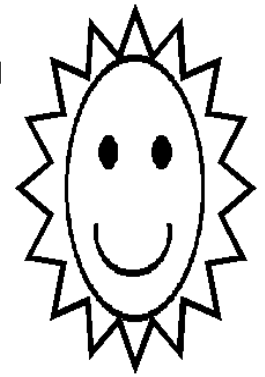


Chapter Two

Different Answers for Stress & Its Moods



Clinical healthcare experience uncovered the previously unknown and more scientifically sound cause of unhealthy psychological stress and its chronic emotions such as depression. The clinician who identified it believes and published research showing that cause is the only one that's significant.

Essentially all of us learn a particular group of untruths (simple misunderstandings). To make enormous profits, experts and organizations foster our learning and keeping them. Those untrue notions continuously ring-out in our minds and limit the factor that makes possible helping ourselves to unload and avoid stress and the moods it creates. That factor usually is identified as confidence or self-confidence. Health professionals apply other labels like self-concept and self-esteem.

Reader, did you find evidence of that significant cause in Chapter One? If your final score from the first inventory said you have too much stress, one and perhaps both of your scores from the self-confidence test said your self-esteem is suffering. It's less accurate than you need and deserve it to be. Or the opposite was true . . . if you had less stress, then one or both of your confidence scores indicated your self-esteem was healthier.

To the degree you grasp the preceding, you recognize it as different from what you've been told. Because it is new, what you'll read here needs to be said so clearly and often it can be interpreted as arrogant or critical. Are you willing to understand and avoid taking what's said in those ways? If so, you are about to take advantage of your first realistic opportunity to sufficiently and safely get free or remain free of persistent stress and its emotions. You are about to go in a healthier, happier and more productive direction for yourself and all that depends on you.

Please read these statements that represent commonly taught and accepted thoughts and theories:

- "Stress occurs externally and is the sum of many possible 'life event stressors' such as the loss of a job. Any internal, unhealthy physical changes and emotions are responses to stress."
- "People have 'good stress' or what's sometimes identified as 'eustress.'"
- "If we don't blame things such as past events and current situations for stress and bad moods, we must blame people who suffer from them."
- "Being in a bad mood (or stressed) at least implies having a personal weakness."
- "The basic or underlying cause of anxiety and depression (chronic fear and sadness) is more likely inherited or genetic."
- "Having less control in one's life increases stress."
- "Even though they hurt us and our relationships, stress and uncomfortable emotions are the spice of life and a required part of the human experience."
- "The cause of moods such as depression is so complicated and unique to individuals that there can never be a relatively simple answer that'll apply to most of us."
- "Stress is needed for success but must be managed to keep it within acceptable limits."
- "To manage their stress, people should learn how to relax and to practice relaxation."
- "Criticism, cloudy skies, loud noises, reckless driving, tragic events and memories, etc. make us feel badly."

If you identified some of those statements as what you understood was correct, you have that in common with everyone who has unhealthy stress with painful emotions and people who will have them in the future. Yet, none of those popular notions are true. They're wrong and only politically correct.

Much of the usual thinking about what causes and relieves unhealthy stress and its hurtful by-product emotions (sadness, fear, anger, depression, anxiety, phobia, panic, rage, guilt, blunted and more) contributes to your having them or being at risk for having them. Keep on reading and you will know that what you just read is a major positive. You will recognize it as a warmth that can make and keep you well. The heat comes from a health and futures-protecting truth. Give this program even half a chance and by the time you get to the end you will have more than enough confidence in what **Stress and Moods Mastery** teaches.

**HEAT
THAT
HEALS**

The Huge Threat and Your CARING Answers

You and other adults with ongoing unhealthy stress and moods struggle because of a group of misunderstandings or **STRESS Notions**. That collection of mistaken ideas stubbornly interfere with getting rid of "bad moods" and psychological stress and keeping enough of them away. No matter how much discomfort you have or when it seemed to begin, you have and tell yourself those notions. Still, you are entirely **unaware** of them when they happen and seriously challenge your right to happiness and health. Since you don't now and will never know when those misconceptions apply their cruel influence, you deserve no blame or criticism for having them and the considerable harm they cause and maintain!

Original research and experience clearly suggest that people get the confidence and consequently the results they need when they sufficiently answer the thoughts that interfere. They do that by using a cluster of beliefs, called "**CARING Answers**," and a list of "**Stress-Freeing Facts**" that powerfully supports those answers.

Although many people don't recognize the physical and emotional effects of stress until their twenties or later, the cause begins during their early years. **STRESS Notions** generate and support a deep dread of relief and the sense that having the pain is somehow beneficial.

You could respond to the above with, "I doubt that I'm worried I will get relief from stress." You might say, "I don't think the moods are there because somehow I see them as beneficial." **If you have doubts**, please do what you can to set them aside long enough to better judge for yourself and get the most valuable gift of a true chance for success.

It's particularly important that you learn about and take advantage of this recent finding: The "honest mistake" thoughts that make people have and keep stress and the emotions stress causes come from a specific part (ego-state) of the human personality. **STRESS Notions** are so deeply ingrained there that most adults are sure they aren't present or doubt they are all that influential. Until now, that made those misconceptions as much a challenge to recognize as they are essential to offset – answer. Keep on and in a later chapter you'll learn how to use a **Three Part Process** to be sure those ideas are present and beg for your attention.

Seven of Many

Stress and Moods Mastery offers many unique advantages. Seven of them are:

1. It is up-front and factual . . . not yielding to the considerable pressure to conform and be politically correct. Despite the strong denial, refusal to face facts, or the drive for profit and influence of some, this program exposes enough of the stress and emotions related "politically correct untruths." Consequently, the vast majority of readers can succeed. They recognize and ignore the "misleading signs." (Briefly described in the Author's Note.)
2. It concentrates on undoing what this author knows is the root cause of ongoing stress and painful moods or emotions in adults. They have an unknown and unanswered collection of not-their-fault, untrue thoughts that reflect and contribute to the inaccuracy of their self-esteems.
3. It avoids telling adults what they should believe and offers instead what they truly need: the added self-assurance required to trust their own beliefs when profit-motivated people repeatedly tell them they're wrong.
4. It takes a clinical experience-based rather than a theory-driven approach. No one can accurately make comments such as, "I've seen something that takes the same or very similar approach." "This is just a theory." "It won't work for me." The equally untrue, "This can't work in the real world."
5. It fits with what healthcare clinicians and health educators recognize as accurate regarding human physiology and psychology. It's scientifically sound . . . research oriented far more than something akin to inspired speculation.
6. It shows how to turn inevitable "mistakes" (for example, an angry outburst) into the learning that ensures success.
7. **Stress and Moods Mastery** powerfully promotes having and keeping more and legitimate compassion for yourself and focusing your capacity for caring.

The more well-deserved consideration you have for yourself and the more you incorporate CARING, the easier it will be to recognize and deal with the unknown and actual underlying cause of ongoing psychological stress and its uncomfortable, destructive emotions.

The remainder of this chapter involves beginning to learn about a pivotal insight and then a mental and physical process. Both will offer you new ways to increase the likelihood that you'll succeed.



Pivotal Insight



Breakthroughs in the sciences frequently come from observing or thinking about events that seem entirely unrelated to what's being studied. A book I read reported that Wilbur Wright came upon what made possible sustained powered flight while talking to a customer in his shop and twisting a small cardboard box.

As you read what I'm about to describe, you might wonder how it relates to mastering moods and stress. It's similar to what happened to Wilbur Wright but the realization that emerged is a good deal easier to understand than the "wing-warping" he discovered.



Investing your time and attention in this true story and the insight it revealed is important. How much progress you make can depend on your grasping enough of what it teaches and then applying the relevant lessons.

Not long after leading a seminar for some healthcare professionals, I told a friend that teaching that group was something like repeatedly telling them, "Two plus two equals four." Each time, they asked me, "Okay, but what does two plus two equal?" I responded with, "Two plus two equals four," only to have them evidently not hear me again and ask for the "sum of two and two." Or they heard me but misunderstood and asked, "So why did you just say that two plus two equals five?" At other times they were angry for a reason I didn't understand. When I carefully explained how two plus two equaled four, they came back with, "We just don't think it's true that two plus two equals four."

Someone asked me to talk to the group about how they could get much-needed referrals from large companies. I carefully explained, for example, how they needed to write to the companies and tell what they could offer that would be needed by the folks likely to be referred. The information was relatively simple and I made it more so by giving handout materials. Using what I told them, they might add thousands of dollars to their incomes. I thought everyone would take notes. Only some of them did.

During the afternoon break, I talked with one of the people I had noticed earlier was taking notes. She told me that she thought the information would be valuable and easy to use. She had hardly any trouble understanding what I taught and agreed with nearly all of it. By the time I spoke with her, I was questioning my ability to teach the subject. I wondered how she could say what she did and convincingly when many of the others were having so much trouble understanding and agreeing.

Maybe sensing my confusion, she told me, "Don't take what's happening personally. Last year I attended another workshop on the same topic with many of the people here today. They asked the same questions and were upset then, too." She was sure that her fellow seminar participants felt badly because they thought it was unfair that they had to ask for referrals. And they were "taking it out on" me.

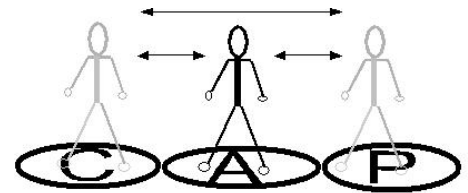


Several weeks later, more of the answer to what happened popped into my mind during an early morning walk. A popular idea I learned years before about how personalities formed and operated fit almost perfectly. That idea was part of what some scientists called "transactional analysis" or "TA" and went something like this:

Human beings have three parts to their personalities: the **Child**, the **Parent**, and the **Adult**.

1. Behavioral health clinicians commonly call the first part or "ego-state" to develop the "Child." **Important:** This is not the so-called "inner child" you might have heard or read about. Nothing you read here uses the "inner child" or "wounded inner child" concepts.
2. According to TA, the "Parent" ego-state is the next to arrive. It's present by the age of four. It can be confusing, because most people associate parent with being grown. This ego-state is young but not obviously so. I call it the "Little parent" or "Young and thinks it's grown" to avoid confusion.
3. They call the third part, "Adult." The Adult ego-state is primarily concerned with protection and problem-solving and develops throughout our lives.

Each of the three components has its own tasks to perform. All parts are equally important. Eric Berne, the creator of TA, said that grownups **moved** between the three ego-states often, daily. They did that in response to what they perceived was happening around them and were **unaware** that they were **shifting**.

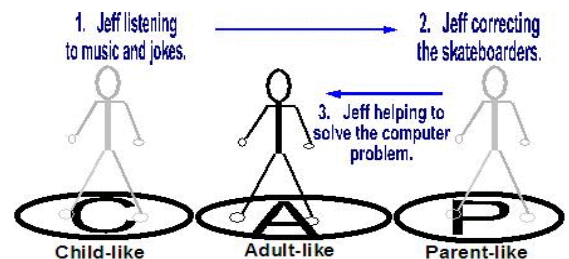


A Patient Easily Relates

After describing ego-states and shifting between them to a fellow I counseled, he related so well that he gave this example. Jeff said, "This morning I was driving to work and listening to the radio. The station was playing music I like, and the DJ was telling jokes." He smiled and said, "I was keeping time to the music or laughing so hard that it was a wonder I could stay on the road. I guess I was in the youngest side of me." I told him that I thought he made a good guess.

Jeff went on to say, "When I drove into the parking lot, some kids were skipping school and riding skateboards. I rolled down the window and called to them. I said that they should be in school and riding skateboards in our parking lot wasn't allowed. I told them that if they hadn't gone by the time I got to my office I was going to report them to our security officer." Jeff told me that he thought that when he was "fussing" at the skateboarders, he was in his Little Parent ego-state. I agreed.

Entering the building, Jeff was still fuming but never did check to see if the youngsters had left. The reason, he explained, was that someone asked him if he could help "figure out what was wrong" with a computer. "I went into my adult state and got involved with fixing the PC and forgot the kids outside." He thought and I agreed that he had shifted from his Child-like ego-state (gleefully listening to the radio), to his Little Parent part (correcting the skateboarders) and into his Adult-like ego-state (helping with the computer problem) in less than ten minutes.



Back to "Two Plus Two"

This is the beginning of the lesson I highly recommend that you learn. The realization that came weeks after that seminar was this: Many of the professionals attending temporarily were in a young (Little Parent) part of their personalities. Their Protective (Adult-like) ego-states—that listened better, were most helpful solving problems, avoided feeling criticized, sought out the facts and more easily understood and retained new information—were hardly present at all.

How can you apply that as you read this book? It is important that you shift into and stay in the Adult-like portion of your personality—not all the time—but as



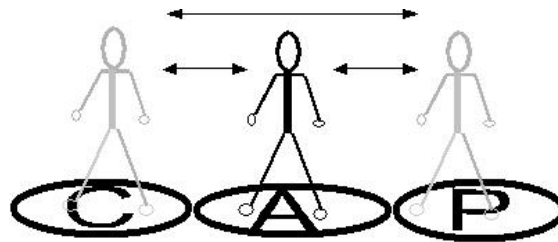
much as you will while reading and thinking about what you've read.

You, childish? Not at all!

About now, you might want to ask, "Are you telling me I'm stressed or upset because I'm childish?" Something similar was asked by a particularly up-front person early into a bodyweight relief workshop I led. I told her that what I wanted to explain was nearly the opposite. I was certain that having and keeping what she came to the workshop to deal with had nothing to do with being childish or immature. Part of my intent was to share with her information that practically no one knew about. I was sure that not yet understanding and accepting enough of that information explained her need for the workshop. And no I wasn't saying or implying that she was lazy, dumb or foolish.

"Child-LIKE" isn't another way to say "immature" or "childish." If someone told you that a fellow she met was "strong LIKE a horse," would you take that to mean that he was inclined to walk on all fours and pull a wagon? Each person, stressed or not, has young components that are needed and contribute to his or her personality. And they—as far as health professionals can tell—remain all of his life. Since they will always be there, the idea isn't to somehow get rid of young ego-states—but to make sure that they aren't in control of what makes and maintains hurtful emotions and unhealthy stress.

From the way I talk, for example, about a "Little parent part" of people or their "Adult-like ego-states," it might seem that I'm describing tiny folks who somehow live inside them. That isn't what's meant. I'm describing basically collections of ideas or perspectives that form during different periods of their lives and persist. Those ideas "ring out" often but—and this is their most interesting characteristic—people don't know when it happens. The reason is that they are some of their "quick interpretive thoughts."



At First . . . Easier to Recognize When You're Elsewhere

How do you tell if you are not in or when you temporarily slip from your Protective (Adult-like) ego-state? You can know that when you notice one or more of these feelings or thoughts:

- You read and feel criticized. Perhaps you think something such as, "This author is telling me that my hurt feelings are all my fault." If you find anything that you believe is critical of you or anyone else, be assured that isn't my intent.
- You have trouble understanding what you read here. There's little that will be an intellectual challenge. If you have difficulty, it's because an important part of your personality that doesn't understand so easily is temporarily dominating.
- You might think you're put-off—have trouble making use of what you're reading—because of the changed spelling of some words, the amount of repetition or maybe some unusually-worded sentences. The Little Parent part of you occasionally uses labels such as "silly," "boring," "dumb," "foolish" or "**childish**." That ego-state misunderstands and thinks it is grown . . . when it isn't.
- You might believe there is only a small amount of information here that's unique. If so, please reconsider. There is much that's new and different.
- You suspect that I'm telling you something I don't really mean. For instance, I tell you that stress isn't required to be successful. We need to eliminate it as much as feasible rather than manage it. You might think, "That is only playing with words. The author probably doesn't mean what he is saying." When I say something important to your getting free of the health- and happiness-destroying stress, I mean it and have found it to be true, consistently and repeatedly.
- You find yourself asking "why." You might, for example, read a statement about a too-young part of people getting in control of what makes them angry or depressed. Even after I explain how that happens, you dwell on something like, "But WHY did that happen to me?" A young portion of your personality asks "why." The Adult-like (Protective) beliefs part of you—that CAN and WILL safely get and keep you healthier—asks "what." As in, "WHAT more can I do to solve this very health-risky problem?"

Someone else who cares about your health and happiness might say, "Utilize and avoid the urge to analyze." Another person could put it this way, "Avoid analysis paralysis."

Have you heard it said, "The truth hurts."?

Actually, the truth doesn't hurt. It's ignoring the truth that's painful.

With moderate or higher chronic stress, too much ignoring or denying the truth hurts your health and happiness and consequently threatens someone you love or care about or will someday.

It also seriously threatens something you love to do or want to do in the future.

Colleague's Suggestion

A fellow therapist reviewed my **Body Weight Relief and Prevention** program and asked about the reasoning behind pointing out that excess bodyfat harms the person who has it and also threatens other people and what she does. He and another of my reviewers encouraged including a brief account of this true incident to help explain.

One Saturday afternoon I was unusually tired. The week had been a busy one. My older son and I had spent most of that day walking and watching a golf tournament. When Chris dropped me off, I planned to take a nap. But, he asked how much trouble it would be to plant some hostas at his apartment.

Within a few minutes, I wasn't so tired. I loaded my pickup with some of my wife's hostas, compost and various gardening tools. Chris and I spent the remainder of the afternoon and the early part of the evening enjoying a "hosta planting party."



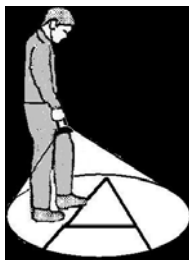
The love I feel for my family has been an essential motivator and still is. **You can make exceedingly constructive use of the love or caring you have for someone or for something you do.** If for now there isn't someone or something, **you can imagine a person or an activity** that you hope will be a part of your life, someday.

The Little Parent ego-states of some genuinely concerned experts will say, "You should become happier and deal with unhealthy stress for yourself and not for anyone else." **Reader, feel free to gauge that for yourself.**

Shifting Practice Made Simple

Here are some imagery exercises you can use to practice shifting into and more often staying in the Adult-like portion of your personality.

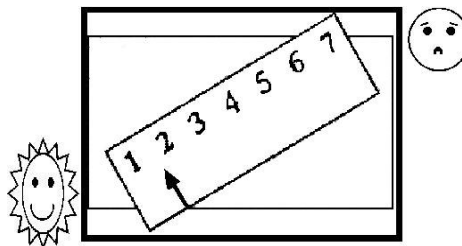
Please be alert . . . the Little Parent collection of thoughts in your personality might try to interfere. It might try to do that by fibbing and tell you that these exercises are "silly," "can't possibly help" or maybe have to be done "just so" to be useful.



1. Imagine holding a flashlight. It projects a comforting beam of golden light that has a capital "A" within it.
2. Now, imagine yourself standing in that circle of light and with that letter "A." IMPORTANT: Imagine yourself from inside you looking out and sense a look of comfort and CONFIDENCE on your face.
3. **That is a visual representation of you . . . fully in your Part that protects ego-state.** Go back to that image as you read and at other times. Doing this can help a good deal.

Another guided imagery exercise:

1. Regularly imagine your "STRESS RELIEF GAUGE" . . . something like the fuel gauge on a car but with numbers from 7 to 1. Down and to the one, represents you entirely - for a while - free.
2. The number where the pointer points when you first think of it shows the then present level of needless stress inside you.
3. If you see or sense it pointing to 4 or more, take deeper, slower breaths - in through your nose and out through your mouth.
4. With each deeper, slower breath you take . . . imagine the pointer moving closer and closer and then close enough to the number one.
5. You are free or freer from needless, undeserved and uncomfortable moods. And you are free from any possible obstacles to your success.

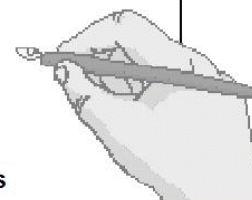



Another self-guided imagery exercise:

1. Think about a list you write. It is a list of what's most important for you to do. The higher an activity is on the list, the more important it is and you are sure to do it.
2. You move to the top of your list and read to yourself what you've written such as, "Repeatedly using facts and imagery that make my healthier body and moods." Also, "My healthier more comfortable body and moods make it easier to keep secure all that does . . . all that will need me."
3. You remind yourself that accomplishing everything else on your list, including taking care of who and what depends on you, depends on taking care of yourself.

My List of What's Most Important to Do

- 1 *Repeatedly using facts and imagery that make my healthier body and moods.*
- 2 *My healthier more comfortable body and moods make it easier to keep secure all that does . . . all that will depend on me.*
- 3 *Etc.*
- 4 *Etc.*
- 5 **Etc. [Most everything else on this list depends on doing the first two.]**



3. Much of that initial internal filtering involves going through and being influenced by your **beginning physical state**. If you have, for example, alcohol, nicotine or some other drug in you, that makes a difference in the accuracy of your awareness.
4. What you perceive and become aware of is then filtered through your **self-esteem or confidence** . . . both the known or surface and subconscious or secret parts.
5. Because of the initial physical state and self-esteem/confidence filtering, you have **internal behavior**. You have thoughts, imagined and remembered events that you know about.
6.  Next, you have **quick interpretive thinking** that happens so fast you don't realize it occurs (subconscious) and understandably might be convinced it doesn't exist.

7. **Thoughts of perceived threat(s)**. The more injured (inaccurate) your self-esteem or less confident you are, the greater the likelihood you'll interpret what you become aware of and imagine as threats. Again, secret self-esteem is by far most powerful in determining what your interpretations are and will be.

8. When you think there is, might or will be some threat to yourself, someone or something you value or think you should or must protect, that known or unknown idea ignites **stress**. Human mental or psychological stress is the internal (entirely inside you) biochemical response to your conscious and subconscious (quick) interpretive thinking that there is, might or will be some threat.
9. The **moods or emotional byproducts of stress** are the uncomfortable ones identified as **fear** (hide), **anger** (hit) and **sadness** (hide). Fear is primary. Sadness and anger are secondary in that they come from fear. Sadness is fear expressed by, in a sense, hiding. Anger is fear with a mean face and voice.

Note: Avoid telling this last fact to anyone more inclined to express anger. What she or he might think about it will create stress that releases more fear, expressed as even more anger.

Later when you've read more and are ready, **it will be particularly helpful** to remind yourself that when you are "angry" it is actually an expression of fear. Rather than asking yourself something such as, "What's making me angry?" Ask instead, "What might I be thinking that frightens me?"

10. When stress persists, fear, anger and sadness become **chronic moods**. They become depression, anxiety, phobia, panic, rage, guilt, blunted.
11. **Physical byproducts of stress** include, among others, tense muscles as well as breathing, blood flow (for instance, cold hands) and gastric changes. The chronic presence of physical by-products creates and contributes to serious physical problems: disability and premature death.
12. Finally, the acute and chronic emotional byproducts of stress fuel (enable) our **external observable behaviors** that are external influences.

3 Shortcuts to "Best Wellness" Come Next

You might not want more proof of what this program teaches as much as relief that happens soon. I'll offer you three shortcuts in the following pages and the **next chapter**.

Spoken Content

Stress and Moods Mastery primarily focuses at a place in the human psychophysiological process and in a way no other approach does. It concentrates on that area within all of us where the essential cause resides and the solution is required to apply its influence.

This unique approach says, "An adult who has or doesn't want to have ongoing excess stress and its moods needs to sufficiently counter a specific group of misunderstandings (STRESS Notions) subtly begun and maintained by politically correct untruths and by a particular (Little Parent) part of his or her personality. Those ideas are untrue and entirely unknown when they happen and suppress the confidence that most adults already know they need. They are some of his fault-free 'quick interpretive thoughts.' With repeated internal dialog and self-guided imagery—using Confidence-Freeing Facts, inspired by a cluster of accurate and blame-free CARING Answers—he will have the confidence required to get and stay free of enough unhealthy stress or to prevent having it. He does that soon, safely and with the least amount of effort possible."

More than anything else, what makes **Stress and Moods Mastery** work?

Having a convenient way to repeatedly tell yourself original confidence releasing, stress-freeing, stress-preventing facts combined with your highly focused imagination and rapid self-calming. The spoken content portion of this program provides that very "convenient way."

You will soon recognize the many benefits of releasing confidence with your own healthier beliefs. In case you're wondering, this simple process isn't hypnosis . . . but is similar and without any negative effects. You can easily get the latest and free editions of this content recorded for you by returning online to this book at <[www/S&M-Chap1.pdf](http://www.S&M-Chap1.pdf)>.

How to use your spoken content:

- I strongly encourage regularly listening (reading, if you don't listen) to self-reprogram with Confidence-Freeing Facts. They are free on this MP3 audio file <[www./SandMM-facts.mp3](http://www.SandMM-facts.mp3)>, (click to listen), and also listed for you on the next pages.

Please note: The audio and the list that follows will change as I add more chapters and enhance those already written. To benefit most, it's important to occasionally return and check for changes.

- The more you read in this book, the more what you hear and read from the list makes sense and becomes even more valuable.
- When you can use them safely, headphones ensure getting a more powerful effect.
- Listen to the **Facts Track** while you drive, exercise, prepare meals and around those times you had more stress or uncomfortable moods. **Still, do take extra care to keep yourself safe.** Note: You can listen to part of it and return later to finish or listen all the way through.
- You can tape record the **Facts Track** as it plays on your computer. If you prefer, burn a CD.



About self-reprogramming: The beliefs you find here to "reprogram," release confidence, are yours rather than the author's. They are truthful beliefs, called CARING Answers, you have and usually don't realize are there, inside you. Until you adequately, not completely, acknowledge and apply CARING Answers with repeated spoken content and guided imagery and combined with self-calming, you have (will have) too much stress and its uncomfortable and threatening moods.

Confidence-Freeing Facts

People have known for a long time that regularly saying affirmations has amazing beneficial effects. For example, 200 years ago a French physician became frustrated by how little he could do to help his patients. There were few of the medicines and medical procedures we now take for granted. Out of his frustration an important insight was born. He suggested to his patients that each day they look into a mirror and repeatedly say, "Every day in every way I'm getting better and better." Some of them did as he recommended and were better off. That simple affirmation—said repeatedly day-after-day—helped them stay healthy.

Affirmations inspired the Confidence-Freeing Facts I urge you to use. They took nearly 30 years to identify and refine and have three satisfaction-assuring differences:

- They are free of too-vague and conflicting messages.
- They avoid using negatives such as "not."
- They are consistently accurate and exceedingly straightforward.

You will find a list of Confidence-Freeing Facts on the next pages. Some won't make enough sense, not yet. They will make a good deal more as you continue to read.

List of Confidence-Freeing Facts

- If you want to, read or tape record for yourself portions of this list rather than listening to the **Facts Track**.
- Use the words in parentheses when it fits better for you instead of the words just before those parentheses.
- You can write in (record) the name of someone or a pet you love when you find spaces for that.

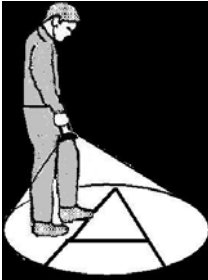
Hello and welcome. I'm Dr. Richard Terry Lovelace.

Please understand that recognizing confidence-freeing facts as true, or probably true, doesn't mean you already knew them well enough. That takes at least three consecutive weeks of listening (reading) and thinking.

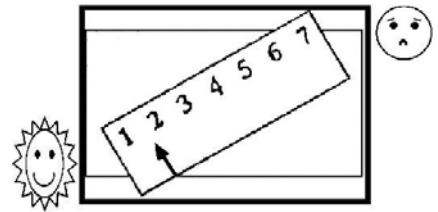
A small part of your personality that unintentionally encouraged having needless stress might **try** to interfere by **mistakenly** identifying what you're encouraged to do as what you've already tried that didn't help or maybe as being silly or too simple.

The more you read and review the workbook . . . the more likely you will understand and agree with the facts and practice what I'm about to offer. We begin with practicing a rapid, self-calming, breathing exercise. Even if it seems familiar, the subtle changes I've added make it unique. As well as you can . . . imagine what's said and say to yourself the following along with me.

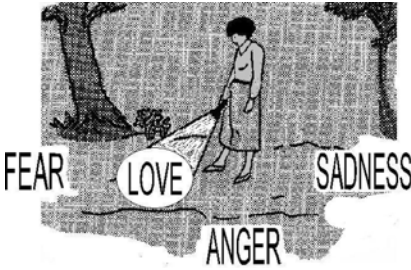
- I practice deep, slow breathing in a special way – counting slowly five to one breathing in and five to one slowly breathing out.
 - In through my nose and out through my mouth.
 - Deep, slow breaths I take this way – one after the other – soon calm and comfort me.
 - Breathing releases, safely, confidence to give away the strain that got in my way.



- I imagine myself in a circle of light with a capital letter "A" with me.
 - So, I accept and use these freeing (caring) facts.
- Accurate beliefs becoming stronger in me ... give away needless stress and its moods.
- Until it happens automatically, most days I regularly imagine my "STRESS RELIEF GAUGE" – something like the fuel gauge on a car but with numbers from 7 to 1.
 - Down and to the one, represents entirely - for a while - free.
- The number - where the pointer points now - shows the then present level of needless stress ... inside me.
 - If I see or sense it pointing to 4 or more, I take deeper, slower breaths - in through my nose and out through my mouth.



- With each deeper, slower breath I take ... the pointer moves closer and closer, and then close enough to the number one.
 - Free or freer from needless, undeserved stress and uncomfortable moods. And, free from any possible obstacles to my success.
- When I recognize uncomfortable feelings (moods) such as anxiety or maybe sadness, and at other times too, I imagine from inside myself . . . looking out.



- I think about (imagine) walking on my path in dark woods or forest. My path is sure to take me to an open, sunlit meadow that's soft and green.
- I see and sense moving my light to where it needs to be: in front and near enough to my feet. Most often, that's where I keep it.
 - Now, I'm more confident, even more capable, comfortable, aware, alert, energized ... loving (caring) of myself and others.
 - I look ahead, briefly, to plan, briefly behind to learn, briefly to the side to protect who and what depends on me.

- I shine my light near my feet and understand when others do the same.
- I will know the future when it gets here.



I think of myself briskly walking and going to protect someone I love.



- I'm without a psychic's sign in my yard or anywhere else.
 - I can, in a way, see and feel myself briskly, confidently walking.
 - Going in the direction of someone _____ (something) needing my protection.
 - I'm going in the direction I choose to go.
- I have a list of what's important for me to do that I hold and read.

- I read and say to myself what I've written such as, "Repeatedly using facts and imagery that make my healthier body and moods."

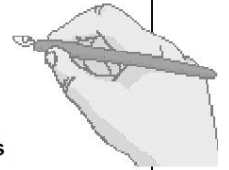
- My healthier, more comfortable body and moods make it easier to keep secure all that does . . . all that will need me.



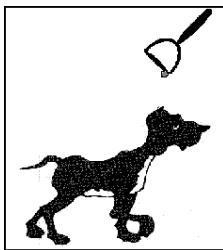
- "Go signs" and "go lights" encourage me to go and safely do what works to give away the undeserved stress and its physical hurt and unnecessary, uncomfortable emotions (moods).
- I lighten-up on myself . . . so my mood becomes lighter (more accurate) safely and stays that way.
- If I had known more (enough)—down deep where it counts—I would have done more, before.

My List of What's Most Important to Do

- 1 Repeatedly using facts and imagery that make my healthier body and moods.
- 2 My healthier more comfortable body and moods make it easier to keep secure all that does . . . all that will depend on me.
- 3 Etc.
- 4 Etc.
- 5 Etc. [Most everything else on this list depends on doing the first two.]



- Even if (when) I doubt it . . . I am a winner.
- What I think that's true creates zero stress and its moods.
- Would I let a youngster drive for or dress me?
 - I refuse to let even a wonderful one decide how I feel about myself and decide the future of someone _____ who (what) depends on me.
- Only young thoughts — mine or someone else's — would doubt I have what's needed to get and stay happier, healthier.
 - Increasingly, the part of me that most surely protects has control.
- Far better to clean or throw away my "shirt" (behavior) that isn't truly me and protect my health and the future of someone _____ who (something that) depends on me.
 - I refuse to throw away this opportunity for happiness and for health.
- I am a more accurate influence on others.
 - I and someone _____ who (something) I love (care about) deserve far better.
- Putting my hands together clearly shows I do care and deserve caring.



- I refuse to respond as a dog does — confusing conditioning (bells) with real habits.
 - I welcome and overcome whatever I mistook for habits before.
 - I am a human being.
- Listening (Reading) and saying these stress relieving facts – I get the proof and control required to do what works.
- I continue reading and thinking.
 - Surely I and someone _____ (something) I love (will love someday) are worth that small amount of time and effort.
- What used to be "mistakes" are, for me, valuable learning experiences.

- Each day I take Three Caring Steps leads me to that so-important learning.
- I deserve better than so-so or average.
 - Someone _____ (What) I care about deserves far better than an average future and average security.
- A real "treat" treats me well.
- A true "reward" has a rewarding effect, LATER.
- What truly matters is what likes or loves me and someone _____ who (something that) depends on me.
- What I think that's true creates zero stress and its moods.
 - Increasingly, I am willing to use only body-fuels that love or like me and in loving, instead of moderate, amounts.



- When the young thoughts in me toss a match (take a needless risk), I refuse to let them toss another.
- When I mess-up, I refuse to give up.
- I avoid cheating myself and someone _____ I do (I will) care about.
- I take control by taking responsibility for what I do and for myself.
- Taking responsibility—instead of blaming myself, stress, anyone or anything else—gives me more confidence and control.
- I give away stress in (with) "CANS."
- I CAN do what's worth any possible difficulty or effort.
- I choose living (loving).

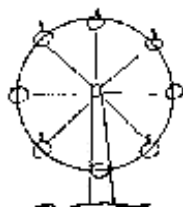
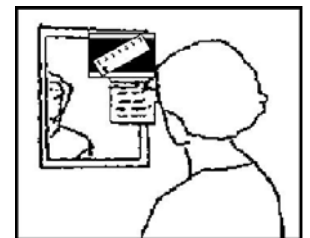


- Protecting futures by giving away stress is far better than any other option.
- The real THREAT(embarrassment, risk) is to avoid doing what works and gives away stress and its moods.
- Whatever my freedom from stress brings is better than any other alternative.
- I keep from KIDding myself. I do care.
- When doing Aerobic Play (exercise), how I move shows how much I care. I move with enthusiasm (feeling). I do care.
- The importance I put on body-fuels (food) is smaller, as my caring (loving) grows.
- Instead of "fast" and certain failure, I choose "FOREVER."
- Instead of a possible "never," I choose "NOW."
- I CAN do what's worth any possible difficulty or discomfort. I choose living (loving).
- I have control and confidence.
- Real "deprivation" (going without) would be going without looking and feeling healthy and being without someone _____ I care about.
- I do what's in my better interest, even if it might please someone I would rather avoid pleasing.
- Loving (Caring) matters more than avoiding what could be difficult or uncomfortable.
- If someone I don't ask for advice says I'm wrong, I am more likely correct than he or she is.
- I get the so-important protection from the younger parts of people who would try to interfere.



- Thinking of what I'm doing as my Avoid Talking About It Program.
- Might someone I don't ask (for his/her opinion) try to discourage me?
- I have courage and confidence.
- Only a youngster would waste affection on (like or love) drugs, alcohol or nicotine, too much food and body-fueling (eating).
- I deserve far better than any hurt done inside me.
- Through my example to youngsters (others) . . . I show the way to confidence and well-deserved health, happiness.

- I am needed more than I know.
- I continue reading and thinking,
- I and those who do now, or will someday, depend on me are worth any effort.
- Listening to (Reading) these unfrosted (up-front) facts . . . I safely get and keep what I need.
- Listening (Reading) – whether I pay attention or otherwise – I safely get and keep enough of what I need.
- I avoid KIDding myself.
- I do care.
- What I think that's true creates zero stress and its moods.



- I take responsibility in order to take essential control in my life.
- What and who truly likes, protects and helps me matters more than what and who I like.
- I approve of myself. Others need to do the same for themselves.
- My life is full of opportunities . . . instead of fairness.
- "Fair" is where I find Ferris wheels.
- I am worth what it takes to have success, a loving life, physical and mental well-being and satisfying relationships.

- My capacity for no-matter-what love of other people grows with my willingness to love (care for) myself, unconditionally.
- I am important and perfectly (exactly) me even when I do, think or feel things that aren't ideal.
- When I have success, money and more, it's because I deserve them.
 - And I deserve them even before I get them.
- I am forgiven and I forgive everyone in my past, present and future.
- When it is to be, it is up to me.
 - It is my responsibility.
 - Only as I think more of me, can I think more of others.
 - As I think more of me, I think less about people who were (are) inaccurate influences.
 - I picture a pile of my clothes.
 - As I pick-up each piece of clothing, I see written on them words or statements such as "my past," "my present," "my future actions (behaviors)," "my feelings (emotions or moods)," "my thoughts."
 - As I sort and near the bottom of the pile, I see (I feel) something moving. Now, I'm eager to uncover it.
 - What I discover (uncover) is "perfect" in the only way that matters.
 - A wonderful, innocent infant – the truth – the true essence of me.
 - I promise to protect, care for it and to give what it needs for health and happiness . . . more than what it likes or wants.
- From inside myself looking out . . . I rise from a seat and leave behind useless stress, distress.
 - My mood surely and safely rises as I rise from that (any) seat.
- I picture my pleasant mist that surrounds me.
 - With each slower, deeper breath – breathing in through my nose and out through my mouth and counting slowing five to one, in and out – I take in and safely absorb that mist and from it what I need.
 - I breathe in and absorb enthusiasm, energy, forgiveness, calm and alert comfort, understanding, affection and more that helps.
- I refuse to confuse add-ons (my shirt) with myself.
 - The more I know what's truly me, the more I care and calmly.
 - What's truly me is worthwhile (easily good enough).



Now, please spend a while practicing that special breathing and imagining some of what's been described that appeals to you.