I hope that you find this support helpful, please find the time to read this note, it is for you, and about you.

Over the years, I have helped many clients manage their concerns and have found the Transformation Process you have started to practise to be an enormous help in achieving this aim; however, a few clients have in the early stages questioned the approach or their ability to carry out this task.

Because of these comments, I have developed the following guiding remarks which are designed to address the few objections and concerns that I have received over the years.

Steroids can have side effects, if you are suffering anxiety, panic attacks or feeling down and you have taken or administered steroids either in an inhaler, injection, as a cream or oral medication please let me know, check the Google forums and check with your doctor.

We are working together so that you may gain the skills to relax and enjoy your life, to relax without stimulants, anxiety or behavioural issues; the ability to relax in a noisy stressful world, not in total silence, in darkness or where you are not interrupted. Please do not use your practising as a reason to become angry with those around you and the world in general, which is not enjoying your sense of composure.

We are both aware that you might find relaxing difficult or that you are initially unable to let old habits go, that’s why you are practising, so that you might become better at relaxing. You are not expected to be good at relaxing without practise; if you could do this easily, you probably would not be working with me.

Possibly you have noticed that there are many who do not behave, respect or care in the same way that you might in various situations, accepting that others experiences have developed them differently from yourself and learning to relax with these people, in these situations, will help you to live in a better world; you have already noticed they will not change for you?

You do not need to relax to music but if you were wondering about the CD that we listened to, it is called “Natural Sleep Inducement” by Solitudes. Solitudes have a website (http://www.solitudes.com/detail.aspx?ID=13&sid=065c165b-e459-4584-9888-ba04be559126) so you can order it on line if you are unable to source the CD locally.

Please do not wait until you have the CD before you practise (excuse for not starting), although you can down load this music from Amazon now.

You might need to organise your diary to find thirty minutes a day; most people who work with me do not naturally make time to relax. If you wait until you have a spare thirty minutes you will fail!

Please organise the time now to be able to practice and be successful.

Making appropriate time for you might be very much part of the issue that we are addressing, when everything else is a priority, or we find other things more stimulating than doing something for ourselves, we might have found the issue which needs to be addressed. A lack of personal care or low self-esteem can guide us toward unwanted behaviour which might make us feel better.

Please email me if you find that you are not making the time for you.

Regarding the Transformation Process, allow you’re self to experience the words rather than concern yourself intellectually about getting it right, after all, you have enough to worry about already, please do not build a model of stress into this form of relaxation by trying to get it right!

The words that you wish to experience are:

 More & more relaxed now x 3.

Almost limp & slack so limp & slack x 3.

There is a heaviness there, heavier & heavier x 3.

Just as heavy as lead x 3

(If you have a particular issue in a part of your body it would be beneficial for you to repeat the above procedure several times in that area of your body; this might be the case with irritable bowel syndrome, Bruxism, muscle spasm, swallowing or complexion for instance.)

This is regarding your major muscle groups.

These brief statements should be made to yourself, one statement at a time on each second out breath; Please start from your feet and ankles to calves, thighs, back, stomach, chest, shoulders, neck, head, face, arms, hands. It is not your aim to complete this exercise as quickly as possible but to enjoy the quality of your experience; this will take time.

Cognitive behavioural therapy (CBT) holds that your body is responding, calm or anxious, to the words being processed in your mind. You might have noticed how relaxed or even heavy you became during our meeting; this was nothing to do with me but everything to do with your own mind processing this information.

Pressure and speed are to be avoided now; you already know how to pressurise yourself and speed your life up, no doubt you have practised this approach for many years?

This is not another task, take the time to enjoy being with you, high self-esteem is directly related to the relationship you have with yourself.

Do not expect the world to be quiet for you; it won’t happen, if this is your preference you will be disappointed so please, adjust your expectation and enjoy what does happen rather than what you want or expect to happen.

By adjusting your expectations, you are attempting to reduce a perfectionist nature, wanting things the way that you want them or being irritated when they are not, is often the cause of stress.

Please remember:

Thankfully your brain works well, it usually continues to work when relaxed, do not expect to have no other thoughts.

It is true to say the more anxious we are the more intrusive our thoughts will be, if you continue practising you will eventually find that the intrusive thoughts will reduce as your brain reduces the amount of stress hormones in your body.

You are designed to have concerned thoughts when in the fight or flight phase, it is a survival mechanism, this Transformation Process will assist you in standing your defence system down and then your psychological state will alter; these things often take a little time.

This is not another task, please take the time to enjoy being with you. This is a model of relaxation that will vary in depth according to how much you need to use it, if you do not need to relax you will probably initially enjoy a deep sense of relaxation, if you need to relax, your experience in the early stages will be much lighter.

It is also a vehicle to help you feel different about yourself and the world around you.

If you are concerned about getting it right, you have missed the point; trying to get things right will cause stress.

You are now practising a way of thinking and behaving which will add to the quality of your life, so by definition it might not be natural to you, in the early stages you might disagree with these comments, this of course will be your choice, please remember the choices that you have made so far in life, may have contributed to the issues that we are addressing.

If you are not as relaxed as you think you should be, please adjust your expectations; accept that when you practised, it was as good as it was going to be; please be happy and content with what you have achieved, well done you have relaxed. When was the last time you took thirty minutes out of your day, for you and to relax?

This is not lying down with your eyes closed doing nothing.

This is an achievement.

If you are not as relaxed, as you are when we practise together?

That's why you are coming to see me; journeys take time, enjoy the ride and don’t try to get anywhere too quickly.

The psychological model that you already use has assisted your career.

This therapeutic model will help you to be successful socially and psychologically and eventually with your increased emotional control, benefit your career in a healthier way.

You might identify with the following personality profile:

Negatively self-analytical?

Perfectionist nature?

Exterior locus of control?

Internally sensitive?

Difficult to let things go?

Over conscientious?

Addictive nature?

If you can identify with four of these comments or more you were going to develop your symptoms sooner or later, given enough pressure. This model that you are practising will help you to develop a better relationship with yourself and help you to make an adjustment to the above list.

We need to keep things in perspective, an employer would look for your personality profile and see the owner of these attributes as an ideal employee.

They are a disadvantage when out of balance and can drive the owner to anxiety, depression, a loss of interest in life, a change in sexual response, sleep disturbance, habits and or behaviour that might cause anxiety and possibly an addictive nature, self-medicating and finding relationships difficult.

Please be realistic you have spent a great deal of your life practising trying and becoming anxious, being upset by the behaviour of others or developing a high tolerance to work pressure or even chemicals, it did not happen overnight, be patient you can start to enjoy your transformation after a few weeks and most realise the psychological benefits in the early stages.

I hope that you make the time for yourself this week; I would like to think that you want to help yourself as much as I would like to help you.

I look forward to seeing you on your next appointment.

Kind regards

James

Care in practise

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Ps:

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If you found fault with the above comments, or would have written them differently, perhaps we can or need to address any perfectionist tendencies at our next meeting?

Reducing judgemental tendencies and becoming more accepting of the world and those around you, will help you to live in a happier place.

😉