

“ZOOM” Away Negative Thoughts

- Recognize (or create) the picture of the thought
- Notice the details of the picture. Do this step only until the process becomes natural for you, then, it will not be necessary. Is the picture:
 - Color or black and white?
 - Framed or all around you?
 - Looking through your own eyes or seeing yourself in the picture?
 - Moving or still?
 - Distant or near?
 - Clear or fuzzy?
- Change the picture one step at a time so it becomes:
 - Still
 - Black and white
 - See yourself in the picture
 - The size of an 8” x 10” photograph held at arm’s length
- Notice the decrease in feeling.
- *Now, shrink it down to the size of a postage stamp and...*
- *Zoom it out to the far wall* – leave it up there small and dark like a postage stamp.
- Notice the feelings gone now. If there are still some feelings, move the picture to different locations on the screen of your mind such as, lower left hand corner, upper right hand corner, behind you, on the building across the street, etc. Where can you place the picture so the feelings disappear completely?

Experiment with the technique to make it yours. Be creative. Have fun. Do you want to put the picture in a box and toss the box out a window, blow it up, or mail it away?

Can you associate (anchor) a word to the entire process such as: “out, boom, zoom,” etc? Sometimes a verbal anchor speeds up the process.

Remember, like everything else you ever learned, this takes practice to get to the point where it is fast and automatic. “Zoom” with diligence and it will work. You will get control of your thoughts before they have a chance to control you. After all, if you aren’t in control of your thoughts, who is?