

SAT Exercises

Exercise 1: Recalling significant early memories

In a quiet place, look at your happy and unhappy photos, interact with your avatar in different emotions and recall positive and negative childhood memories and your early relationships in the family.

Exercise 2: Becoming intimate with your Child

- (i) With your eyes closed, first imagine your *happy* photo/avatar, imagining that the Child is near you;
 - (ii) now imagine you are embracing the Child;
 - (iii) now imagine you are playing with the Child, e.g. a game that you played as a Child,
 - (iv) now imagine you are dancing with the Child.
- Reflect on how you feel in each phase.

Next,

- (i) with your eyes closed, imagine your *unhappy* photo/avatar, imagining that the Child is near you;
 - (ii) now imagine you are embracing the Child;
 - (iii) now imagine you are consoling the Child.
- (iv) Open your eyes and put on the Google Cardboard. Set a negative emotion (sad, angry, fearful or disgusted) on your avatar. Then click on "Auto Emotion" and by staring at your Child avatar imagine you are reassuring and comforting your Child which makes them happy and eventually dance.

Reflect on how you feel in each phase.

Exercise 3: Singing a song of affection

- Print several copies of the happy photo to display in different areas at home, at work, and in your wallet.
- Consider setting its digital image as your background on your phone and laptop.
- Select a song with lyrics that you like that invokes feelings of warmth, affection or love.
- Learn the song by heart and sing it as often as you can each day.

- While looking at the happy photo/avatar, sing or recite part or all the selected song, as a way to establish a deep emotional bond with your Child in your mind.
- Start quietly; then, over time, allow your voice to become louder over time while using more of your body (e.g. shaking your shoulders and hands, and lifting your eyebrows up and down).
- Imagine that in this way, like a parent, you are have a loving, passionate dialogue and are joyfully dancing and playing with the Child.

Exercise 4: Expressing love and care for the Child

While genuinely smiling at the happy phot/avatar, loudly say to your Child:

“I passionately love you and deeply care for you.”

Exercise 5: Pledging to care and support our Child

- In this exercise, you start to care for your Child as our own real Child.
- You attribute and project your own emotions to the Child using the photos or the avatar.
- As your adult self, you begin with a pledge you make at an especial time and place that you plan. After reading the pledge silently, you confidently pledge out loud the following:

“From now on, during this therapy, I will seek to act as a devoted and loving parent to this Child, consistently and wholeheartedly care for them in every way possible. I will do everything I can to support the health and emotional growth of this Child”

Exercise 6: Restoring our emotional world after our pledge

- Through imagination or by drawing, you now consider your emotional world, which is the emotional state of the Child, as a home with some derelict parts that you will fully renovate.
- Some of the rooms of the new home are intended to provide a safe haven at times of distress for your Child; others establish a safe base for your Child from which to understand and tackle life’s challenges.
- The new home and its garden is bright and sunny; you imagine carrying out these self-attachment exercises in this environment.

- The unrestored basement of the new house is the remnant of the derelict house and contains your negative emotions including fear, anger and despair. When you suffer from these negative emotions, you imagine that your Child is trapped in this basement and he/she can gradually learn to open the door of the basement, walk out and enter the bright rooms, reuniting with your Adult.

Exercise 7a: Maintaining a loving relationship with your Child

- Choose a short phrase such as “You are my beautiful Child”.
- Say it slowly, out loud at least 5 times as you look at the happy photo/avatar.
- Then sing your favourite chosen song, or your favourite line from it, at least 5 times. As previously, increase your volume and begin to use your whole body.

Exercise 7b: Creating zest for life

- While looking in a mirror, imagine your image to be that of the Child emotionally, then begin to loudly sing your previously chosen song. As previously, increase your volume and begin to use your whole body.
- Do this twice now and then as many times as possible in different circumstances during the day, such as while on the way to work or while cooking dinner, to integrate them into your new life.
- When singing your favorite song becomes a habit of yours, it becomes an effective tool for enhancing positive affects and managing emotions.

Exercise 9: Overcoming your current negative emotions

- With closed eyes, imagine the unhappy photo/avatar and project your negative emotions to the unhappy photo/avatar representing the Child.
- While doing this:
 - (i) loudly reassure your Child, and
 - (ii) give your face/neck/head a self-massage (by removing the Google cardboard if necessary);
- Repeat these steps until you are calmed and comforted.

Exercise 10: Overcoming past pain

- With closed eyes, your recall a painful episode from your childhood - such as emotional or physical abuse, or loss, with all the details you still remember; associating the face of the Child you were in the past with the selected unhappy photo/avatar.

- As soon as recalling the associated emotions such as helplessness, humiliation and rage, with closed eyes you imagine your Adult intervening in the episode by:

(i) approaching your Child quickly as any good parent with their Child in distress,

(ii) loudly reassuring the Child that you have now come to save them, by standing up with a loud voice to the perpetrator, for example: “Why are you hitting my Child?”, and, by supporting the Child with a loud voice, for example: “My darling, I will not let them hurt you anymore.”

(iii) imaginatively cuddling your Child, by a face/neck/head self-massage, and

(iv) repeating (i), (ii) and (iii) until you feel comforted and soothed.

Exercise 11: Muscle relaxation and playful face

- Just as negative patterns can cause rigidity in your mind and behavior, they can also lead to rigidity in the muscles of your face and body, which can limit the emotional development of your Child and the ability to laugh.
- It is therefore vital to loosen up facial and body muscles as you sing your selected songs to simulate and encourage the spontaneity of your Child with a playful face.
- Loosening the body and mind at least twice a day you systematically engage in playing, dancing, laughing and having fun with your Child as parents do with their Children.

Exercise 12: Laughing on your own

- Think of something you have accomplished recently, e.g. doing household chores, having a conversation with a neighbour, or reading an article.
- Begin by smiling at the thought of this as an achievement, then once you are comfortable, begin to laugh for at least 10 seconds, even though at first this may make you feel self-conscious.

Exercise 14: Creating your own brand of laughter

- At a time when you are alone, open your mouth slightly, loosen your face muscles, raise your eyebrows, then slowly and continuously repeat one of the following tones, each of which uses a minimum amount of energy:
eh, eh, eh, eh; or ah, ah, ah, ah; or oh, oh, oh, oh; or uh, uh, uh, uh; or ye, ye, ye, ye
- If you need a subject to laugh at, you can laugh at the silliness of the exercise!
- Once this continuous laughter becomes a habit, you would be able to shape it according to your personality and style to create your own brand of laughter.

Exercise 15: Learning to change your perspective

- (i) Stare at the black vase above and laugh for one minute the moment your perception changes and you see two white faces looking at each other.
- (ii) Stare at the two white faces and laugh for one minute the moment your perception changes and you see the black vase.
- Repeat (i) and (ii) at least twice.



Exercise 16: Learning to be playful about your past pains

- (i) On days 1-3, in the week ahead, visualize a painful event that took place in the distant past that you have struggled with for a long time, and despite its painfulness, try to see a positive impact it has had.
- (ii) Use any of the four rationales for humour to try to laugh at the event.
- (iii) On days 4-7, apply the same process to a recent memory (less than one year ago)

Exercise 20: Practicing Affirmations

- Put together a list of inspirational affirmations by figures you admire.
- Choose the three that inspire you most.
- Read them out and repeat slowly for at least 3 minutes.

Here are 5 affirmations that I would suggest.

(Exercise 20: Practicing Affirmations)

1. **What does not kill me makes me stronger.**
 - Friedrich Nietzsche's *Twilight of the Idols* (1888)
2. **A journey of a thousand miles begins with a single step.**
 - Chapter 64 of the *Dao De Jing* ascribed to Laozi
3. **“My formula for greatness in a human being is Amor fati: that one wants nothing to be different, not forward, not backward, not in all eternity. Not merely bear what is necessary, still less conceal it—all idealism is mendacity in the face of what is necessary—but love it.”**
 - Friedrich Nietzsche, 1888 (1908 published), *Ecce Homo, Why I Am So Clever*, 10
4. **“To those human beings who are of any concern to me I wish suffering, desolation, sickness, ill-treatment, indignities—I wish that they should not remain unfamiliar with profound self-contempt, the torture of self-mistrust, the wretchedness of the vanquished: I have no pity for them, because I wish them the only thing that can prove today whether one is worth anything or not—that one endures.”**
 - Friedrich Nietzsche, *The Will to Power*
5. **“Whoever fights monsters should see to it that in the process he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you.”**
 - Friedrich Nietzsche

Specific Willpower Exercises

Exercise 21 Limit desire and sensual pleasure

Having problems dealing with healthy eating, alcohol & drug control, Sensual pleasure etc.?

We could create specific guidelines for eating unhealthy processed foods, overeating, consuming alcohol, taking soft drugs, and chasing physical pleasure.

1. Don't eat unhealthy foods (such as fried food, ice cream, etc.) under normal circumstances, if you must, such as participating in the party or special circumstances, then it's better to set a limit (for example no more than three times a week, with each intake not exceeding 200g)
2. If you have a problem with overeating, you should limit your daily calorie intake. The recommended daily calorie intake for women is 2,000 calories and for males is 2,500 calories. If you're hungry, fill your stomach with low-calorie foods like veggies. You could also do a salad day once a week.
3. Generally avoid alcohol, if you must, limit your consumption.
4. If you're using soft drugs or cigarettes, you should stop.
5. As is well known, ahead of football games, coaches often ask players not to indulge in sexual activity. Restrain sexual activity helps maintain discipline and willpower. Using this experience, we can increase willpower by minimizing sexual activity.

Exercise 22 Forgo a bad habit every day

Forgo a bad habit/one pleasure every day. Refrain yourself every day. It could be for example do not eat chocolate, do not play video games, do not drink alcohol etc.

Before Easter, Christians would do fast, such as the famous Lenten sacrifice.

Jews also have a similar fast: ta'anit or ta'anis (a fast in Judaism)

Exercise 23 Strengthen your muscle to strengthen your willpower

Strengthen your muscle is related to strengthen your willpower. Endure minor physical pain could help strengthen your willpower. Do something muscle strengthen exercises.

Exercise 24 Need less, lead a simple life

When we have the impulse to consume, we can think twice before asking ourselves if we have ever bought similar products? Is this really needed? Is it really useful to you? Can you afford it financially? Does it belong to excessive consumption? If you still feel the need, then instead of buying it right away, wait another day and decide the next day. Buy it if you really need it. This prevents us from impulse spending.

Peer pressure is extremely powerful, almost everyone wants to be liked, popular, if not, at least not to be laughed at by classmates.

Now the bombardment of a large number of advertisements derived from Zeitgeist has made us unconsciously receive a lot of tempting information, and we are prone to succumb to them, which may weaken the will in the long run. So, fight off messages and not to give in to them has become a topic worthy of discussion.

When we see classmates buy the latest mobile phone, or wear the most popular clothes, and are popular among classmates, we will also have an illusion that if I also buy these phones and clothes, I will also become popular.

In fact, our goal is to become popular, and there is more than one way to achieve this goal. For example, we can spend energy to improve academic performance, and we can spend time practicing a skill: such as swimming, chess, basketball, etc. We need to switch concentration, do some productive work. But to do this also requires us to be strong enough to be different.

So, let's not be brainwashed by advertisers and simply associate buying the latest product with becoming popular. Being popular is a complex and multifaceted aggregate. Becoming popular also means that this person is different from all living beings, he has his own shining point.