



Peak Power Hypnosis

Calm Composure

PLANNING TO BE CALM

How often do you hear people say things like *'I will be really annoyed if...'* or *'I will be really upset if...'* What is happening here is that this person is planning to be stressed, annoyed or wound up, if such and such happens. People do this all the time without ever thinking about the consequences.

What if you planned to be calm, relaxed and in a resourceful place? On planet earth things happen. Its how you chose to respond to them that is a measure of your character. The children will 'play up', the car will brake down, your computer will lose that valuable data, stuff happens. Plan to be able to deal with it better and you will be healthier, happier and more youthful looking.



PLANNING TO BE CALM AND RELAXED EXERCISE

1: Pick a situation that happens regularly that you become stressed or upset in.

2: Close your eyes and see yourself getting wound up in that situation, then laugh at it. Open your eyes.

3: Next close your eyes again and see yourself acting in a much more relaxed, calm and focused manner. Then imagine floating inside that much more relaxed and calm version of you and feel what it is like to be in that situation in a much more relaxed way. Then imagine seeing yourself being even more relaxed in the situation.

4: Open your eyes and repeat with two other similar situations.

Do this now because it won't work until you do it. Invest just 2 – 3 minutes of your time in doing this and notice how differently you react next time you are in that situation and feel good about being different next time.

Repeat this as often as you like and with as many things as you like.

It certainly works when people tell themselves that they 'are going to be annoyed if such and such happens'. Generally they do what they imagined or said they were going to do. So instead do the clever thing and take a few moments to plan to be calmer and more relaxed. Planning from both the point of view of seeing yourself being relaxed and imagining being relaxed as in the above exercise whilst also laughing at the old way of doing it is very powerful. Does it mean you will never ever get stressed in any situation again? Of course not. Does it mean that you will become much more able to function in situations like that situation, that in the past used to cause you stress? Yes.