

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 Thoughts) 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 Stress-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.truthforhealthyliving.org/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 Stress-Freeing Facts. They are free on this MP3 audio file <www.truthforhealthyliving.org/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.

Stress-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 Stress-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 Stress-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 Stress-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.

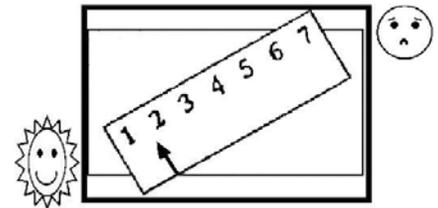
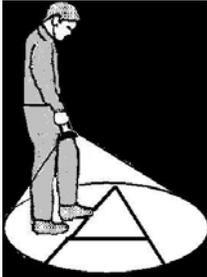
Hello and welcome. I'm Dr. Richard Terry Lovelace.

Please understand that recognizing stress-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.

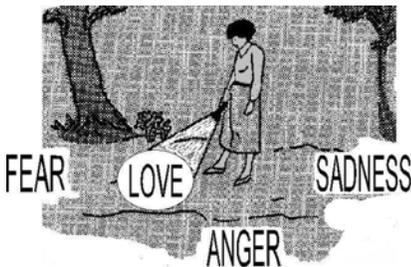
A small part of your personality that unintentionally encouraged having needless stress might **try** to interfere by **mistakenly** identifying what you're encouraged to do as what you've already tried that didn't help or maybe as being silly or too simple.

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."

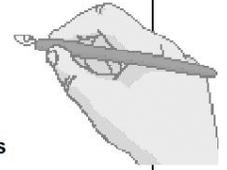
- My healthier, more comfortable body and moods make it easier to keep secure all that does . . . all that will need me.



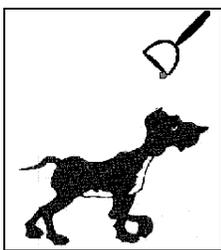
- "Go signs" and "go lights" encourage me to go and safely do what works to give away the undeserved stress and its physical hurt and unnecessary, uncomfortable emotions (moods).
- I lighten-up on myself . . . so my mood becomes lighter (more accurate) safely and stays that way.
- If I had known more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

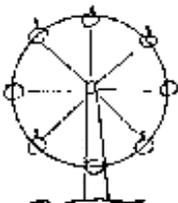
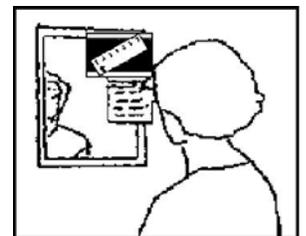


- When the young thoughts in me toss a match (take a needless risk), I refuse to let them toss another.
 - When I mess-up, I refuse to give up.
- I avoid cheating myself and someone _____ I do (I will) care about.
- I take control by taking responsibility for what I do and for myself.
 - Taking responsibility—instead 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 always 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.