

WeightLoss MindPower ForLife

MOTIVATIONAL TOOLS PLAYBOOK FOR Audio 1

Trevor Hoskisson

These techniques are the latest cutting edge psychological tools for improving performance and developing potential. If you put these simple techniques into practice you will be unstoppable in everything you want to achieve not just releasing excess weight.

The majority of these tools are based on NLP, Neuro Linguistic Programming.

NLP?

Definitions.....

Hypnosis but without the deep trance.

Study of excellence and how to reproduce it.

"The subjective study of experience"

We are designed and engineered for happiness and success but as a result of childhood conditioning and negative life experience we are programmed for failure. NLP is the best way to rewire yourself for happiness and success.

Motivation is largely controlled by Mindset

ATTITUDE 100%

"Mindset is a fixed attitude, disposition, inclination or habit determined by beliefs, values and rules."

Mindset affects the results you get. 2 Different people can do exactly the same thing and get totally different results. This is all down to their mindset.

Mindset determines the actions you take and your actions produce your results. The results you get feedback directly into your mindset which then determines the actions you take and so on. You get to choose your own mindset.

We are born without any beliefs values and rules. They collect largely at an unconscious level as we grow up. Our beliefs are ideas or concepts that we hold to be true and are based on five areas

Environment (Newspapers, TV)

Past Experience (Growing Up)

Education

Life Events (Results from doing things)

Creative Thinking

Beliefs don't have to have any basis in truth, although we do need evidence to hold a belief. For example many people believe strongly in God, and many people do not believe in God.

Values are based on what we have around us

Rules are nearly always unconscious and control everything we do at an unconscious level. They usually make it very difficult to be happy and very easy to be angry, but This is easily reversed when you become aware of rules.

Of the three components of Mindset, beliefs are the easiest to change and produce the quickest results.

I am going to show you 5 techniques to develop unstoppable motivation and two techniques to help your clients deal with cravings.

WHEE

TFT

VISUALISATION

EMPOWERING BELIEFS

REWARDS

ANCHORING

THE STATE TRIANGLE

WHEE Wholistic Hybrid of EMDR and EFT

EMDR Eye Movement Desensitization and Reprocessing

Developed by Francine Shapiro, an American Psychologist. In 1987 she observed, during a walk in a park, that moving her eyes seemed to reduce the stress of disturbing memories. Based on these initial observations she developed standardized procedures to maximize these effects, conducted further research and published a randomized controlled study in 1989 describing beneficial results.

EFT Emotional Freedom Technique

Developed by Gary Graig. It is a form of psychotherapy that uses tapping on acupuncture points while a patient focuses on a specific traumatic memory or emotion. This is said to manipulate an [energy field](#) practitioners associate with the human body. It was developed from TFT Thought Field Therapy developed by Roger Callahan

WHEE was developed by Dan Benoir a Canadian Psychotherapist. It combines both EMDR and EFT in a very simple to learn technique that can be taught in a few minutes.

Advantages of WHEE

- It takes a fraction of the time that EFT requires.
- It allows for much greater flexibility in working on target problems within the session because it is so rapid.
- It is better accepted and the compliance outside the therapy room is much higher because of this simplicity.
- It works marvelously well and rapidly on pains of all sorts, and is excellent for allergies, though it may take several days to be effective for the latter.
- It is tremendously empowering, as it is so simple and so rapidly effective in self-healing.

The General Affirmation

"Even though I have this [anxiety, panic, fear, etc. - be specific when filling in the blank], **I completely and totally love and accept myself**, and know that God (or the Universe) loves and accepts me unconditionally." [Or use whatever strong positive statement suits you best at the time you need it]

For food cravings the affirmation would be....

"Even though I have this craving for chocolate I completely and totally love and accept myself."

This is repeated whilst tapping bilaterally. Either on the base of the eyebrows at the top of the nose, or doing a butterfly hug or tapping on the knees with the forearms crossed. You can also move the tongue from touching the teeth on one side of the mouth to the teeth on the other side.

Prior to doing this self-healing technique, it is helpful to assess how strong the negative feeling is that you want to address. The most commonly used is the *Subjective Units of Distress Scale* (SUDS), where you rate it on a scale from 0 (not bothering you at all) to 10 (the worst it could possibly feel).

After tapping for a few minutes, check the SUDS again. It will usually go down. Repeat the assessing and tapping until it is zero. Then you can build up a positive affirmation to replace the negative, simply stating the positive as you tap.

If the numbers don't shift after you've tapped, you can give yourself a gentle massage on the *releasing spot*, located just below the collar bone at its midpoint. No affirmation is needed here. Then return to tapping.

TFT Craving Buster (Paul McKenna Uses this Technique. WHEE is much easier)

1. Focus on the food/drink you are craving for a moment. Now rate your craving on a scale of 1-10, with 1 being the lowest and 10 being the highest. This is important, because in a moment you will find out how much you have reduced it. On a scale of 1-10, how strong is your craving?
2. Now think about that food/drink you have been craving and taking two fingers of either hand, tap ten times firmly above one of your eyes.
3. Now tap under the eye 10 times
4. Now tap under your collar bone 10 times
5. Keep thinking about the food/drink you were craving and tap under your armpit 10 times
6. Now place your other hand in front of you and tap gently on the back of it between the knuckles of your ring finger and your little finger.
7. Close your eyes...open your eyes
8. Keep tapping look down to your right and then look down to your left. Keep tapping and rotate your eyes 360 degrees clockwise and now 360 degrees anti-clockwise.
9. Still thinking about the food/drink you were craving and hum out loud the first few lines of "Happy Birthday" or "Jingle Bells"

10. Now count out loud from 1 to 5

11. Now once again hum out loud "Happy Birthday" or "Jingle Bells"

Now stop and check...on a scale of 1 to 10, what number is your craving down to now?

If it hasn't completely gone yet, simply go back through the entire sequence again until it does.

Visualisation

Do you use visualisation already?

It is a bit of a trick question. Everyone visualises, but most people do it in a negative way. It is also known as worrying. Why not visualise everything going well, it takes a lot less energy than worrying, and worrying can make you physically ill. It is pain suffered in advance for something that hasn't happened.

"I am a very old man and have suffered a great many misfortunes, most of which never happened." Mark Twain

This is how you visualise.

Take three deep breaths and think to yourself relax, you can close your eyes if it safe to do so, as it is easier to visualise things on the screen of their mind with their eyes closed.

Read the script below with a deep relaxed voice.

See or picture yourself as you want to be, slimmer looking, healthier, happier, and being totally in control of your life. Use your imagination to get a very clear picture. Perhaps see yourself wearing the clothes you desire, and looking really good in them. Walking on the beach feeling really great and proud of your trim toned and flexible body. Imagine yourself with much more energy and vitality, being able to move around with greater ease and less effort, walking along swinging your arms with a spring in your step. See yourself looking in a mirror and seeing a slimmer you, or whatever it is that will let you know you have achieved your weight related goals. Make this image as clear in your mind as you possibly can. Use all your senses to see the things you see, hear what you hear – perhaps the congratulatory words of friends or family as they compliment you on the progress you have made since commencing the Pronokal programme, and most importantly feel how good it feels to be your ideal weight. Feel those feelings of pride and achievement now.

Identifying Limiting Beliefs and Creating Empowering Beliefs

Ask yourself the following questions and answer them as honestly as possible.

What do you believe about yourself?Some people say they are a winner, others a loser.

.....
.....
.....
.....
.....
.....

What do you believe about life?.....Some say Life is hard, others life is full of opportunities and possibilities, or it is what I make of it.

.....
.....
.....
.....
.....
.....

What do you believe about being fit and healthy?..... Some say it's absolutely essential, others say it's easy for some but not for me.

.....
.....
.....
.....

.....
.....

What has been stopping your from achieving your ideal weight?.....I lack discipline or motivation.

.....
.....
.....
.....
.....
.....

What phrases and questions do you find running through your mind on a regular basis?.....This is called self-talk or internal dialogue, and psychologists have found that in the average person 77% of self talk is negative. We wouldn't talk to our worst enemies the way we talk to ourselves.

.....
.....
.....
.....
.....
.....

If you identify any limiting beliefs ask yourself what the opposite is and why the limiting belief is untrue and the opposite is in fact true.

The human mind cannot hold more than one thought at a time. A positive thought will always replace a negative thought. The easiest way to replace a negative thought is with the short phrase "I can do it". This is incredibly empowering, especially when everyone has a feeling of total overwhelm.

Examples of Empowering Beliefs

"I am empowered to get the results I want"

"I am enjoying the Pronokal programme"

"I release excess weight easily"

"Every day in every way I am getting lighter and lighter"

"Every day in every way I am getting healthier and healthier"

"Every day in every way I am getting more disciplined"

Ask the client which suits them the best or if they can come up with their own empowering belief or affirmation that will motivate them to achieve their goal. Get them to write it down! They should repeat the new belief to themselves daily on waking, and when going to sleep. They should be said with real energy and feeling.

Note: People often say they cannot use affirmations/empowering beliefs because they are lying to themselves. **You are not lying to yourself, you are telling the truth in advance.**

Rewards (The Power of Association)

Most successful people never stop to pat themselves on the back, let alone to reward themselves. This is the most powerful way of keeping yourself motivated.

Come up with six rewards for adhering to your weight loss programme. Some of the best rewards don't cost a lot. Fresh cut flowers in the house, buying a glossy magazine, buying a book or a DVD, sitting in the park reading a book.

.....

.....

.....

.....

.....

.....

Anchoring

This is one of the first techniques you learn when you study NLP, and everyone who is in the "know" uses anchoring. Andre Aggussi paid Tony Robbins \$1M to learn this technique. Most professional speakers use it, and if you watch them closely when they are about to deliver a speech they will always make some sort of unique gesture. It might look like they are adjusting their cuff, but they are actually triggering a neurological response in their body that they have "anchored" there earlier, probably for feelings of confidence and power.

Using this technique any strong powerful emotional response can be recreated instantly within the body. You can use this technique to help you generate feelings of happiness, success, and determination to stick to your weight loss programme, as well generating additional empowering feelings whenever they are needed

Three ways to Anchor

- 1) At the time you are experiencing the emotion you want to re-create

- 2) By recalling a time when you felt the emotion you want to re-create
- 3) By imaging what it would be like to feel the emotion you want to re-create

How to set up an anchor

Select a feeling that you want to re-create in a particular situation. Perhaps for weight reduction the feeling might be success or determination.

Remember a time in the past when they felt that feeling of success or determination, or to imagine what it would feel like.

Remember a specific time

“As you go back to that time now, go right back to that time, float down into your body and see what you saw, hear what you heard and really feel the feelings of being totally.....”

“Now make the image sharper, make the colours brighter, make the sounds clearer, and double the intensity of those feelings of.....”

When the feeling is at the most intense, create the physical association by making a unique gesture (touching the wrist, squeezing thumb and middle finger. Hold until the image begins to fade – about 9 – 10 seconds.

“Now remember another time you felt totally.....? Remember a specific time? As you go back to that time now, go right back to that time, float down into your body and see what you saw, hear what your heard, and really feel the feelings of being totally.....”

“Now make the image sharper, make the colours brighter, make the sounds clearer, and double the intensity of those feelings of.....”

Anchor with unique gesture

Repeat another 3 – 4 times for a recalled event, or 7-8 times for an imagined event.

You can stack all your anchors on the same spot as they are all context specific.

Resource Anchors

Creating a resource anchor is the process of stacking a series of resourcefull states onto the same spot, and will trigger a totally empowered state in any situation.

