

Action Plan for Session 3

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Our beliefs and thoughts create our current reality

What to do when a technique doesn't work

A. Today we'll be learning two new techniques and also be discussing what to do when a technique seems not to work.

1. Two new techniques.

a. "Future Rehearsal" technique. This technique combines both cognitive and hypnotic techniques for relief from anxiety and stress.

b. "Creating Your Desires" technique. I learned this technique from Wayne Dyer, it only takes 5 minutes a day.

2. Adding something new to the coaching calls.

As you know this course is recorded. The positive nature of an online coaching call is that you all get to download the calls so you can listen again and again. things that you say will be recorded and unlike private sessions can't be held as confidential. Group coaching that we are doing together has many positives. The positive part of speaking is that you get to have coaching on your unique issues. That discussion will help everyone. People on the call and people who listen in replay gain the benefit by hearing the answers.

B. FILL IN THE BLANKS

1. One of the tools we have been talking about is _____. Just imagine how that will be when you, go automatically to curiosity, instead of beating yourself up. Or how it will be when you get curious about feelings instead of being helpless or stuck.

2. As you listen to the case study you'll learn how one of my clients used the future rehearsal technique and most importantly what she did when _____.

3. As I talk about the case study, see if you can notice what might be going on causing this person to have a negative reaction. Jot down any negative thoughts you here, that might be influencing this persons reactions and anxiety.

1.

2.

3.

4. The mind is really _____, you can get exhausted, sad, or anxious just sitting in your own living room _____ about something. Luckily the mind is powerful enough to

create _____ as well, when you know how to use it.

5. Before doing any technique you start with:

First : _____ of anxiety level.

Second: Do a quick _____ breath.

6. **Step 1: of Future Rehearsal Technique:**

Think about the way you want to _____ instead of what you don't _____.

- a. In a future rehearsal remember, _____
- b. You can _____.
- c. Create a positive ending, rather than the negative images that were causing anxiety

Step 2:

7. Create a _____ possible future image.

C. TIP: The trick is not to _____.

1. Go back in your mind just before getting the feelings and _____ the "stories" you are _____ yourself.
2. Also, ask yourself is the future image you are creating _____ to you?

Here is the technique for getting to the thoughts that move through your mind so quickly. For now I'll call it the **float above technique** and I'll teach you how to use this technique for many different issues in our next session.

D. **FLOATING ABOVE TECHNIQUE:** Notes

1. When you do this don't _____ to make anything happen.
2. Just _____ and notice what is _____ on.
3. When you change your _____ by _____ above you are able to get _____ that you weren't _____ of before.
4. Or you might be able to _____ information in a new more helpful way.

E. **Problems that might be getting in the way of the technique working:** Three things that might get in the way of this future image working

- 1.
- 2.
- 3.

F. **REVIEW:** Using the "Future Rehearsal Exercise":

1. Recognize _____
2. Be _____ about the _____ and images going through your mind.
3. Change the _____ image to one you _____ have.
using these 3 factors:
 - a. Make sure it is _____.
 - b. Is it _____.
 - c. Is it in the _____.

G. For the next two weeks, use this technique. Remember that this is a new way to focus. If an image doesn't work to produce calm or the feeling you want, there are 3 things to remember:

1. One, be _____ to yourself,
2. Be _____ instead of blaming yourself or the technique.
3. Ask the question: What is the _____?

H. Wayne Dyer's Five Minute Exercise:

You can find the post about this exercise at <http://www.anxietycontrolcenter.com>.

During our workshop I'll tell you why this exercise didn't seem to work as planned and what I did about it. Here is what I want you to take out of this: It is great to practice exercises as I teach them. But if you don't do something exactly as I present it, that doesn't mean it won't work for you. It is fine to use your own creativity! Please let me know about any modifications you make and how they work for you. Guess how many new new techniques are created - yes, through interesting modifications of my very creative clients and students. Through my own experience I can tell you about modifications I make in exercises as I teach them to you. Some of the changes will help the techniques to work more efficiently. Some modifications are designed to help you to deal with other issues that might come to the surface.

If you create a new exercise that works great for you let me know I'll give you credit in my next book. I hope to have this book ready in early October.

For you Action Steps this week:

1. Practice the Future Rehearsal Technique.
2. Practice the "5 minutes before bedtime exercise."
3. For the next week use both exercises and notice what changes for you. Write to me at askdraudrey@gmail.com and let me know what happens.

Look at the fill in the blanks section "F" to review how to use the
Future Rehearsal Exercise:

Getting in touch with your passions.

Many times people with anxiety feel like they have lost their passion. Life seems empty when you aren't moving towards what you desire in your life.

1. Start this week thinking about what you used to like to do as a child. 2. Think about what you would do if you had all the time in the world, if you were to be on this earth for another 200 years and you had all the money to support whatever you desired. What would you be doing?
2. When you get to the core of what really charges you up, it becomes easier to find your passions.