



Mental Health Week-

Please read the disclaimer below before proceeding

The strategies that I am sharing with you have proved to be successful with many people experiencing many different Mental Health Disorders.

Disturbing Voices – One strategy that has proven very successful in minimizing the negative impact of distressing internal voices is to change 2 aspects of the voices. Next time you hear your voices pay attention to the direction the voices are coming from. For example people often hear internal voices louder through one ear than the other, or they hear it more from the front or the back . Even if you hear it from all directions as you pay close attention you will find that it is more pronounced from one particular direction.

The other thing to pay attention to is the volume level. Is it loud or quiet?

By doing the opposite of the direction and sound you will find an immediate and measurable difference in your response to the voices.

If you normally hear the voices from the left and in a loud voice, then replay the words on the right side and in a low volume.

A very important part of this process is to NOT change the content of the words. You use the exact same words. We are changing the qualities of the voices not the words themselves- this is NOT positive thinking where we try and over run the negative voices.

Disturbing memories - When it comes to disturbing memories one of the most effective ways of negating the power of these memories is to get a different perspective on them- literally.

1. Think of a memory that disturbs you
2. Remember that you felt fine before the experience and after the experience was completely over
3. Imagine yourself sitting in the cinema, watching yourself on a small, black-and-white screen. (you are seeing yourself on the screen)
4. Now imagine floating out of the you that's sitting in the cinema seat, and into the projection booth. (so now there is 3 of you)
5. You can now see yourself in the projection booth, watching yourself in the seat, watching the film of you on the screen.
6. Run the film in black-and-white, on the screen, starting before you

experienced the memory you want to overcome and running it through until after the experience when you were safe again.

7. Now freeze the film or turn the screen completely white.
8. Float out of the projection booth, out of the seat, and into the end of the film.
9. Run the film backwards very quickly, in a matter of a second or two, in full-colour, as if you're experiencing the film, right back to the beginning, when you were safe.
10. You can repeat steps 8 and 9 until you're comfortable with the experience.

Now go into the future and test an imaginary time when you may have experienced the phobic response.

This process seems to flatten the fear sensations related to memories that caused

I hope these processes provide you with some relief so you can enjoy more Mental Health in your life.

Best wishes,
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