

The Negativity Fast

Helps confidence and ability to reach goals.

- Be positive instead
- Live it for the next week

This process re-writes the operating software of your mind.

Process

Whenever you feel bad, Stop what your doing and follow these steps:

First Step, Ask: What are you feeling bad about?

- Notice images and words that come to mind.
- Every feeling in your body is linked to an internal picture, sound, or word you say to yourself in your mind.

Second Step, Listen: For positive message or intention of the emotion.

- Emotions are just messages
- This is the time to pay attention to the emotions.

Third Step, Act: on the Message!

- Make a list of solutions to stop the problem from occurring.
- Take action on at least one.

Fourth Step, Turn Off: The Messengers

- Hang up the phone
- Reset once you have heeded the mind warning.
- Drain all the color out of the image, shrink it down to the size of a postage stamp and send it off into the distance.
- If it pops back still there is still something to be aware of.

Fifth Step, Program Your Desired Future

- Imagine events going exactly the way you want them to go.
- Make a perfect movie in your head and watch it to the end.

Source-Reference:

Notes From **Paul McKenna's** (PHD) book “**Change Your Life in 7 Days**”



Paul William McKenna is a British hypnotist, behavioural scientist, television broadcaster and author of self-help books. [McKenna's Wikipedia](#)