

The Eye of the Storm: 2-Day Resilience Training

Stockholm, Sweden
March 7-8, 2020

With Duff McDuffee

Training Overview

Day 1 Morning: Programming Resilience

1. Introductions
2. What is resilience?
3. The scientifically-proven way to breathe for resilience
4. Break
5. Rapid Relaxation Training: program yourself to deeply relax in under 60 seconds
6. Feel happy on command
7. How to transform a bad mood in under 2 minutes
8. How to create a new habit in 15 minutes, not 30 days

Day 1 Afternoon: Dethawing the Freeze State

1. Bounce, shake, flow
2. Unlearning helplessness
3. Break
4. 2 minutes of happiness
5. From fixed mindset to growth mindset

Day 2 Morning: Becoming Centered

1. Reviewing what we've learned so far
2. Become centered quickly and automatically
3. Break
4. Anticipating adversity and conquering the fear of death

Day 2 Afternoon: Developing Grit

1. Bounce, shake, flow
2. Generate Resilience and Increase Tenacity to turn your fantasies into reality
3. Break
4. 2 minutes of happiness
5. Sticking to your life's purpose
6. Bringing it all together

Go to <https://boulderhypnosisworks.com/sweden2020> to give feedback, get a digital copy of this manual, and find links to other resources such as background information, books, audios, and scientific studies.

Happy on Command Script

Train someone to be able to access happy feelings easily, whenever they want.

Yes Set

Would you like to learn how to feel happy feelings more easily?
And would it interest you to learn how to do so whenever you want?
And would you like to train to feel happy on command right now?

Rapid Relaxation Ritual

To get started, I'll invite you to take 4 deep breaths. On the fourth exhale, close your eyes, say the word "relax" inside your mind, and you will automatically go back to that relaxed state. Begin whenever you are ready.

[Pause to let them do this. Add suggestions if you want. Move on when they appear relaxed.]

Access Happy Feelings

Now that you are deeply relaxed, I'll now guide you to access happy, joyful feelings. I don't know if you will enjoy accessing those feelings through a memory, or imagining something, or just acting as if you're already feeling happy. But I do know that if you have ever felt happy, joyful feelings before, then you can *feel them again*, can't you.

Now, there may be a recent time, or there may be a time long ago. If you have ever felt happy before, you can go back in your memories and *recall a happy time now*. Maybe it's a time with a close friend or someone you love, just having a wonderful moment together. Maybe it's a time by yourself, when you just felt great about yourself or something in your life. Maybe you were in a place that makes you feel happy, or maybe you just felt happy for no reason at all! See what you see, hear what you hear, and feel what you feel when you are back there now, feeling those wonderful happy feelings in your body. Maybe you just couldn't stop smiling or laughing, you were just feeling so good that happy feeling bubbled over and spilled out of you.

[Look for signs of happiness or joy on their face, and changes in breathing.]

Or instead of a memory, maybe you want to imagine a happy situation, something you haven't experienced before but would like to imagine now, something that would bring joy to your face. Some people like to imagine things like being surrounded by a whole group of playful puppies, or the cutest baby you've ever seen making the cutest noises you've ever heard, or seeing and hearing other things that make you smile and feel happy inside when you *think about it now*.

Or maybe you'd just like to act as if you are already happy and joyful. Like an actor really getting into the part of a happy person, authentically bringing up joyful, happy, positive feelings now. Sitting in that happy chair, you can hold your body like a happy person, breathing in a happy way, expressing those happy feelings on your face too, smiling with your mouth but also your eyes, with happy joyful eyes.

However you want to access those happy, joyful, good feelings, you can *do it now*, in the way that works best for you. And you can allow those happy feelings to be even bigger, even fuller, even more intense, if you just *allow it to happen*, allowing those happy, joyful feelings to grow stronger and stronger with each and every breath you take.

Do you already feel those happy feelings? [If no, keep experimenting or call over Duff to help.]

Train Happy Feelings in Response to Gesture

In a moment I'll count from 1 to 3. When I say the number 3, you'll open your eyes and come all the way back into the room, leaving this happy state behind for just a moment, coming back to a more neutral state. After you open your eyes, I'll ask what that was like for you. And then we'll train to access this happy state on command. I'll invite you to make a simple gesture, pressing your index finger and thumb together, and then immediately *bring yourself back* to this happy state.

So again, in a moment I'll count from 1 to 3. When I say 3, you'll open your eyes and come all the way back to the room, and leave the happy state for a moment. Then I'll invite you to press your index finger and thumb together, and then *bring yourself back* to this happy state.

1...more and more energy...2...almost all the way back...and 3, eyes open, wide awake, welcome back.

First Practice: "Bring Yourself Back"

How was that for you? What made you feel the happiest?

[If they still look very happy, you can "break state" by asking them something irrelevant like "So, where are you from?" or "What's your phone number backwards?" until they look more neutral.]

In a moment I'll invite you to press your index finger and thumb together, and then *bring yourself back* to that happy state. Ready? Go!

[Give time for state access. Watch their face for a smile and other signs of feeling happy.]

Even more happy now. You're doing great. Keep that feeling going for just a few more seconds. Really feel it fully. Linking up that gesture with this feeling. We'll practice 3 more times. And every time you do this is just gets easier and easier, more and more automatic.

Second Practice: “Allow Yourself to Come Back”

Before you practice again, release your fingers, shake off the feeling, look around the room, and come back to a more neutral feeling. [You can also deliberately break the state again by asking about something irrelevant: “So what do you do for a living?” etc.]

In a moment I’ll invite you to press your index finger and thumb together again, and then *allow yourself to come back* to that happy state. Ready? Go!

Linking up that gesture with this happy state, becoming more automatic every time.

Third Practice: “Find Yourself Returning”

Ok, now shake it off, look around the room, and return to a more neutral feeling.

In a moment I’ll invite you to once again press your index finger and thumb together, and then *find yourself returning* to that happy state. Begin whenever you’re ready.

Fourth Practice: “Automatically Feel Happy”

Shake it off again, and come back to a neutral state. We’ll practice one last time.

This time just press your index finger and thumb together and you will *automatically feel happy* right away.

And from now on, whenever you’d like to experience a happy feeling, you can just press your two fingers together and you’ll feel happy feelings automatically.

Feel free to test it several times a day, just to make sure it still works. And the more you use it, the easier it gets to feel happy on command.

Transform a Bad Mood

Now that you can feel happy on command, you have all the resources you need to transform a bad mood. Instead of just *replacing* a negative state with a positive one, we can *reprogram* it by integrating the positive and negative. In NLP this is called “collapsing anchors” or “integrating anchors.” This method is based in the Michael Ellner / Alan Barsky “emotional detox” technique.

Access Negative State

Think about something that could make you feel a little bad. Don't pick your life's biggest issue the first time, just something mild to moderate in intensity. Perhaps something someone said that upset you, or something you find annoying, or something you're a little worried about. Notice what you say to yourself or picture in your mind to feel that way.

Hold Onto It

As you think about that thing, you'll start to feel that unpleasant feeling. “Hold onto” the thought that generates the feeling by squeezing your left hand into a fist. Once you “have it,” release your left hand and break your state by shaking off your body, looking around the room, and so on. Test to make sure you are still “holding onto” the feeling by squeezing your left hand again and it should make you think about that thing and feel that feeling again. If it isn't automatic yet, do it a couple more times, but no need to repeat it a lot as this is just a temporary “variable” not a permanent “anchor.” Shake it off again.

Bring Happy Feelings into Unpleasant Context

Now press your index finger and thumb together to feel those happy feelings, and keep pressing those fingers together as you *also* squeeze your left hand. Keep pressing those fingers and squeezing the left hand for up to 2 minutes. This will feel weird. You might feel happy then sad then neutral then happy and so on. Eventually it will feel more neutral, or just happy.

Repeat Until Changed

Release hand first, then fingers. Shake it off. Then repeat: press fingers together, keep doing that while squeezing left fist. The second time will be much easier. Shake it off. Repeat.

Test

Finally, just squeeze the left fist. It should feel neutral or happy. Same with just thinking about the thought directly. If not, repeat the process. When changed, think about it several more times.

Create a New Habit Fast

People say it takes “30 days” to create a new habit. That’s a nice round number, but why 30? Why not 29½? Or 125.8? It doesn’t really take *time* to create a new habit, just *repetition*, and ideally a little reward at the end to create the initial neural pathways, as memory likes emotion.

You’ve already created two emotional habits already today: feeling relaxed on command and feeling happy on command. Now we’ll create a behavioral habit on command too, just as easily. You don’t have to wait 30 days when you can imagine 30 days in your mind’s eye in just a few minutes time.

The key is to link up a unique cue with a specific behavior, creating an “if this, then that” command in your nervous system. One example behavior you might train is “if I hear my alarm, I will get out of bed!” But feel free to choose any *tiny* new behavior to create today.

Pick a Tiny Habit

Pick a habit that is very small. If you want to floss your teeth, pick “floss one tooth” as the habit. If you want to get out of bed in the morning, you might pick “throw off the covers and put my feet on the floor.” If you want to exercise regularly, you might pick “put on my workout clothes.”

Pick a Cue

When do you want to start the habit? This should be sensory specific, something you see, hear, touch, smell, taste, or an inner thought or feeling. It can be completely arbitrary, or something in the environment already.

For flossing, it would be after finishing brushing and putting away your toothbrush. For getting out of bed, hearing an alarm sound (ideally a *new* sound, because the old one is associated with something else like hitting snooze or checking email). For putting on your workout clothes, it could be after using the bathroom in the morning.

Create If-Then Link

Do your relaxation ritual (4 deep breaths, close eyes, say “relax” inside). Then in your imagination, experience the cue and then *immediately and without thinking* do the tiny habit. Then press your fingers together and feel happy as a reward. Fast forward to the next time you encounter the cue and do it again. Cue, routine, reward. Or cue, tiny habit, reward. Repeat 5, 10, 21, or even 30 times in your mind. Try different variations of the context, for instance while away from home or with other people, when you’re tired, etc. Note: you won’t have to press your fingers together in real life, that’s just for creating the initial link.

Unlearning Helplessness

A “walking the timeline” technique for transforming states of helplessness and hopelessness.

Put Timeline on Floor

Imagine a line on the floor that fits in this room, representing your life. At one end is birth and the other is today. This is your timeline. Stand on the timeline at the spot representing the present day, facing the future.

Access Helpless State

Think about something that makes you feel hopeless or helpless. What do you have to say to yourself or picture in your mind to feel that way? Notice where you feel that feeling in your body, so that later you’ll be able to tell when it’s gone.

Frame as Learned

This helpless response was something you learned at some point in the past. You were not born this way. It is *learned* helplessness. That means there was a time *before* the first time you’d ever thought of yourself as helpless or felt helpless. Would you like to experience what that’s like?

Step Back Progressively

May I ask how old you are in the present?

Now say out loud, **“I am [current age] years old and I have this learned helplessness.”**

That’s a true statement, right? Ok, now take a step backwards on the timeline, representing 5 years in the past. Say **“I am [current age - 5] years old.”**

Remember what it was like to be that age. Remember how people dressed, what you were up to, where you lived, and so on.

Now ask yourself, **“Do I still have that learned helplessness? Or is this before the first time I ever learned how to think of myself as helpless or feel helpless?”**

[If this is before the first time, move to the next step “Identify and Test Pre-Helpless State.”]

Repeat Stepping Back Until Before First Time

Since this isn't before the first time yet, we'll repeat this process until we get to before the first time you ever felt helpless. Again step backwards 5 years, and now say "I am [X - 10] years old."

Remember what it is like to be that age, in that year. Step into it.

Now ask yourself, **"Do I still have that learned helplessness? Or is this before the first time I ever learned how to think of myself as helpless or feel helpless?"**

[Continue inviting them to step back in increments of 5 years until they get to a point where it is unmistakably before the first time they ever felt helpless. You'll know because they will experience a shift in feeling (and also thinking). They will also look and sound different.]

[If you get to <5 years old and still feel helpless, go by smaller increments: 1 years old, 9 months old, 6 months old, 3 months old, 1 month old, 1 week old, 1 day old, -1 days old, -1 week old, -1 month old, -3 months old, -6 months old, conception, before conception, before your parents were born, before the formation of the Universe, etc., however far back you need to go, one step at a time, until you get a shift in feeling. Skip birth as that might be traumatic.]

Identify and Test Pre-Helpless State

How do you feel now?

[Possible answers: neutral, calm, curious, optimistic, hopeful, fine, OK, peaceful, playful, and so on. It's common to be a *neutral* feeling. If it is a positive or neutral feeling, continue on. If not yet, step back farther.]

Now would you like to feel this way instead of helpless in the present day?

[If yes, move on. If no, step back farther.]

Bring Resource State into Present

To *hold on* to this feeling, squeeze your right hand into a fist and grab it tight. In a moment you'll keep holding onto that feeling and quickly walk right up to the present day. Keep holding onto that feeling, OK? Whenever you're ready, keep holding onto that feeling and walk right up to the present day where you were standing before.

Test in Present

Now how do you feel in the present day, when you look towards the future?

[If different and much better, continue to next step. If not different or not quite better yet, step back again, even farther back this time.]

Put Resource State into Future

Now to really give yourself something to *look forward to*, imagine this feeling you are holding onto in your hand as having a color. Take that color and fling it into the future onto your timeline, so it flies out like a bunch of sparkly glitter or like light rays or something else wonderful like that, so you know that this feeling is waiting for you when you get there in the future.

Notice how this changes things when you *think about the future now*.

Notes

If this works for you, consider doing it every day, *proactively*, until hopelessness and helplessness are no longer a part of your life. It only takes a few minutes. Don't wait passively! Actively transform these states. Then even once they are gone, do a daily or weekly check just to make sure. "Is there anything that could make me feel helpless, when I think about it now?"

Don't go directly to the first memory of feeling helpless. That is likely to be a traumatic event. Associating into a traumatic memory will not be useful. Instead, step backwards in large chunks like 5 years at a time until before the first time, then hold onto the positive feeling and walk quickly along the timeline to the present. This may very well transform the traumatic memory.

This technique is based on Doyletics, reimprinting, and timeline models, as well as the work of Martin Seligman in the research on "learned helplessness."

From Fixed Mindset to Growth Mindset Worksheet

Learn to persist when facing challenges by believing improvement is possible.

Discover Fixed Mindset

When and where do you respond to challenges by giving up easily, blaming others, or avoiding challenges altogether? Examples: language learning, at work, parenting, with health and fitness.

Discover Growth Mindset

When and where do you respond well to challenges, or even positively relish a challenge?

Elicit Submodalities

Now we'll compare how you think about these two things, so we can discover how exactly you think in order to believe that change is possible. First when you're ready, take 4 deep breaths, close your eyes, and say "relax" inside.

What do you have to see or hear in your mind in order to have a fixed mindset about that area of life? What do you remember or imagine that lets you know you "can't" improve, or that you should give up when facing a challenge?

Visual Submodalities	Fixed Mindset	Growth Mindset
Number of images		
Location and distance		
Size		
Self, Observer, or Other?		
Framed or panoramic?		
Video or picture?		
Color or black and white?		
Brightness (bright or dim)		

Auditory Submodalities	Fixed Mindset	Growth Mindset
Number of sounds/voices		
Speaker (whose voice?)		
Gender (of voice)		
Location and distance		
Pitch (high, low, varying)		
Tempo / speed		
Volume (loud or soft)		
Timbre / tonality (harsh, soft)		

Let that go for a moment, clear your inner screen, and quiet your inner voice.

Now, think about that area of life where you have a growth mindset. What do you have to see or hear in your mind in order to believe you can improve and grow? How do you do that? How do you think of this in order to keep persisting when you face a challenge, or to love learning?

Map Across Submodalities

Would you like to change this area of life where you have a fixed mindset so you could instead have a growth mindset? Do you have any objections?

First, remember what you saw or heard in your mind that makes you have a fixed mindset. Then I'll guide you to change one submodality at a time until it looks and sounds like the way you do a growth mindset.

[Guide them to change one submodality at a time, for example: "When you have a fixed mindset the image is to your left 1m away, but when you have a growth mindset it's in front of you ½ m away, so move the image to be ½ m away in front of you and notice how that changes things." Only change the ones that are different. If you have trouble changing it, change another submodality first, practice 3-5 times, or ask for objections and integrate with both/and framing.]

How does looking at it in this new way change things?

Practice 5 times so thinking about it this way becomes normal. Blank out your mental screen, then immediately bring up this way of thinking with these submodalities. Repeat 4 more times.

The Rapid Centering Technique

Program a centered way of being in a specific context.

Breathe

Put your hands over your belly. Imagine a balloon inside your belly and slowly fill it up with breath, then let it deflate on its own. Do this about 8-10 times. As you exhale, relax your shoulders down, and as you inhale and fill that balloon, relax your shoulders even more. Exhale relax your shoulders, inhale fill that balloon and relax your shoulders even more.

Context

Where, when, and with whom do you want to feel more centered? For instance, “at work, in a 1-on-1 meeting, with my boss.”

Where?	When?	With Whom?

Category

What is this an example of? For instance, “speaking to authority figures” or “whenever someone gives me feedback.”

What is this an example of?

Examples

How many examples of this category are in your mental database, from the past or imagined? For instance, “it’s happened half a dozen times” or “I can imagine thousands of scenarios.”

Number of examples in your mental database

Give me a few specific examples. For instance, “5 years ago in a meeting with my last boss, last month at my performance review, fear of asking for a raise.”

Specific examples

Emotion

Close your eyes and step into one of your specific examples in experience now. Recall a time when you were there, or imagine being there now. Looking out of your own eyes, see what you see, hear what you hear, and feel what you feel when *you are there now*.

What emotion do you feel? For instance, “anxiety” or “hesitation.”

Emotion	Location	Size	Shape	Color

Mindfulness

- Where do you feel that feeling in your body? What is its *location*?
- What *size* is it, how far does it extend?
- What *shape* is it? Is it round or long and thin or have sharp edges or...?
- What *color* is it? (If no color, say “*If it had a color, what would it be?* Just use your imagination and go with the first thing you think of.”)

Mirror

You would know if this changed, right? And would you like to change it now?

See Details

Ok, great. Next we'll do a *simple* and *easy* imagination exercise. Close your eyes. Visualize, imagine, or pretend that in front of you is a full-length mirror. In that mirror, you can see your hair, you can see your face, you can see the color of the shirt you are wearing [etc.].

See Center Point

And if you look farther down, you can see below your belly button is your center point, like a tiny dot about 3 finger widths below your belly button, inside your body. It's no bigger than a grain of sand or the smallest dot you could draw with a pencil.

See Visual Representation of Emotion

And you can also see in that mirror something quite strange. You can see a [color] color in your [location], with a [shape] shape, representing that [emotion]. Got it?

Center

Ok, so on the count of 3, here's what's going to happen. Imagine there's a powerful attractive force in that center point, like a black hole or a super strong magnet, such that when I say "3," you'll see all that [color] energy getting sucked into it, shrinking smaller and smaller and smaller until it fits inside that tiny little point and is absorbed completely within it. Ready?

1...2...and...3! *snap* [make sound effects] All that [color] energy shrinking smaller and smaller and smaller as it gets sucked into that center point until it is absorbed completely within it. See it happening in that mirror. And what happens in a mirror also happens in you, now, as you *notice those changes taking place*. Take a moment to *allow this to integrate*.

Digest

Now that this energy is in your belly center, you can fully *digest* all the energy. That means you can naturally *eliminate* anything you no longer need, like exhaling carbon dioxide which the trees then take in. And you can digest the energy you wish to keep into pure energy, just like you digest carbohydrates into glucose, protein into amino acids, and fats into lipids. And now allow this pure energy to circulate throughout your body, trusting the wisdom of your unconscious mind to send this energy to the right place at the right time. You are now freeing up this energy for positive purposes like healing, growth, creativity, and so on. Some people see this as a color going through their body, some people feel it like a tingling or warmth, and others just have an unconscious knowing that *it is happening*.

Test

Allow your feelings to settle before noticing, how do you feel now?

- a. **Much calmer.** (If the original feeling is gone and you feel calm or centered, then move onto the next step.)
- b. **A little better.** (If you still have some of the *same* feeling left, notice if there is even any *slight* difference in location, size, shape, or color. Often it will be in a different location, smaller, a different shape, or a lighter color. Then center that.)
- c. **I feel something else.** (If it's a *different* unwanted feeling, find the location / size / shape / color, then center it.)

Find and Replace

Do you want to feel this way in the original context of [context]?

If “Yes”

Imagine being in that context now, feeling *this way* (centered, calm, etc.). Take this centered way of being into those examples we listed before, one at a time, noticing how things are different now. (Sometimes more feelings will come, which you can also center. Or there may be more examples that come up to take the centered feeling into.)

If “No”

(You may need to center more energies/feelings, or add some positive resource like motivation using anchoring.) Have you ever felt [resource]? Step back into a memory when you felt that way. And then bring that feeling with you into [context].

Notes

Some people have just one feeling to center, others have many layers. Both are normal.

If they can't move and shrink, practice moving first then shrinking. Or make it bigger, then shrink. Or ask for any objections first, then integrate objections with both/and framing.

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G.R.I.T. Worksheet

Generate Resilience and Increase Tenacity when pursuing goals.

Today's Date

Define Your Outcome

What do you really, really want? It doesn't have to be entirely in your control.

How much do you want it, 0-10? 0 is "not at all" and 10 is "absolutely."	0-100%, how realistic do you think it is, if you work hard & smart?

If less than 8:

- Add more to it.
- Make it bigger.
- Make it more appealing.
- Think about how great it would be to have it.

If less than 80%:

- Chunk it down.
- Remove unrealistic parts.
- Reflect on your achievements.
- Learn how others did it.
- Do belief change work.

(Revised outcome, if needed) What do you really, really want?

How much do you want it, 0-10? 0 is "not at all" and 10 is "absolutely."	0-100%, how realistic do you think it is, if you work hard & smart?

Your Intended Action(s)

What will it take for you to get it? What action steps do you believe you will need to do to accomplish your outcome? These can be one-time actions or ongoing ones. **Your goal then becomes to do these actions, and to learn from them to see if they move you closer to your outcome, in an ongoing feedback loop.**

Actions that move you closer to your outcome
<input type="checkbox"/>

Possible Obstacles

What could possibly stop you from achieving your outcome? This could be internal obstacles or external ones. Think of *only one at a time* and add to this list, then move to the next step.

Possible Obstacles
1.
2.
3.

FOP: Fantasize, Obstacle, Plan

Here's where we'll use hypnosis. You won't have to try solve the problem consciously, we will also use your unconscious wisdom.

Fantasize

In a moment I'll have you take 4 deep breaths. On the fourth exhale, close your eyes and say the word "relax" in your mind, and automatically go back to that deeply relaxed state of trance. Begin now.

And now that you are very deeply relaxed, fantasize about what it would be like to have your outcome. Go out into the future and see what you see, hear what you hear, and feel what you feel when *you already have it*. Let me know when you have those good feelings.

Obstacle

Now return to the present moment. You haven't achieved your goal yet. There are some things you'll have to do first, and probably some obstacles too. To address these obstacles, we'll use not only your conscious mind, but also your unconscious. Imagine there is a little shelf in front of you. In a moment, with your permission, I will lift up your hand and place it on that imaginary shelf. (Physically lift their hand into the air and slowly release, leaving it there.) Now think about [obstacle], imagine encountering that obstacle that stands in the way of what you want.

Plan

There's a part of you where your best ideas come from, where you have accurate intuitions, and spontaneous actions. We can call this your unconscious mind. Ask your unconscious mind to come up with a solution to this obstacle, *only as quickly* as your hand sinks towards your thigh, drawing upon all your inner resources – your creativity, ingenuity, flexibility, life experience, imagination and so on to *solve this problem now*. Don't move the hand consciously, allow it to sink in it's own time. You might receive conscious insight, or you might just have an unconscious knowing that *the problem is being solved now.*" [etc. until hand touches]

And now that your hand is resting on your thigh, you can relax and allow the change to fully install...before opening your eyes and coming all the way back. [etc. until eyes open]

Now think about that obstacle again and notice how you feel now. Is it a problem now? (If it is not yet solved, do the hand sink again to give it more time, or use other methods to transform it.)

What *else* could possibly stop you from achieving your outcome?

(Add answer under Possible Obstacles and repeat FOP 3 total times. If you have more time, you can do keep going until no more obstacles come to mind at all. *Then do FOP one last time*, with any *unimaginable* obstacles, things you don't know you don't know, trusting that your unconscious wisdom can provide you with spontaneous solutions to overcoming them.)

Fantasize, Obstacle, Plan with Unknown Obstacles

And now that you've transformed all known obstacles, we can do this process one last time with all *unknown* obstacles. Because there might be things that happen that you can't even predict.

So in a moment I'll have you take 4 deep breaths, and on the fourth exhale close your eyes and say "relax" inside, and then go back to that deeply relaxed state of trance. [pause until done]

And now fantasize about having your outcome one final time. Really go for it, seeing what you see, hearing what you hear, and feeling what you feel when you have it now. Get those good feelings going again. [pause until they have the good feelings]

And now come back to the present, and imagine a little shelf in front of you once more, and I'll place your hand on that shelf. Think about the fact that there might be obstacles you can't even expect. Things you don't know that you don't know. Unknown unknowns. Unimaginable obstacles.

But you are capable of responding resourcefully to any unknowns, to anything whatsoever that might happen. So now ask your unconscious mind to come up with creative, spontaneous solutions to any unknown or unimaginable obstacles only as quickly as your arm sinks down towards your thigh now. So that you are ready for anything, you can expect the unexpected, and no matter what happens, you can creatively address it in ways that really work for you, trusting in yourself and your abilities, in your wisdom and so on... [etc. until hand touches].

And now that your hand is on your thigh, allow yourself to rest and relax, integrating anything you've learned at the deepest levels of your body and mind, before coming back to full alertness and opening your eyes.

Now when you think about your outcome, what's that like? How is it different than before we started this whole exercise?

G.R.I.T. Worksheet

Generate Resilience and Increase Tenacity when pursuing goals.

Today's Date

Define Your Outcome

What do you really, really want? It doesn't have to be entirely in your control.

How much do you want it, 0-10? 0 is "not at all" and 10 is "absolutely."	0-100%, how realistic do you think it is, if you work hard & smart?

If less than 8:

- Add more to it.
- Make it bigger.
- Make it more appealing.
- Think about how great it would be to have it.

If less than 80%:

- Chunk it down.
- Remove unrealistic parts.
- Reflect on your achievements.
- Learn how others did it.
- Do belief change work.

(Revised outcome, if needed) What do you really, really want?

How much do you want it, 0-10? 0 is "not at all" and 10 is "absolutely."	0-100%, how realistic do you think it is, if you work hard & smart?

Your Intended Action(s)

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How Was the Training?

Thank you for coming to the training!

Go to <https://boulderhypnosisworks.com/sweden2020> to give feedback, get a digital copy of this manual, and find links to other resources such as background information, books, audios, and scientific studies.

Please take 2 minutes now to fill out the feedback form online. I would really appreciate it.