

Cognitive Mind Programme

An effective holistic way to prevent and manage depression, anxiety
and low mood.

© Laurence Mills 2021

Cognitive Mind Programme

Contents

Introduction

Session 1

Concepts: the individual and their story; five influences on behaviour; loss and the loss chart; negative feelings; changing your perceptions; rerouting self-talk; panic and anxiety; engaging with the programme.

Session 2

Concepts: the ego; perceptions and the negative ego; thoughts and self-talk; feeding the ego; thinking in the 'now'; mind shadows; trauma bonding; automatic thoughts; stories and harsh judgements; grieving; going through depression.

Session 3

Concepts: mindfulness; mind energy; flow technique; I love who I am; facts only; source energy; the space; allowing love in all its forms; plan rather than react; weakness of the ego.

Session 4

Concepts: love who you are; love and like others; letting go and feeling less emotional pain; leave the past in the past; do not buy into things you cannot change; let go of anger and bitterness.

Session 5

Concepts: behaviour types; all behaviour is about communicating something; be assertive not aggressive; interacting with others; actively listening; do not justify yourself; kind gestures; second gain; learning outcomes.

Conclusion

References

Appendix – Handouts

Cognitive Mind Programme

Introduction

The cognitive mind programme is a simple, effective but comprehensive and holistic way to prevent and manage conditions such as depression, anxiety and a range of other mental conditions that can cause low mood. It is delivered in five sessions on a one-to-one basis, each session lasts about an hour and a half, but there are no time restrictions. Each session has an introduction, a middle and a conclusion. The programme requires the individual to practice the methods learned in each session. The sessions are supported with 37 simple language handouts that include relevant bullet points and key phrases. This gives the recipients a straightforward but comprehensive record of what each session involved.

The cognitive mind programme is not conventional therapy or counselling such as Cognitive Behaviour Therapy (CBT) or hypnotherapy. It is delivered by a compassionate learning facilitator, who ideally has the qualities and skills of a therapist or counsellor. It focuses on an awareness of the negative ego part of the mind: feeding the negative ego can lead to emotional pain which can build up to reactive depression. It also uses the concept, model and theory of near death experiences and its relation to end of life phenomena (Fenwick, 2018). And how consciousness is present without brain function, and how, when it is filtered by the brain becomes what is known as the ego. The programme identifies the positive and negative aspects attached to the ego including the weakness of the ego. The concepts within the programme draw on the author's experience of working with people on the spectrum of moderate to severe learning disabilities, and the observation that they generally live in their 'now' and do not hold onto the negative ego.

The programme is built on the author's range of studies and observations of over forty years. This includes experience as both a volunteer and employee at management level in

the health and social care sector. Working with high-needs older people; people with moderate to severe learning disabilities; terminally ill patients including at a hospice; and outreach work with prisoners who had mental health issues. Also as a qualified occupational counsellor and a former director of caller care at the Samaritans, supporting people who were sometimes suicidal and despairing. Other expertise includes teaching, assessing and verifying NVQ's and diplomas in health and social care to level 5 in the private and public sector.

The aim of the programme is to recognise the negative ego and to ultimately manage it effectively so that emotional pain attached to it, and the build up to anxiety and depression, are significantly reduced. In most cases after practice, the feelings of low mood, anxiety, depression and other symptoms subside significantly. At the end of each session the facilitator summarises key points covered and briefly outlines what the next session is about. At the beginning of each subsequent session the facilitator checks how the individual is getting on and supports them as necessary.

Session 1

Scope and concepts: the individual and their story; five influences on behaviour; loss and the loss chart; negative feelings; changing your perceptions; rerouting self-talk; panic and anxiety; engaging with the programme.

Session 1 begins by assuring the individual about the confidentiality of the discussions, although some cases are used anonymously as examples. It involves getting the individual to tell their story and to describe themselves, and to see if, and to what extent, there is purpose in their life. The facilitator will find out what kind of work they do, or have done; their most important relationships; what their social life is like; and what they feel gets in the way of their happiness. The aim is to ensure that what they have said is identified and linked to the programme. This gives the programme a personal approach.

The facilitator demonstrates how all things that affect the individual and their behaviour fits into one or more of five categories. A handout [1.2] shows that these are: Situations,

Thoughts, Emotions, Physical Feelings and Actions. This is loosely related to a CBT model.

The facilitator suggests that most depression comes from some type of loss. This is based on the Kübler-Ross (2020) loss/change curve. It identifies a range of possible **losses** like bereavement, relationships, health, confidence, and employment. The loss is linked to the individual's story. Loss or losses are generally easily identified by the facilitator even if they were some time ago. The diagram [1.3] has key words and phrases linked to specific thoughts and feelings that occur with the loss such as disorientation, anxiety, fear, blame, shame, anger and pain. Phrases include 'inability to concentrate', 'what's the point?' and ultimately the diagram shows the point of emptiness, searching, yearning, sadness and depression.

A diagram [1.4] shows how our individual beliefs, perceptions, thoughts and **self-talk** feed negative feelings and put the individual out of their comfort zone which will ultimately affect behaviour.

The facilitator uses a handout [1.6] which states: **change your perception(s)** and the symptoms will disappear. This is about situations that affect the individual and includes how individuals' mentally talk to themselves. It looks at how it will be helpful to challenge and change some of their beliefs and perceptions in a constructive way so they see a full picture of a situation. Some scenarios are listed to help with this exercise. It concludes with a statement: in your 'now' keep your thoughts and self-talk 'real' with **facts only**, see the situation for what it is constructively and **do not add bits**.

The facilitator asks the individual to recall and recognise that their 'feelings are fluid and don't stay the same', this is always the case with mood and is supported by a handout.

The next part of the session looks at the symptoms of **panic and anxiety attacks** and the difference between them. Panic attacks come out of the blue and are intense. An anxiety attack builds up; this may be the result of negative **self-talk**, and can be mild to severe. It

is important to note that after an attack in the individual's 'now' no actual crisis has taken place and they usually are safe.

The first session concludes by saying that this programme, with practice and determination, will enable the individual to **reroute their brain's self-talk pathway** process; instead of keep going down the same negative route and routine that adversely affects them. It has introduced them to how the **negative ego** part of the mind works and its relation to our consciousness. It will ultimately teach them the knowledge and techniques on how to manage the negative ego.

Session 2

Concepts: the ego; perceptions and the negative ego; thoughts and self-talk; feeding the ego; thinking in the 'now'; mind shadows; trauma bonding; automatic thoughts; stories and harsh judgements; grieving; going through depression.

Session 2 starts with the facilitator explaining **the concept of the ego**, its relation to consciousness, and how in essence it has free will regarding the individual's perception(s) of right and wrong. Negative ego has evolved through time. It now manifests itself in our modern, often more complex, lives and society than years ago. In the past it may have been helpful for survival as people endured much tougher lives and much shorter life spans.

The next handout [2.1] addresses the ego part of the mind, and states: Be aware of **the negative ego** part of the mind, it wants to know it is alive so it can make you feel a range of emotions like sadness, depression, suicidal thoughts, anxiety, anger, frightened, low self esteem, confidence problems, out of control, and so on. It also covers **the positive ego** when you feel OK or when good things happen; it can make you feel happy, confident, and content, and on 'cloud nine'. With perseverance you can manage the negative ego rather than it managing you. At times you may need to **be assertive** with your negative ego; the ways to do this, so it does not cause emotional pain, are dealt with throughout the programme.

The facilitator shows how to keep your thoughts and **self-talk** real with **facts only** – see the second part of the handout [2.1]. The ego can start you making up a story or stories in your mind and may keep going round and round in your head like being on a continuous loop. Some ways to feed the negative ego are set out in bullet points in the handout and include some situations, assumptions, predictions, harsh judgements, jealousy, and things from the past.

The facilitators says if you want to **feed the negative ego** be aware of what you are doing and its possible consequence. If you don't want to feed the ego simply tell yourself to stop doing it. Session 3 includes a flow technique designed to manage the negative ego more easily.

The next part of the session introduces a list of questions that may be helpful to ask yourself. Such as:

- Will it solve anything if I give it negative thoughts?
- How much **mind energy** do I want to give this?
- Do I need to do or change something?
- Does it really matter?
- Is it out of my control?
- Is it worth giving this mind energy and buying into this?
- What is the worst scenario?
- How can that be managed?

Concluding with whatever questions you ask yourself eventually everything will have a conclusion whatever mind energy you give it.

The next part of the session shows that if the negative ego starts to affect you, try practicing the art of **living and thinking in the 'now'**; the present moment and its reality, not in the past or future. You know the past cannot be changed so you have to accept and live with it. The future usually cannot be accurately predicted.

The facilitator then explains how our memories and mind work like a **juke box**, whereby everything that happens to us is stored like a record in a juke box. You press a sequence of digits then your chosen record plays. Something may trigger a sequence that relates to a past memory stored in your mind and consequently plays and starts feeding either the negative or positive ego. If it is the negative ego this is called a **mind shadow**. The next handout [2.2] deals with managing mind shadows and says: be aware of your mind shadows. Remember they are memories created from your past. Some are traumatic and some less so. Note they are not the here and now. In your mind shine a light on the shadow so you can see it for what it is, and realise you are usually safe in your here and now. The facilitator asks the individual if they can identify its creation from the past? The next part identifies that sometimes mind shadows can cause **trauma bonding**. This becomes the normal default setting in your mind that keeps feeding the negative ego. It is more likely for a trauma bond to develop if what affects you has been going on for sometime.

The next handout [2.3] states: remember a negative feeling is a sensation. Don't label the sensation or attach a story to it from thought this will feed the negative ego. Don't resist the sensation, let your consciousness experience it even though it maybe unpleasant. Consciousness is neutral and doesn't hold onto anything it only experiences sensation from the ego. This technique bit by bit will make the ego loosen its grip on the experience and therefore decrease the initial intense affect. Soon the affect will become less unpleasant as you confront it.

The facilitator introduces the concept of **automatic thoughts**. Recognise and deal with automatic thoughts immediately. Tell yourself: this is an automatic thought, and **do not start putting a story together**. Do not start making judgements: this will feed the negative ego and can lead to emotional pain. You may need to challenge your perception of a prejudice to stop the negative ego latching onto the thought. Remember your not going to change someone so why give yourself **emotional pain** for their actions. Negative automatic thoughts are often generated in the subconscious mind. Consciously note they are not the here and now, and are you making assumptions? With all negative automatic thoughts whether from memory or a situation you're now in ask yourself: Who thinks that? Who says that? Who wants that? Why? IF applicable ...What are you protecting?

You will then realise that all negative turmoil is within you and you're creating it and feeding the negative ego with it.

The next handout [2.5] states that in your 'now' you may feel emotion, including a depressed feeling. But it is where you go with it that is important. If you want to minimise or stop it latching onto the negative ego, remember the following points:

- I love who I am.
- Facts only and don't put a story together or add bits on.
- Don't make assumptions.
- Don't make predictions.
- Don't make harsh judgements.
- Plan rather than react.

Emotion can come in waves such as feeling tearful or anxious.

Sometimes if you're strongly attached to a person or animal that has sadly died the emotion will be caused by **grief** which goes hand-in-hand with the journey of dealing with that loss. Remember it is OK to grieve.

There is nothing wrong with crying in your 'now'.

The final handout [2.6] for the session states that the individual's **depression** will go when it is ready. You can only go through it not around it. If the depression is caused by reacting to something then when you master the management of the negative ego it should stop the individual going into a deep depression in the future. It also suggest a good diet and some exercise to create endorphins the 'feel good' chemical.

Session 3

Concepts: mindfulness; mind energy; flow technique; I love who I am; facts only; source energy; the space; allowing love in all its forms; plan rather than react; weakness of the ego.

The session starts with a handout [3.1] of one aspect of **mindfulness** and how to use it to manage the negative ego. It means paying attention in a particular way: on purpose, in the present moment and non-judgementally. The following points are: wake up and **be aware of the here and now**. And what is the reality of it? The facilitator suggests that some of us go about our lives on automatic pilot oblivious to some things that are in your 'now' as you are concentrating and feeding your mind on thoughts and feelings, some may be negative. The next point asks the individual whether it is worth giving it energy regarding thoughts and **self-talk**? Remember: you cannot change the past, and you are not able to predict the future accurately.

The facilitator then explains a **flow technique** with this simple metaphorical scenario. Imagine a beautiful flowing stream and on it the individual is riding in a small boat without any aids to propel it. All the time you are flowing downstream you are comfortable and enjoying the experience. Then something bad happens and you react by feeling a compulsion to go against flow and travel upstream. This requires a lot of your energy both mental and physical to try and achieve this, such as paddling using your hands and arms, perhaps getting out the boat holding on and kicking with your legs.

The handout [3.3] for the flow technique suggests using the technique on purpose in line with the mindfulness concept covered earlier. It says align your **mind energy** so you are comfortable. Flowing upstream is uncomfortable. Bridge your source mind energy to flow downstream which is comfortable. Generalise if necessary to be comfortable.

The facilitator then emphasises that when **generalising** start with the phrase **I love who I am**. This helps to put the individual in a good frame of mind to begin the downward flow. Remember they may need to generalise several times with the same words and phrases specific to the situation to bring and keep them in downward flow. This is because the negative ego can be powerful but with practice they can override and stop it, or manage it to become just a small but controlled niggle. Remember be kind to their selves. The facilitator can use parts of a person's story to get a good understanding of the

technique, or give some examples such as: you wake up after a bad dream and feel depressed; you then feel you are starting to go upstream. Then its time to generalise and bring yourself back into downward flow. Self-talk by saying **I love who I am**. The dream is over it is in the past and it is not your 'now'. Do not try to interpret what the dream meant or make up stories about it. The fact is you had a bad dream. Remind yourself feelings are fluid and do not stay the same. The fact is that a depressed feeling is a sensation so do not attach a story to it. The depressed feeling will leave you although it is not very nice it is your 'now'. You know this is true because you have experienced this before.

Another example: a partner is usually home from work by 6pm it is now 8pm you have not heard anything their phone is going straight to voice mail and they have not responded to texts. You then start to worry what has happened and may start to make assumptions, predictions and put stories together. You then feel yourself going upstream and feeling uncomfortable. Then its time to generalise and **bring yourself back into flow** thinking: I love who I am, then **facts only**. You do not know the reason they are not home, so do not put a story together. The chances are they are fine and are well able to look after themselves. The individual should know they can deal with most things well in their 'now' if applicable. Think that in their experience things that happen are perhaps annoying or disruptive or may even have a positive twist to them. Most things have an OK explanation whatever the outcome and are not usually life threatening and are resolved.

The facilitator then explains that most of us are aware parts of the brain does things automatically with no emotion attached to it such as breathing, blinking, heart pumping, digestive system, working other organs, and so on. So it is only a part of the brain where emotions and consciousness lie. Research identifies emotion is linked to a part of the brain called the limbic system.

The facilitator explains the concept model and theory that **source electrical energy** that enters and flows through specific parts of the brain is pure and does not have any

negative emotions attached to it. It is your absolute consciousness before the brain filters it. If the individual **self-talks** to the negative ego from this perspective it will be compassionate, accepting, loving and caring. Some people may identify this as their higher self or believe it is linked to the soul or spirit. Every breath you take holds the source energy in your body. The brain/mind is where the ego lies. It is the filter of source electrical energy (absolute consciousness) that feeds the positive and negative ego. There is documented research evidence by Dr Peter Fenwick (2018), a British neuropsychiatrist and neurophysiologist, and others indicating that consciousness is present without brain function, derived from people who have near-death and out of body experiences. There are similar related phenomena that some people communicate and experience when they are dying. This suggests we have dual consciousness. The “I” part of consciousness is the ego that is filtered and produced in parts of the brain. The absolute consciousness is independent of the brain, and is present in near-death, out of body experiences and is related to elements of the dying process. Evidence shows that consciousness appears to expand as people get closer to death. Peter Fenwick says be curious when it comes to dying.

The facilitator suggests that the individual tries to look at things regularly from the perspective of consciousness before the brain filters it, as it is helpful in all aspects of life even when you are OK. It also helps instil the concept regarding **flow**. With practice the individual can get to the phenomena some call ‘**the space**’ or ‘**being in the energy**’. Whereby in your ‘now’ you are at one with absolute consciousness most of the time and the negative ego is virtually non-existent. To help reach this goal the facilitator asks: At what level do you allow, **love in all its forms**, acceptance, compassion and forgiveness to live in you? [see handout 3.7] The higher the level you allow these things to live in you the easier you will find it is to manage the negative ego.

The session ends by considering three concepts: **plan rather than react**, to feed the positive ego. Remember you are empowered to **create** many things including bad feelings, situations, friendships, things that are materialistic, and love. But everything has

consequence whether good, bad or something in between. **The weakness of the ego is its mechanical not intelligent and reactive** (Forget 2012).

Session 4

Concepts: love who you are; love and like others; letting go and feeling less emotional pain; leave the past in the past; do not buy into things you cannot change; let go of anger and bitterness.

The facilitator explains the important concept of ‘**loving who you are**’ when managing the negative ego. A lot of people who have depression say they do not like themselves. The programme addresses this issue by breaking it down constructively. It is important that an individual deals with this possible destructive, self judgemental mind-set because it will feed the negative ego.

- Firstly, love and like yourself: this will feed the positive ego.
- Love/like the part of you that loves people, either alive who have sadly died.
- Love/like the part of you that has created and managed relationships, either easy or challenging.
- Love/like may involve loving or liking animals.
- Love/like the material and practical things you have created.
- Love/like the experiences you have gone through either good or bad, it is something that you have accomplished and dealt with whatever the outcome.
- **Love/like the part of you that creates love. Reflect it back to yourself in self-talk also generalising to stay in comfortable flow.**

If you cannot love and like yourself now because of the way your subconscious mind is feeding the negative ego, try to **reroute** this perception by rephrasing the thought to: may I learn to love and like myself.

Love and like yourself (flaws and all, as none of us are perfect). This will create good vibes and spread out to those around you in a positive way. It also helps keep **negative self-talk** at bay.

The facilitator says: constantly remind yourself: **I LOVE WHO I AM**. Even if you feel OK. This is not in the context that you are better than anyone else but are at least equal. Use this phrase at the start of your self-talk when either using the flow technique or realising that you are starting to feed the negative ego. It is a good base to start when bringing the negative ego back in control. Whatever you have done, or what life has done to you, whether its good or bad recognise that you have already **experienced a range of emotions** attached to those situations. So why carry on feeding the negative ego from those **mind shadow** memories from the past as they cannot be changed? They are parts of your life, so why feed the negative ego and carry on judging it, or holding onto it for the rest of your life? In your 'now' what you did may have appeared to be right at the time, whatever the consequences.

The facilitator introduces the concept of **letting go and feeling less emotional pain**. Don't feed the negative ego. Stating to let go of frustration with yourself / your life, accept and love who you are. Let go of **mind shadows**, remind yourself you have already experienced a range of emotions attached to them and they are memories not the 'now'. Change your perception. **Leave the past in the past** where it belongs as it can't be changed. Look at things holistically and **do not buy into things you cannot change** such as people.

Replace your emotional thoughts with facts so you can reflect constructively. Visualise a box in your head labelled "**expectations**" When you start dwelling on how things should be or should have been, mentally shelve the thoughts in this box. Focus all your energy on something you can actually control instead of dwelling on things you cannot.

Let go of anger and bitterness. Remind yourself that anger hurts you more than the person who upset you. And visualise it melting away as an act of kindness to yourself. Take responsibility. Many times when you are angry you focus on what someone else did that was wrong which essentially gives away your power. When you focus on what you

could have done differently you often feel empowered and less bitter. See it for what it is and try to put yourself in the offender's shoes. We all make mistakes and remember people maybe on a different wavelength to you or have different values. **Compassion dissolves anger.**

Use the silly voice technique. Swap the voice in your head with a cartoon voice this will help take power back from the troubling thought.

Imagine your life in 10 years from now, then 20, and then 30. Realise many of the things you are worrying about do not really matter in the grand scheme of things.

Be aware of **how subtle the negative ego can be** and is. Be aware the ego can also feed on a feeling such as a low mood as well as situations, etc. Part of managing it is to recognise it as soon as it starts. Tell yourself this is my negative ego kicking in. It will help to refer to the negative ego part of our mind that you now have.

The facilitator suggests that you should recognise you are not alone. Understand how your negative mind works, be aware of the ego and buying into things. Master the use of your positive mind, remember the ego is subtle and be aware of mind shadows that feed the negative mind. Know what you can control and let go of what you can't.

Sing and listen to music you like. This feeds the positive ego and can help you stay out of a negative ego loop.

Session 5

Concepts: behaviour types; all behaviour is about communicating something; be assertive not aggressive; interacting with others; actively listening; do not justify yourself; kind gestures; second gain; learning outcomes.

The facilitator gives a handout [5.1] showing the four different behaviour types (based on personality styles) that on some level we all fit into. An individual may just fit one behaviour type or may have traits that cross into others. Those types are as follows:

- 1) **Direct aggression:** Bossy, Arrogant, Bulldozing, Intolerant, Opinionated and Over-Bearing. Phrases attached to this behaviour include: what you could do with is..... Get out of my way! I don't give a xxx about you. If I were you I would do it this way. I always win. How dare you!
- 2) **Indirect aggression** (also known as passive-aggressive): Sarcastic, Deceiving, Ambiguous, Insinuating, Manipulative and Guilt inducing. Phrases attached to the behaviour include: Don't worry I can manage. Of course I'm not angry! That's pretty good for someone like you. Martyrdom's my way of life. Can't you take a joke? I'll be ill if you behave that way.
- 3) **Passivity:** Waiting, Moaning, Helpless, Submissive, Indecisive, and Apologetic. Phrases attached to the behaviour include: Whatever you want is ok by me. I'm waiting for my life to get better. I'm really sorry. I mustn't rock the boat. I'm not important. Nothing goes right for me.
- 4) **Assertiveness:** Direct, Honest, Positive, Accepting, Responsible, and Spontaneous. Phrases attached to it include: I have the right to be me and you have the right to be you. My life is my responsibility. I'm not perfect. I feel.... I'll take a risk. I'm OK you're OK.

The facilitator suggests that behaviours 1, 2 and 3 probably have issues and if you master the programme you will probably fit mostly in type 4 or maybe you are that already.

Remember: **All behaviour is about communicating something!** Facts only, and be aware of making assumptions.

Be aware: If people lie, speak or act in a derogatory way to you, remember it is not about you; **it is about them and their issues.** Keep your negative ego at bay by reminding yourself of this.

The next handout [5.3] is titled: **Play the game of being assertive not aggressive where necessary and take back control.** It suggests that you talk to people in a calm respectful manner. Remember: **I love who I am.** Do not feed the negative ego by going down the harsh judgement root. Remember you will not change a person, but you may make them wary and change their behaviour towards you.

The next part involves addressing more of the individual's inter-actions with others. This includes **actively listening** and trying to see where someone is coming from and their point of view, even if you do not agree with it. Do not argue with them as this gives away your power and they usually won't change their mind. Do not say yes if you mean no. Tell the person you are not super reasonable. Remember silences are powerful if someone is trying to get you to react. **Do not try to justify yourself** as people will not hear, or understand your perspective. That is because they are usually engulfed in their own judgemental thoughts and perceptions. Only say what you did was, or felt, right at the time for you. If necessary tell the individual you will not be bullied by anyone. If necessary explain in simple terms your actions of what you are going to do. Be open to compromise if you think it is appropriate. Remember not to be nasty or make comments that are demeaning, if you do this will feed your negative ego. When a confrontation is over let go of it and do not let your negative ego start its thoughts and self-talk. It maybe beneficial to offer the person you have been assertive with a **kind gesture**, such as 'enjoy the rest of your day' or if applicable 'shall we have a coffee?' Be aware you may get a negative response to your kindness because you have taken back control of a situation which makes them feel uneasy.

Stop and think, remember the power of imagination. And be aware of the negative ego from the subconscious mind.

Do you have a second gain obstacle? Second gain in the subconscious mind can be subtle and will latch onto the negative ego. It can prevent and override the first gain of you controlling and managing the negative ego. This is because the second gain can keep you in a comfort zone and away from certain fear factors. The longer you have been in

certain situations the more likely it is a second gain may be a key factor for being trapped in your particular cycle and unable to fully let go of it. This can make you feel secure as it is something you are use to, even though its not very nice. **Better the devil you know.**

This may include financial issues where you are protected if you are ill. Personal issues: such as if you are better you may not get support and empathy from those you meet or people close to you. If you are better you may have to take on more responsibility. If you are better your life will change, but will it be a better life? Fear of what you have been through coming back to you, and so on. **Are you better off playing the game of keeping a bit of the old you, rather than get fully better?**

And finally the last handout [5.7] addresses the **Learning outcome summary.** In your 'now' if you start to feel a negative emotion, remember to keep on following the cognitive mind programme. The negative ego can be subtle, remember it lies in wait to get us all but with perseverance you can mange it rather than it managing you. Remember in your now you may feel a range of emotions such as sadness, tearfulness, fear, frustration, and anger, etc. If you want you can manage the negative ego so it doesn't get out of control, but you do have to self-talk in your mind to accomplish this. If you practice and follow the programme you have learned it will be less likely that you will go down the depression root and feel out of control. This is because you do not keep topping up the depression by feeding the negative ego. It is important to recognise most of us don't feel good all the time, we all have off days. Try not to let the negative ego take over on the not so good days. Try to keep yourself in downstream flow and practice and use the technique to manage the negative ego. Remember on down days do not put stories together in your mind, and stick to facts only. And always self-talk that really important phrase **I love who I am** even when you feel OK. Absolute consciousness has no ego attached, it is peace, love joy and happiness and always present so you don't have to look for it. It has no sense of agitation or lack that something is missing, no otherness or separation. It's only clouded by the ego. This programme with practice will get you to recognise the ego and manage it so its hold on you will decrease. With practice it's possible to get to a place where the ego is virtually nonexistent. At this point anxiety, fear and other negative stuff will be more or less gone.

Ongoing support is offered if applicable as some people still need help to decide how best to address and manage issues that may be still affecting them. The facilitator will use conventional reflective counselling techniques. They will also link and focus on parts of the programme where applicable to help manage ongoing issues.

Conclusion

This paper has outlined a cognitive mind programme which can be used to prevent and manage conditions such as depression, anxiety and mental health issues that can cause low mood. It takes a holistic approach and uses simple straightforward concepts to allow individuals to manage their thought processes. Concepts include the negative ego, self-talk, mind energy, mind shadows, automatic thoughts, 'flow', rerouting, trauma bonding, letting go of emotional pain, loving yourself, etc. The programme has been used for about ten years and many individuals have reported it to work quickly and to be effective in the long term. This includes people who have previously had CBT and other therapies which they have reported to be less effective.

© Laurence Mills

I would welcome any comments or questions.

Email: laurencejohnmills@gmail.com

References

Cognitive Behavior Therapy: Introduction, Methodology and Benefits of CBT, <https://www.online-therapy.com/blog/cognitive-behavior-therapy-introduction-methodology-benefits-cbt/>, accessed March 2020.

Fenwick, Peter., <https://www.youtube.com/watch?v=78SkTuk8Zd4> accessed March 2020.

Four basic styles of Communication, https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_FourCommStyles.pdf, accessed March 2020

Kübler-Ross model, https://en.wikipedia.org/wiki/K%C3%BCbler-Ross_model, accessed March 2020.

Alain Forget How to get out of this world alive (ISBN 97806156585852)

Appendix

Handouts

- 1.1 We all need purpose in our lives
- 1.2 All things that affect you...
- 1.3 Loss chart
- 1.4 Beliefs chart
- 1.5 For situations that affect you
- 1.6 Change your perceptions...
- 1.7 Remember your feelings are fluid...
- 1.8 This programme with practice and determination...
- 1.9 After having an anxiety or panic attack...

- 2.1 The ego part of our mind... (4)
- 2.2 Beware of mind shadows (2)
- 2.3 Remember a negative down feeling is a sensation
- 2.4 Automatic thoughts (2)
- 2.5 In your now you may feel emotion
- 2.6 It may help if in your mind's eye...

- 3.1 Mindfulness
- 3.2 Mindfulness in a non judgemental way (2)
- 3.3 Align your mind energy so you are comfortable
- 3.4 Source electrical energy...
- 3.5 Plan rather than react
- 3.6 Create
- 3.7 What level do you allow...
- 3.8 Weakness of the ego

- 4.1 Love / like yourself
- 4.2 If you can't love and like...
- 4.3 I love who I am
- 4.4 Letting go... (5)
- 4.5 Be aware of how subtle the negative ego can be and is
- 4.6 Recognise you are not alone
- 4.7 Sing and listen to music you like

- 5.1 Behaviour types diagram
- 5.2 All behaviour is about communicating something

- 5.3 Play the game of being assertive not aggressive...
- 5.4 If people lie, speak or act in a derogatory way...
- 5.5 Stop and think...
- 5.6 Do you have a second gain obstacle?
- 5.7 Learning outcome summary