

How to change your reality

Use the systems explained in how we experience the world. The images, thoughts, emotions, sounds, tone of voice. Even though I am visual I respond very well using my internal voice. Use what works for you.

In short, identify:

- What is it that upsets your internal world? What are the things that put you off balance.
- What are the things that put you in balance?

What are 3-5 things that put me out of balance?

- What am I feeling/thinking, what impact is this creating in me?
- What am I actually trying to get to? What is it that I need? (The positive intention) How can I experience this right now.
- How can I give what I need to myself using VAK and the model of how we experience the world.
- What must I believe for this to keep happening? Can I do anything differently?

What are 3-5 things that put me in balance?

- What am I feeling/thinking, what impact is this creating in me?
- Makes me feel connected, grounded, happy, content.
- Can I remember how someone spoke to me that made me feel good inside.
- How can I feel more of these? Can I experience one of them right now?
- What is it that brings you joy. Find the happiness as an experience.
- Find the harmony in the chaos. List somethings that bring you joy and describe them. Just a paragraph. Do more of it. Is it a walk, a bath.
- How can you incorporate that in your daily life?

Swapping from unpleasant to pleasant emotions and thoughts:

- What is it that I want to experience more of?
- How can I change what I think and feel
- What can I think and feel instead

