe and maintained. And it is simple and great. Until it isn't.

Just like our plan for writing can go astray, life can interfere with and warp our concept of self. Whether it is trauma, poor role modeling, abuse, abandonment, or mental health issues does not matter. What matters is that stuff can happen outside of our direct control that can affect, change, and disrupt how we view ourselves.

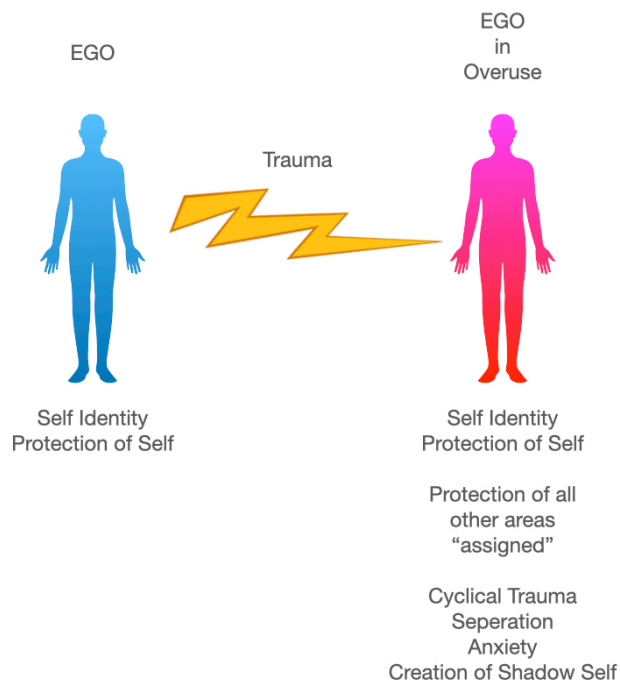
It is during these times that we can subconsciously deny, deflect or dismiss decisions about ourself, our life path and the people around us. When we do this, when we make decisions by not making decisions, we take these areas of warped self identity and put them under the control (at least temporarily) of the Ego. We are energetically throwing the hot potato and Ego has the baking mitts.

So the Ego starts to do its job, to manage and protect (i.e. to regulate the pace of change) and now it is doing these things with our relationships, or with our ability to take risks or tell the truth, or trust a specific person, or everyone, or ourselves. And that is not its function, we are creating Ego Overuse and generating a life of stagnation and fear.

The Ego in its role as protector is intended to prevent us from putting our hands in fire twice, not whether we should grow and change and live. So,

when that “trauma” occurs and we shift responsibility to the Ego, we get what the Ego can give us when it is in a state of overuse.

In overuse, the concept of self becomes I am separate from. Anything other than Me is bad, dangerous and to be avoided. Anything other than what I am already used to creates fear and drives stagnation in the ability to experience the world from a place of mindful detachment. In hyper forms of overuse, everyone that is not me or like me and every idea that is not mine or like mine becomes a threat of some kind.



Freedom and Peace

The healing process can be really messy at times and it can genuinely feel like an endless pit of ick. There have been times when I personally and several clients have wanted to scream out “Really - There’s More”. What I have discovered is that this frustration is itself a way for the overused Ego to protect the status quo by trying to tell us that the process is too big, too painful. And this may be one of the biggest lies there is.

We are shown the hard, the difficult and the dark of ourselves during the healing process, because that is the layer that has built up over time. What we are not shown, what we forget or no longer believe possible is the light, the joy, the freedom that exists when the strata of emotional discord and trauma are removed.

As we manage our self talk, tackle our shadows and face the fears that hold us hostage to the past, we will uncover moments or even months and years of laughter, light and joy. We will rediscover joys and see people in an unfiltered light that will change our perceptions and the stories we tell. We will smile and laugh deeply and from a sense of self-love, and we will take steps on a new path to our future that is purposeful and peaceful.

Most of all, this healing journey will allow you to experience freedom and peace more deeply and to live a life of alignment from a place of truth. A joyous life to live and share fully... and that is a real gift.

You are worth the journey and you can do it!

Jonathan

Reminder: I am here to help guide you through the Harnessing Positivity process and your healing journey. Contact me through the website at www.jpaulcampbell.com or DM on Instagram @jpc_living.

Day 34

Dear A,

I love yoga. I love that it can completely relax me and challenge me mentally, physically and spiritually. I love the people I meet and the amazing energy that comes from a well taught class. I love that my mind quiets and that for some portion of that 90 minutes I am able to just be.

During the height of my anxiety, I had lost that connection with my practice and myself. I still went each week as to not go would have meant having to explain myself, but the connection to myself and therefore the deep love of the practice was not there. Slowly it has returned with a glimpse here or there, but today was the first time in more than a year that I felt genuinely authentic on the mat.

I love You My Friend

J

My Positive Thought For The Day

Authenticity – in our actions and words.

It doesn't come easy and sometimes we are unable to find it at all.

*So, we show up and do our best with loving kindness
until the fog clears and we can, once again, see the truth of ourselves.*