

#4 “New Behaviours”

What’s the value of these exercises?

Our offline exercises follow key principles of disciplines such as Cognitive Behaviour Therapy (CBT), Coaching, and Neuro-Linguistic Programming (NLP), all of which focus on the person taking responsibility within their own process.

The more your inner self, your subconscious, recognises its own role in the change you’re making - and the more it feels it has control over that change, the deeper and longer-lasting that change will be.

1 The first purpose of these exercises is to create and experiment with safe and secure ways of proving to yourself that the changes you are aiming for are indeed taking place (see ‘Creative Experiments’).

2 For those wishing to conquer a fear or overcome a barrier in life, the first purpose (above) changes to finding safe, gradual ways to confront those old issues and prove to yourself that you are now in control (see ‘Mastering the Situation’).

Nothing here is set in stone. It’s important to approach these exercises with flexibility and to ‘find your own way’.
You’ll make discoveries as you go through the process and you may find it useful to revisit these exercises from time to time in the course of your programme.

You might enjoy listening to the programme
“Born Amazing”
to get in the zone for these exercises!

Creative Experiments

What things can you think of that you might try to do now that you would have found challenging before?

- Be creative in putting together a list of ten ‘experiments’ - from as ‘simple’ to as ‘imaginative’ as you like!
- Select at least three of those ideas that you can actually put into practice, and try to make these three progressively challenging.
- Give yourself a date, time and place to make each one happen.
- Record how effective each experiment was and what you think you have to work on before the next experiment.

Make sure that these tests are safe for you and others - and have fun!

	Description	Date / Time	Place	How It Went	What to Work On
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Mastering the Situation

The idea is very simple -all you have to do is make sure that you are safe and secure at all stages!

- Think of a practical number of progressively challenging things that you can do that will bring you closer, step by step, to something that used to be a limitation for you. We've used five steps below purely as a guide.
- These things/steps should build up to actually confronting the limitation itself in the last step. **MAKE SURE** that you only do this when you feel truly secure and when it is safe to do so.
- For example, someone afraid of being in the sea might start by going to the beach, then walking to the water's edge, then walking with their feet in the water... and so on.
- Give yourself a date, time and place to make each step happen.
- Record how effective you think the step was and what you think you have to work on before the next step!

	Description	Date / Time	Place	How It Went	What to Work On
1					
2					
3					
4					
5					