

The Swish Pattern Exercise

Think of the situation where you have the unwanted behaviour.

Instead decide how you would 'Like To Be' in this situation.

Close your eyes and picture the new way clearly in your mind. (Make sure that when you picture it, the image is bright, bold, colourful, big and most importantly make the picture of you being resourceful in the situation)

Open your eyes and clear your mind... break state, think of something different, a car, a melon... and shake off any feelings

Close your eyes and imagine being in the situation you want to change. (Picture it clearly from your point of view, see what you would see if you were there, hear what you would hear and feel the way you feel when you are in that situation).

Open your eyes and clear your mind (break state)

Technique:

Now imagine the first picture of you (the way you want to be) very small and in the bottom corner of the other picture you want to change. Very quickly make the smaller image (of how you want to be), expand so that it covers the image/picture of the way you currently are. Switch from seeing things as they were when you were in the situation to the way you want them to be.

Open your eyes.

Repeat steps 10 times

Think about how differently you will be in the situation now.

Next repeat all the steps twice more with two other similar situations. It will take you less than five minutes to do ten repetitions for three situations. Do it now and see how well it works. Pick something that you can test, a situation you will be in today or tomorrow. You are saying to your mind 'not this... this instead'. You are planning to behave in a new way when you are in an old situation.