

We all need purpose in our lives!

Describe you

What kind of work do you do?

**What are the most important relationships in
your life?**

What's your social life like?

What gets in the way of your happiness?

**All things that affect you will fit one or more of
these 5 categories**

1) SITUATIONS

2) THOUGHTS

3) EMOTIONS

4) PHYSICAL FEELINGS

5) ACTIONS

LOSS

- death
- mobility
- divorce
- employment
- age
- good health
- relationships

DISORIENTATION

ANXIETY

FEAR

BLAME/SHAME

ANGER

PAIN

EMPTINESS

SEARCHING

YEARNING

- Restlessness
- Inability to concentrate
- Sleep disturbance
- Physical symptoms

Loss of confidence

'what's the point?'

SADNESS/DEPRESSION

- Physical well-being
- Increased confidence

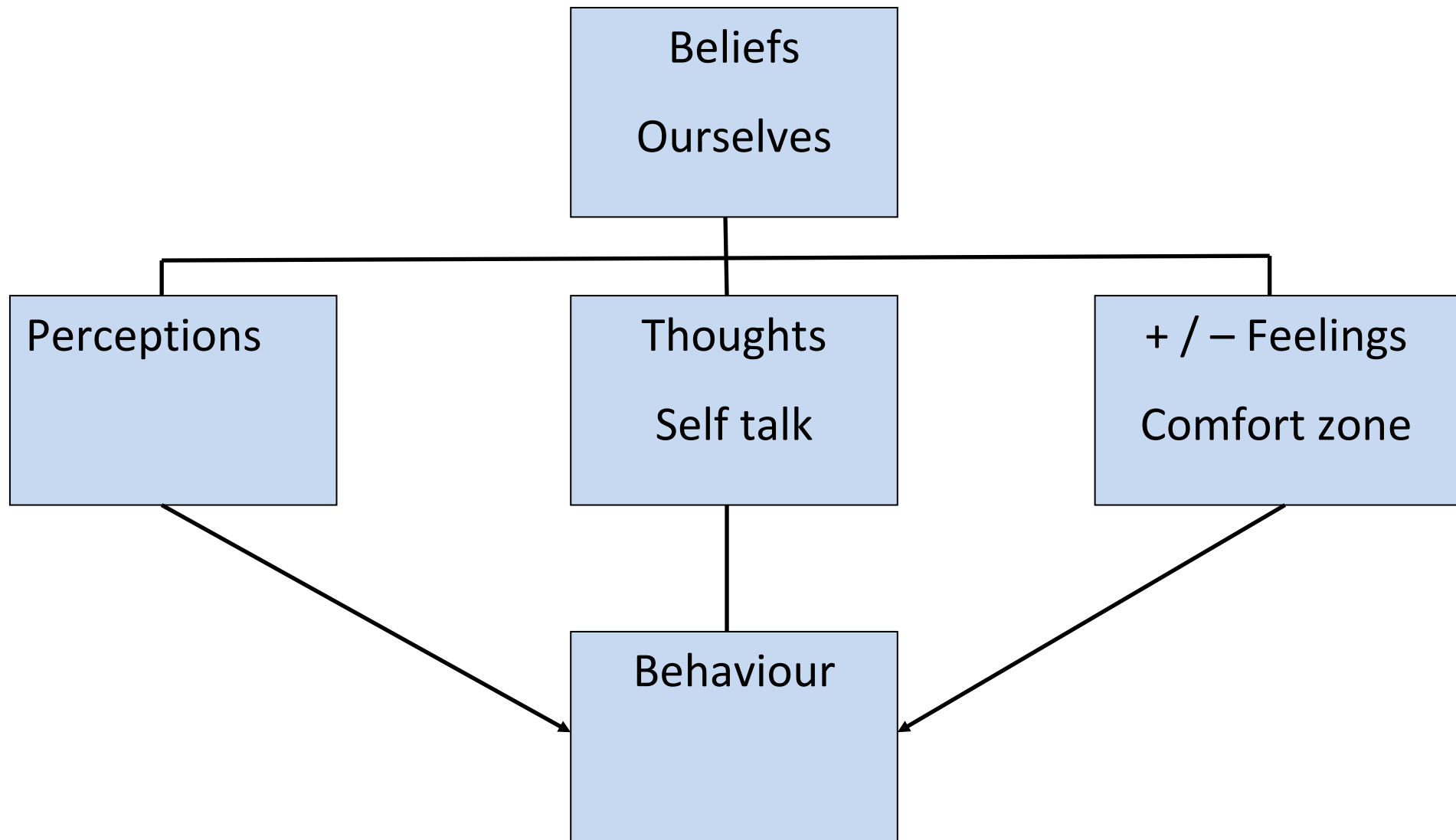
LETTING GO

ACCEPTANCE

Memories

REORGANISATION

MOVING ON



FOR SITUATIONS THAT AFFECT YOU

- It will be necessary to look at some of your perceptions and possibly beliefs including how you are talking to yourself in your mind.
- It will help to challenge and possibly change your perception in a constructive way so you have a full picture of a situation. This will enable to see it more than one way.

Some possible perception scenarios could be:

Someone is nasty to me therefore they don't like me.

Is it possible they are having a bad day?

Do they have issues and are taking it out on you?

Are they always like this to others as well?

In your now keep your thoughts and self talk real, with facts only. See the situation for what it is constructively and don't add bits on. It may help resolve something by not running from it but confronting it with your new belief or perception that you will be aware of when you finish this programme.

Change your
perception{s} and
negative self talk.

Then the
symptoms will
disappear.

**Remember
your feelings
are fluid and
don't stay the
same**

This programme with practice and determination will enable you to reroute your brains self talk pathway process, instead of keep going down the same negative route and routine that affects you.

This is based on a similar recognised theory and concept regarding a person who has had a stroke or brain injury whereby a part of the brain dies that affects things like speech, walking and coordination etc. But with the right support and determination a person can and does learn to gain part or all of these skills again by rerouting and using new pathways in the brain that are undamaged.

After having an anxiety or panic attack reroute your thought and feeling and realise that actually in your now there's nothing to bother about here.

No actual crisis has taken place and you're safe.

- A Panic attack usually comes on abruptly and it has no trigger. It is usually more intense than an anxiety attack. Emotions attached to it include fear of dying or losing control, it can feel like a sense of detachment from yourself or the world.
- An Anxiety attack has a build up to it and can be mild, moderate or severe. An anxiety attack is caused by self talk or a feeling feeding the negative ego. Emotions attached to it include apprehension and worry. **Both have fear attached to them and all the physical sensations are the same.**