



First Aid for stress

Health, Freedom & Truth



Exercise: Who's life is it anyway?

This exercise allows you to expand your understanding of Amy and the internal dialogue - this will help you identify who is in control.

Dealing With Amy & Her Limitations

Your 'theme tune' – your constant internal dialogue – shows up everywhere. Whether you're doing the dishes, driving your car, speaking to another person or soaking in the bath.

What you need to understand is whether your 'theme tune' acts as your cheerleader (and encourages you) or acts as your oppressor (and limits you). Below is a powerful exercise to help you decipher which one it is.

This is a practice and repeat (and repeat) exercise

Amy is always trying to get the upper hand. She does this by distorting the truth – the truth being the natural sequential order of life: truth, freedom, health. If you repeatedly do this exercise, you will quash your oppressive thoughts and see them for what they are – utter nonsense. Eventually, you will form a new, positive order in your mind and brain.

Be prepared!

You will need plenty of paper, probably more than you expect! And, at times, you may feel demotivated. A positive mindset may seem impossible to achieve.

Your mind may tell you things like:

- It's out of your reach.
- You can't do that.
- A leopard can't change its spots.
- You are what you are, accept it, deal with it.
- Get on with it.
- Let's face it, your goals are practically impossible, especially for someone like you...

If you hear statements similar to this, know that Amy is in control. She just took away your right, your power, your control and your freedom.

I find it helpful to see my relationship with Amy, in this situation, like a toxic relationship. And I know that the only way to create change is by setting firm, healthy boundaries.

If you don't know much about owning your rights or boundary setting, don't worry. I've got your back. Together in Unit 6, we learn how to set and reinforce them together.

But for now, exposing what you are dealing with is key to your success.

What do you do when Amy starts to take control?

Be single-minded. Don't get into an argument with Amy, simply say NO and distract yourself. **Do something else.**

Perhaps go for a walk. Or name the trees you see or count how many different types of birds or insects you can spot. Alternatively, take some paper and sketch.

At some point, Amy will get bored; her chatter will quieten as she backs off.

If you find that distraction doesn't work or you are unable to go outside, meditate using my powerful 'Finding My NDS' audio recording. This helps you distance yourself from both your thoughts and feelings.

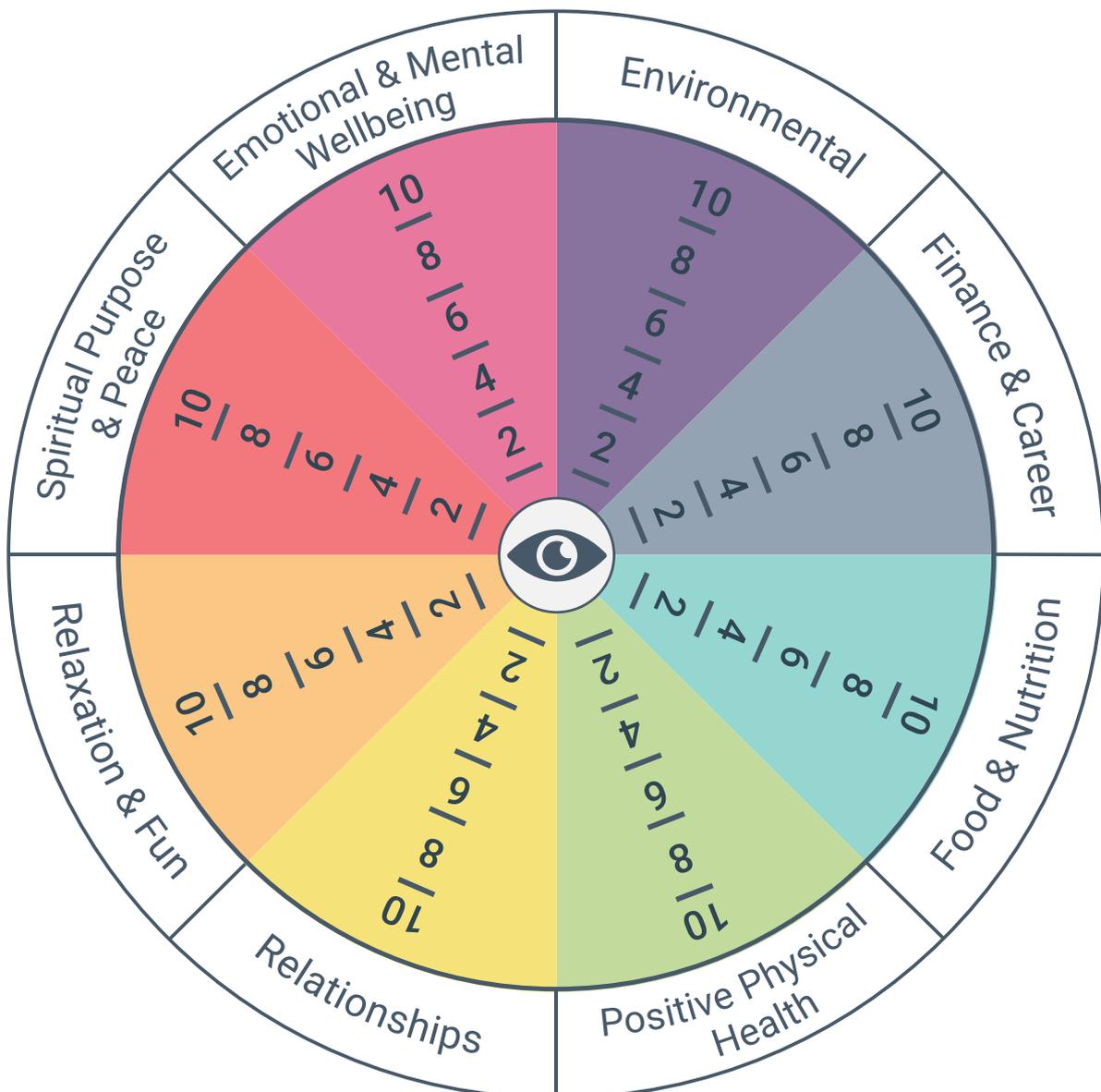
Both these methods will take you directly to your true being. The essence of you. The natural, neutral, still space, which is before the mind and body, before your thoughts. In that space, you will find an eternal peace.

The Exercise – Turning The Table

Are you ready? Are you willing to transform yourself? Do you want to expose the truth and the lies? **Great, let's go!** To complete this exercise, you will need a wad of paper and different coloured pens.

Part 1

Start by considering your goals in each of the eight aspects of the wheel.



Range of Thoughts

Positive-Secure Thoughts	Insecure Low-Grade Thoughts	
1. Peaceful / Love	15. Boredom	29. Revenge
2. Joyful	16. Pessimism	30. Hatred
3. Appreciation Gratitude	17. Sadness	31. Jealousy
4. Empowered	18. Frustration	32. Insecurity
5. Freedom	19. Irritation	33. Guilt /Judged
6. Passion	20. Impatience	34. Unworthiness
7. Enthusiasm	21. Overwhelm	35. Grief
8. Eagerness	22. Disappointment	36. Depression
9. Happiness	23. Doubt	37. Despair
10. Positive expectation	24. Worry	38. Powerlessness
11. Belief in / Trust	25. Blame / Judgement	39. Fear
12. Optimism	26. Discouragement	
13. Kind	27. Anger	
14. Hopefulness	28. Rage	

For each goal, answer the following four questions:

1. Why can't you achieve your goal in that aspect?
2. Who told you that you can't achieve that goal?
3. What did they say about you to make you believe that?
4. Did they say that to your face or behind your back?

Using a pen, write each answer on a piece of paper and leave a large gap (if you're using lined paper about four lines will do).

At this point, know that every single answer that restricts you or holds you back from achieving your goal is a lie. Think about that as you continue to spew out all of those falsehoods.

Once you've got them all down, take a break. Have some water or juice. Give yourself a few minutes or even a day, because there's another part to this exercise. I call it Return And Review.

Part 2 – Return & Review

Ok, welcome back. Now it's time for you to move your mindset – to set it on fire and soar! Pick a different colour pen to the one you used for your answers. Now, re-read your first lie. Then write an upgraded, positive answer in the space below it. Your upgraded answer is your new truth. Beneath that, rewrite the sentence again, replacing the word I with YOU.

For example, if your first lie was “I am not good enough,” you could write:

Lie: I am not good enough.

Truth: I am and always will be good enough.

You statement: You are and always will be good enough.

Turn all the lies around. You know the truth, even if sometimes you find it hard to believe. Deep down, you know the truth. Your soul knows the truth.

I first did this exercise many years back. It was tough. I'd believed my lies for so long that they felt true. And I found this exercise really difficult because my 'truth' felt untrue.

I did not believe the things about myself. But I wrote them down. I was willing to try anything different despite how crazy or woo-woo it sounded. When I re-read my 'truths' I realised I could align to either list and that, now, my list of lies did not apply.

I'd taken the first step into fulfilling my potential. I was not convinced at the time that all the good stuff applied to me. But, of course, in time, I saw how it absolutely did.

Now, there's a bonus to this exercise.

Bonus Part

You can now use your truths throughout the day as you affirmations and clearing process. Each morning and evening, stand in front of a mirror, look yourself in the eye and say: "I love you. I really, really love you." Followed by: "You love you. You really, really love you."

Then use your new truths.

For example, if your lie was: I am not good enough.

Say to yourself: I am and always will be good enough.

Followed by: You are and always will be good enough.

Do this for every new truth. You should complete this exercise every day until you no longer believe Amy's lies. It will work quicker than you might expect.

But you need to do the work.

If you find you can't make time or can't be bothered, know that Amy has seduced you into negativity again.

Part 4 – How thoughts impact the body

Before you proceed, know that there are two different ways to complete Part 4. You can either:

1. Write out your list of lies on a new sheet of paper.
2. Write down what your theme tune (inner monologue) is currently saying on a new sheet of paper.

Either way works. Personally, when doing this exercise, **I choose to look at my present feelings by noting down my theme tune for that is in real-time.** When I re-read the list of lies, it reminds me of my past – of difficult, unwanted and traumatic experiences from which I have moved on.

Ultimately, the choice is yours. You know your experiences. You know if they were traumatic or not. If they were, please stick to the present moment. There is absolutely no need to root around in the past.

Once you've chosen your method, decide whether each lie or inner monologue statement is positive or negative. Does it help you progress or does it hinder you?

Where is it coming from? The Higher Self or the Egoic Self (Amy)?

Now, consider only the negative statements. Re-read each one and, when you do, I want you to pay attention to your body. Look for subtle or obvious changes.

Do you feel tense anywhere? Do you feel pain?

Does that cluster of thoughts or a specific thought cause a throbbing, a tingling or pain? If so, write it down next to the lie or statement.

For example, if your lie was: "I am not good enough," you might write: "Head moved to one side, hand came up to face, big sigh, sinking feeling over my body. Neck twinge. Shoulders fall forward. Head drops. I feel as though I could cry."

Once you've done this for every lie or inner monologue statement, re-read those bodily changes. By doing this, you will start to know your body's reactions to your negative thoughts.

Learning to read your body as a barometer to the quality of your thoughts makes life much easier.

You'll learn to recognise familiar emotions or pains.

Gradually, over time, body tension and other symptoms created by negative or insecure thinking slowly melt away, building a better-quality version of you.

To effectively use your body as a barometer, you must keep it simple.

1. Notice the emotion or pain.
2. Categorise it: Was the thought true or false?
3. If false, tell yourself, that's not me, it's Amy, and ignore it.

Now you have completed the exercise, I want you to know that you are extraordinary. Most people couldn't face finding and feeling the beliefs that limit them. Well done.

