

## **SHIFTING YOUR GEARS:** **A Short Step by Step Guide to Calming Emotions**

\*Take your time with each step. If you find that your emotions and mind chatter are too intense and active to successfully do the exercise below, I suggest doing my Emotional Vomiting Technique first and then returning to this exercise. You can also find a guided audio version on my website [www.davidcummins.net](http://www.davidcummins.net) that walks you through the steps.

**1. Create Space:** when possible, find a quiet safe space and position yourself in a comfortable relaxed position of either sitting or lying down. Set aside as much time as you may need.

**2. Observe Body:** without judgement observe where the uncomfortable energy/sensations are located in your body with interest, areas of tension, vibration, tightness, your breath rate, etc. Acknowledge/thank the body for trying to protect you with the emotion while helping it understand the protection is unnecessary at this time.

**3. Deep Breaths:** focus on your breath, breathe deeply and fully filling your belly on the inhale, while lengthening your exhales to twice the length of the inhale. Play and explore with the breath. Try a loud sighing sound, blow out fast and forceful or really slowly. Breathe in the way that feels good. Ride the breath.

**4. Collecting and Releasing Energy:** while focusing your breath, imagine collecting some of the uncomfortable energy/sensations into your belly on the inhale and then releasing it on the exhale. Draw it into the belly and blow it out.

**5. Let the Mind Drift:** Don't try to stop the mind chatter. Once you notice the chatter, don't get upset with it. Regard it as a success that you caught it, see it as just a thought/story, then let it drift away like a cloud, and refocus on the breath. Focusing on the breath and this exercise will help your mind quiet naturally.

**6. Mantra/Repetitive Word:** Saying a word(s) you trust over and over again to the part of your mind or body that will help it to release the energy/emotion. Ex: release, it's OK, safe, here and now, let it go, just thoughts/stories, etc.

**7. Accentuate the Release:** While saying the mantra to yourself use an imaginary way of releasing the discomfort/stuck energy such as steam or smoke, putting it in a boat or hot air balloon, etc. and let it drift away on the exhale. Visually or kinetically sense the energy floating away on its own. Seeing it become smaller and smaller as it dissipates. You can use your breath to blow it further away.

**8. Positive Word and Symbol:** Think of the word that you would like to feel such as calm, at ease, free, strong, or confident. Identify a symbol that fits this word such as a color of light, a place, an object in nature, and/or a wild animal, bird or insect. Imagine the symbol for a while and then start saying the word to yourself over and over again. Breathe the feeling of the symbol in and feel it build within your body with each breath.

**9. Future Image:** continue breathing in and imaging pleasant feeling/symbol as you shift your focus to envision yourself taking this new feeling/energy/behavior into your future. See and feel yourself succeeding in specific situations. Be detailed with it because being specific with the visualization helps the primitive mind experience it as it is happening "now", which programs it more effectively. Feel it in your body, see yourself being it, imagine yourself doing it while saying the positive words and feeling the symbols.

*Written by David Cummins, PhD at [www.davidcummins.net](http://www.davidcummins.net) with acknowledgement to Dr. Jon Connelly, Founder of Rapid Resolution Therapy, for inspiring this article*

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## **SHIFTING YOUR GEARS:** **Personal Symbols**

You can use the form below to write out your words and symbols allowing you to come back and practice the exercise over and over again. Each time you do it, you create stronger and stronger associations with the words/symbols with a relaxed state of mind and body. Once you have paired these symbols/words long enough then you will merely have to say and imagine them to yourself while taking a breath to quickly shift you state of being.

**Release Word:** \_\_\_\_\_

**Accentuating the Release:** \_\_\_\_\_

**Positive Word:** \_\_\_\_\_

### **Positive Symbols**

**Light:** \_\_\_\_\_

**Fragrance:** \_\_\_\_\_

**Sound:** \_\_\_\_\_

**Place in Nature:** \_\_\_\_\_

**Object in Nature:** \_\_\_\_\_

**Wild Bird, Animal or Insect:** \_\_\_\_\_

**Future Image (with details):** \_\_\_\_\_

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