

Your Fourth Appointment Support Guide

You now have a powerful set of tools for managing your mind and body.

A SIGNIFICANT MILESTONE

You Have Built Your Conditioned Response

By your fourth session you have successfully practised your Transformation Process and achieved a consistent sense of relaxation in your body. You have built the conditioned response we have been working toward.

This is your success. Your progress is not luck, you have acted, practised and made something work for you. You are now taking genuine responsibility for your own mental health and wellbeing.

You are now able to use the SCS in real life, not just during practice. This is the moment the work begins to pay off in your everyday world.

A KEY SHIFT

Using the SCS in Real Life

From this session onwards you can use the SCS wherever you are, whenever you feel your stress or anxiety beginning to rise. The combination of the SCS and your colour awareness system is highly effective in regulating your emotional responses in everyday situations.

Please continue to practise your thirty-minute Transformation Process each day. This is what keeps your stress hormones low, particularly long-term adrenaline, which can quietly undermine your emotional wellbeing and your ability to follow through on your plans.

When you feel yourself moving from your safe colour towards your beware colour, bring in your SCS - wherever you are, whatever you are doing.

YOUR PERSONAL SYSTEM

Your Colour Awareness System

During your session we established your personal colour system. Use these as your internal early warning system throughout your day.

SAFE COLOUR

You are calm and grounded. This is where you want to be.

BEWARE COLOUR

You are beginning to shift. Bring in your SCS now.

UNCOMFORTABLE COLOUR

You are heightened. Use SCS and return to practice.

YOUR MINDSET TOOL

The "I Am" Statement

Whatever follows the words "I am" shapes how your unconscious mind sees you, and your body responds accordingly. After each time you use the SCS, install a positive, constructive and believable "I am" statement.

It does not need to be dramatic. It simply needs to be honest enough for your mind to accept it. Choose it with care and repeat it each time.

"I am"

Choose something positive, constructive and believable to you

MINDSET

Stay in the Present

To be happy, we need to remain in the present. Most unnecessary suffering comes from spending time in one of two places that are beyond our reach:

<p>THE PAST</p> <p>Resentment</p> <p>Cannot be changed. Causing pain over what has already happened.</p>	<p>THE PRESENT</p> <p>Where life happens</p> <p>The only place where you have real influence. Where calm is possible.</p>	<p>THE FUTURE</p> <p>Worry</p> <p>Has not happened yet and may never happen. Cannot be controlled.</p>
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If at any time you find yourself drifting from the present, bring in your SCS and redirect your mind. You have the ability to influence the present - spend your energy there.

Ask yourself: what feel-good thought can I employ right now that is accurate and will help me feel better? In NLP this is called reframing. In CBT terms it is a rational thought. Whatever the discipline, if your current thinking is upsetting you, find a more helpful way to see it.

You cannot stop the waves, but you can learn to surf. You cannot stop things happening, but you do have control over how you respond, and how much you allow those happenings to affect your life.

MOVING FORWARD

Motivation = Motive + Action

Do not allow your thoughts and fears to control you. Worry exhausts your energy without creating change. Instead, plan your path, consider your resources, and spend your energy taking action.

What you may have experienced as stress can now be reframed as motivation. Motivation = motive + action. You have the motive. Now you have the tools to take the action.

Please continue to practise your Transformation Process. It will maintain your sense of inner calm and a balanced perspective. Now that you are doing something about these issues, you will gain more control over how your mind and body respond and develop more constructive habits over time.

Thank you for working with us. If you have any concerns at any point, please reach out rather than waiting for your next appointment.

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