

IN AND OUT OF STATES

The ability to quickly get out of a negative state and back into being at your best is a skill well worth having. Here are the 3 principal ways of doing this now.

1. Change your Physiology

Changing your posture, gestures, facial expression and voice tone is **the** most rapid way to change your state.

Develop a “power move”, a particular gesture or series of moves (e.g. Karate etc) that instantly interrupts negative states. The more outrageous the move and accompanying voice tone the quicker the state change. Use this after difficult consultations (once the patient has left the room!).

2. Change your focus

Changing your mental imagery (pictures and sounds) will also rapidly change how you feel. Use the changing perspectives exercise to make any unhelpful images dissociated, small, black and white, and pushed way into the distance.

Think of an image that consistently makes you feel good. Make it big, bright, colourful and closer then step into it wrapping it all round you.

3. Change the meaning you attach to the experience

The meaning we make of any event (our beliefs and values about an experience) powerfully affects how we feel. If certain events consistently make you feel bad you need to find new empowering beliefs and values that help you change perspective.

Ask yourself “What positive new meaning could I make of this instead?”

Over the next few days think of several ways you can use to rapidly change your state:

Favourite music/song, dancing, martial arts, coffee, exercise, phone a friend, having a shower, a massage, your favourite sport, pictures of loved ones, memories of great holidays, important occasions (birth of a child etc)...