

HARNESS THE POWER OF YOUR MIND TO MANAGE STRESS

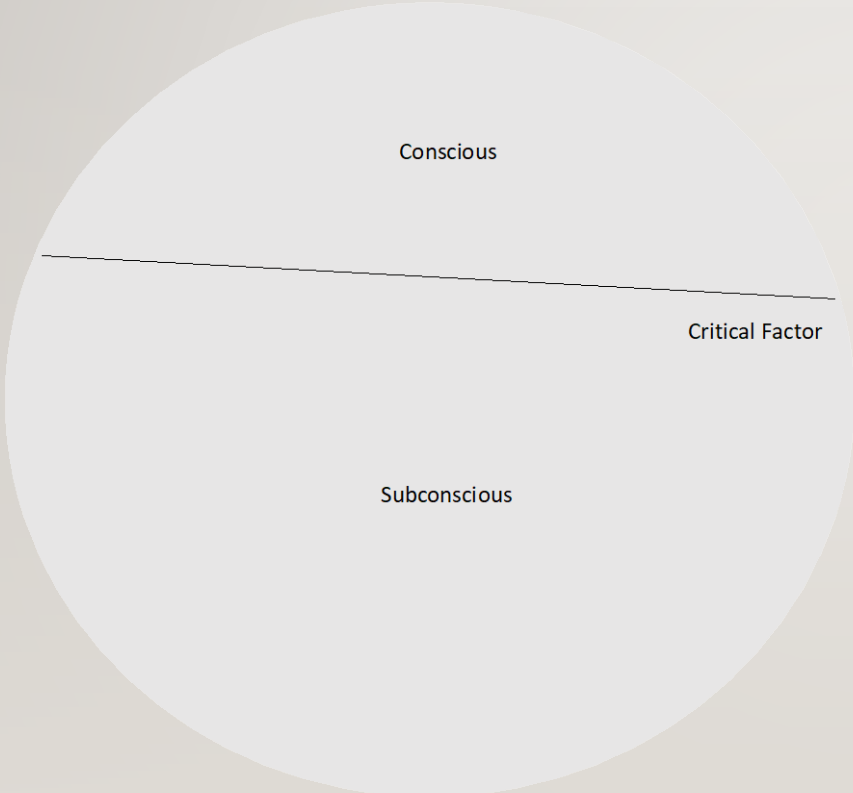
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HOW DOES THE MIND ACTUALLY WORK?

- Hypnotherapy is knowing how your mind works, then utilizing that knowledge to take control of your mind & achieve your goals
- Parts of the Mind:
 - Conscious: running monologue in our head that we are aware of throughout the day
 - Analysis, reasoning, will/volition, etc.
 - Subconscious: everything else
 - Autonomic Nervous System (automatic functions of body), memories, imagination, emotions, programming, etc.
 - Critical Factor: Separates conscious & subconscious, acts as our filtering system both for accessing subconscious & for how we see the world

THE MIND



OUR CRITICAL FACTOR INFLUENCES HOW WE SEE THE WORLD

- The Critical Factor develops between the ages of 7 & 11, after that time when a new thought comes in, the critical factor check the subconscious to see if this is “true” (if it fits with our subconscious beliefs)
 - If it does fit, it lets it in to reinforce those beliefs
 - If it does not fit, it kicks it back to the conscious mind for more analysis
- The Critical Factor influences how we see the world based on our programming
 - Projects our beliefs onto situations
 - Attracts people & situations into our lives which match our beliefs
 - Pipelines emotions to others to create environments that reflect our beliefs

WHERE DO OUR BELIEFS COME FROM IN THE FIRST PLACE?

- Beliefs or Programming (what we hold to be true) are held in the subconscious mind
- Results Model
 - Events → Beliefs → Emotions → Thoughts → Behaviors → Results
- After the critical factor forms, these ideas can only be changed by bypassing the critical factor, there are 5 ways this can happen
 1. Authority Figures
 2. Peer Groups
 3. Emotional Situations
 4. Repetition
 5. Altered State

KNOWING THIS, HOW CAN WE CHANGE THE PROGRAMMING?

- Repetition of affirmations/positive reversals
- Awareness of what our beliefs are, and how that is affecting our emotions, thoughts, and behaviors
- Hypnotherapy
 - Suggestion therapy
 - Analytical hypnotherapy
- Mindfulness Meditation and other subconscious states

TOOLS FOR THE NONPROFIT LEADER TO USE FOR SELF CARE

- Grounding exercises – take you out of the emotional element & ground you in the present reality
 - 5 senses
 - Objective Question
- Positive Affirmations – direct reversals of your subconscious programming
 - 1st person
 - Present tense
 - Positive language – what you do want, not what you don't want
- Cancel, cancel, reverse

QUESTIONS?

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