

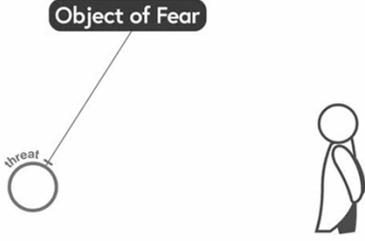
Stopping the Noise in Your Head

Poor strategy

It's all defense!

7

The "Getting Rid of" Problem



Object of Fear

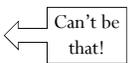
threat

9

Step back

10

Step back in 3 ways

- Step back to gain new perspective
- Step away from content 
- Step back from moment & label it

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Change your frame of reference



THIS IS SERIOUS!

This is a mental game

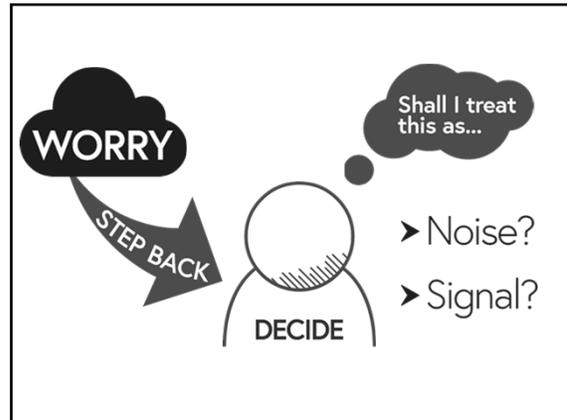
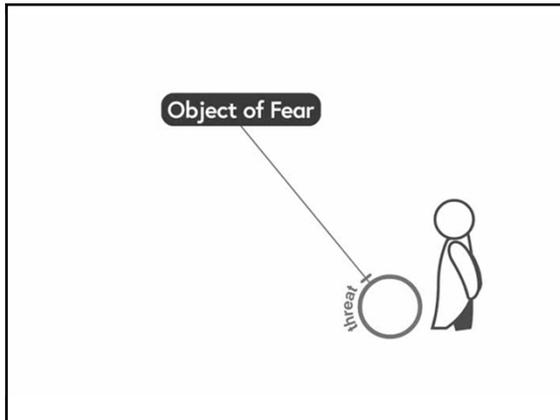
12

What is the work?

To address your intolerance of

Doubt & Distress

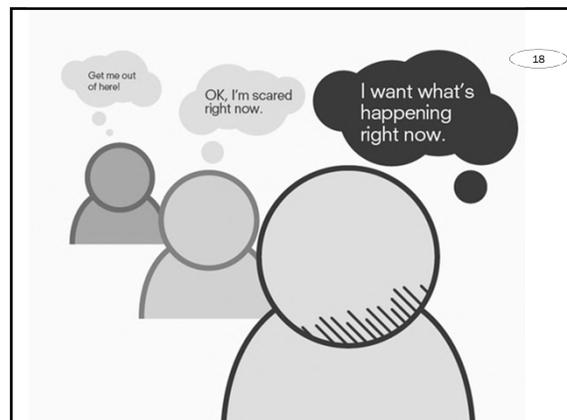
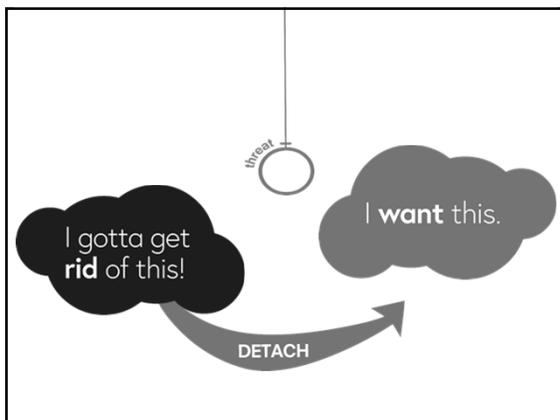
Stopping the Noise in Your Head



Why Step Back in Moment? 15

- Signal or noise?
- Step back to step up — grab a new perspective

Want it 16



Stopping the Noise in Your Head

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The work is not about your uncomfortable sensations.

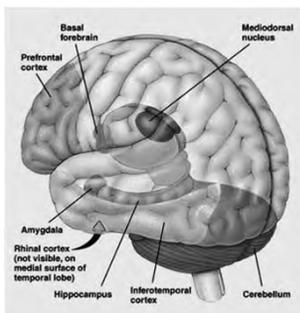
It's about your response to the sensations.

20

- Want this very moment... what's going on right now
- You only have 2 choices

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The amygdala



“I want this”

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Giving Your Amygdala a Chance to Learn

Notice threatening thought, image or impulse



Want that!



Notice that you feel scare



Want that!

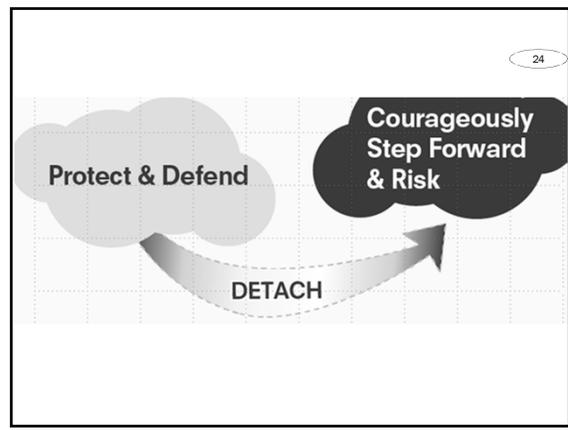


Hang out while feeling uncertain & frightened

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Step forward

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Stopping the Noise in Your Head

<i>Protect & Defend</i>	<i>Step Forward & Risk</i>
<i>Be sure everything is okay</i>	→ Seek out doubt
<i>Get comfortable</i>	→ Provoke your discomfort
<i>Treat fearful thoughts seriously</i>	→ Treat fearful thoughts absurdly
<i>Stay safe</i>	→ Aggress into new territory
<i>Feel confident before acting</i>	→ Scare yourself



Stepping Forward

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Step 1: Create Your Strategy

1. Act as though the content is irrelevant
2. Accept the worry (or obsession) when it pops up
3. Seek out uncertainty
4. Seek out anxiety
5. Create rules if you need them

Step 2: Talk yourself through it
[Mary will show you, next]

Mary

28

10 years

Claustrophobia + Panic

- flying, tunnels, elevators, parking garages

Opening – Session 2

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“Unfortunately...”

“I thought about it quite a bit...”

Self-talk: “It’s not going to collapse...”

“It won’t be pleasant...”

“I went to the darkest place I could find...”

“I tried to make it as unpleasant as I could”

The first 60-meter ski jump

I'll be fine.	A little bit.
Have fun.	A little bit?
I'll do it. Well... Here--goes--	Yeah.
something, I guess. You can	Is it any steeper, do you
do this. I'm going to jump.	think?
You got it.	Same steepness; it's just
Whoa... My ski's slipping off.	longer.
Just remember: never	Just longer. Just longer. Just
snowplow, okay?	a bigger 20, that's all.
No snowplows.	Yep. Have fun.
Just keep it straight, & you'll	It's just a bigger 20.
be fine. Just do the same	Go ahead. You got this.
thing you did on the 20.	I got it.
Okay. Straight. Do you go	You'll do fine.
faster on the end-run?	Okay. Here... I... Go.

Stopping the Noise in Your Head

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(a little taste of...)

Be cunning

Be cunning

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To be cunning requires...

A person who is "all in"

- ✓ "I am not holding back. I am coming at you. I am throwing caution to the wind. If I need to take what you are dishing out in order to get stronger, then please give me 2 servings now."

But you have to decide

Be cunning

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Act as though...

I want to take actions right now as though...

- ✓ everything is OK just the way it is unfolding
- ✓ this is exactly what needs to be happening right now
- ✓ I have enough skills
- ✓ The content of my obsession is irrelevant

Be cunning

Get big! — Change who is in charge

"Bad dog!"



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NoiseInYourHead.com

- 6 FREE brief episodes teaching principles
- FREE download of all 50 charts, tables & figures from *Stopping the Noise in Your Head*

DontPanicLive.com

- FREE download of all forms from *Don't Panic*
- FREE download of transcripts for formal relaxation & breathing skills

Stopping the Noise in Your Head

Free Self-Help Site



Free E-Newsletter

Thank you