



## Inner Circle 2nd October 2016 - Notes

How many times have you got annoyed and said something you regretted later?

Things happen and you can either get annoyed by them and make decisions from that state of mind, but they are not going to be good decisions...

Good decisions come from good thinking, good states of mind.

Good thinking has to do with good brain chemistry and good brain chemistry comes from your thoughts and your physiology.

### **Visual Squash NLP Technique**

This technique is for resolving a conflict, when part of you wants to do one thing and part of you wants to do another. When it's something as small as not being able to decide between going for Italian or India for dinner. With theses small decisions use the fast 'clap' instant decision version of this and have the resolve of mind to stick with that decision.

When it is something bigger, use this technique in its full form.

#1: Identify the two conflicting parts

#2: Imagine each of the parts in your two upturned palms. See what they look like, hear what they sound like and how they make you feel.

#3: Notice the positive intention for each part.

#4: Bring your hands together to create a new super-part that will achieve all the outcomes, including all of the best of each of the two parts.

#5: Bring both your hands together and integrate the new super-part inside you.