

## **Week 7 Video 1: The Cycle Of Emotional Habits**

I want to talk with you a little bit about the cycle of emotional habits. How are habits formed? And before I get into that part, I want to share that when we have sad feelings or anger or grief, we back track, start all over again.

I'm going to start by making a statement that sounds a little odd considering all the videos you've watched which you've learned from me already which is that all emotions and feelings are good - even the negative ones. What? You're thinking. She's been talking about getting rid of negative thoughts and feelings and now she is telling us they're good? Well, in a way, they really are.

When you think about it, when we can have a feeling of sadness which is a natural feeling. When we have, for example, a feeling of frustration, what that really is, it's a sign that what we're doing isn't working and it's a sign that we need to do something different.

So if you're frustrated on your computer and you're putting in the same password, and the next time put in the same password, and the next time put in the same password, that frustration means time to do something different.

If you're feeling lonely, it's simply a sign that you need to spend time with people. The solution? Either find a way to make new friends or call relatives.

If you're feeling afraid or worried, what can you do to find ways to overcome that worry or fear, like my client yesterday who was worried about his dog going into a kennel for a week while he was at the shore. What steps could he take? In fact, I asked him, what steps can you take? Well, I can go visit any maybe that'll help me feel better knowing what my dog's going to experience. Maybe we can do a half day so I can feel how it feels.

But the truth is, when we have these feelings, the feelings of frustration, grief, loneliness, sadness, anger, fear, shame – I'm trying to think of what other ones would go there –Boredom. What's that a sign of? It's a sign that you got to do something that interests you, right? Boredom. Boredom is a big one isn't it, for some people. Now, my husband, he can amuse himself if he was living in a paper bag. He never gets bored. I used to get bored a lot. I don't get bored anymore. And I always find interesting things to do or something to read.

And let's see, shame, it's another feeling, another emotion.

Worry. I don't know if I ever told you about my friend who calls me – I think I did – who calls me when the first snowstorm is ready, "Oh my gosh, you got to go get eggs and milk and butter and you know just in case the power goes out" and she has a pantry full of all this. If I go out and get it, then I go "Okay. Done everything I can to take care of

things so no need to worry.” If we lose the power, we put on our winter coats. We deal. She, however, continues to worry regardless of whatever action she takes.

When we have these feelings, here’s what happens, it’s human nature to ignore them if we don’t like feeling them. Nobody wants to feel any of these things, and so subconsciously, our subconscious mind that’s designed to protect us is going to do its best to ignore them.

So here we go, ignore, and it does a pretty good job doesn’t it? It does a really good job but you know what happens sometimes? Those feelings are so powerful they seep through the ignoring part. And so, ignoring doesn’t work, it doesn’t work at all. These feelings just kind of keep going through, nothing changes.

And so what happens is, when ignoring doesn’t work and those feelings keep on coming through because frankly, many of these things happen frequently to people don’t they. If you’re feeling – hh here’s another one, guilt – that’s one that never seems to go away, right? I don’t know if you can see that on the board but it’s there at the bottom. So some of these things, we think about them all the time, don’t we? And so, what our wonderful subconscious mind does to help us is that ignoring doesn’t work after a while does it? It doesn’t do a thing. And so, what the subconscious says is, got to do something to distract from these feelings. And those feelings, because those negative feelings don’t stop, our mind wants to find something that feels good to take its place to protect us even for a short period of time. And so what happens is, we find a way to distract ourselves, hopefully, that’s legal but to distract ourselves, it must feel good, must be easily repeatable, and pretty easily accessible. So and one of the things that happens is, many people will find food and eating as a great way to distract themselves from feelings. You’ve probably heard the phrase about emotional eating and what that is and we’re going to talk more about that later one.

Eating is one of the biggest things that people do especially when they’re bored or when they’re unhappy or when they’re frustrated. Of course, there are some people who say, “Well, I just eat all the time. Even when I’m happy I eat.” I guarantee you, it’s one of these things that’s causing the emotional eating. I’m not talking about physical hunger. I’m talking about overeating the foods that make people overweight that they’re unhappy about and eating and feeling bad afterwards. I mean, if I’m hungry and I’m eating an apple and some vegetables and a piece of chicken, I’m not feeling guilty afterwards, it’s only if I’m eating the cake and the cookies or the hoagies or the pizza.

What else do people do? Well, here’s another thing, some people drink. And I’m not talking just drinking I’m talking two three glasses a night. Even people who are alcoholics, do you think that they are not dealing with these kinds of things? Yeah, probably.

Other people smoke, some people actually do drugs, some people shop, some people bite their nails. Some people pull their hair, that’s the trichotillomania. So I’ll just call it hair pulling.

Some people exercise and I don't mean exercise like an hour a day. I actually had a client once who is a licensed dietician and she worked at a health club and she was beautiful and slender and young. She was about 26. She came to see me because she was exercising 4 hours a day. She also was eating in such a way that she was causing herself to lose more and more weight. So did she have these things? Yeah, we focused on these things.

Another thing that people do is video games and the internet, and there's also of course, gambling. All these things feel good while you're doing them. Eating is pleasurable while people are eating. Drinking feels good. Afterwards, if people overeat, do they feel good? No. Drink too much? No, they regret it. Smoked too much, drugs, shop, nail biting, all these things when they do too much of them cause them to feel bad. And when somebody does these, let's say, somebody overeats and they feel bad, they're going right back to this list aren't they?

So here it goes, overeating, they feel shamed or frustrated, they go back to one of these things, one of these feelings. And guess what? We don't want to feel these feelings. We hate these feelings. They don't feel good and so we try to ignore them and ignoring them doesn't work, and so we distract ourselves, and distracting works for a time, but then we feel bad, and guess what? That cycle keeps on going. That's the cycle of the emotional habits. Well, when people come to see us, for example, nail biting, which is pretty common, professionals tend to see me for nail biting because they're ashamed. They bite their nails, they feel ashamed. They're frustrated they can't stop. It keeps on going.

However, fear not, dear video viewer and future hypnotherapists, there is a way to stop this cycle. We don't have to keep on going with this. However, to stop it, it does take time. It does take practice. It takes reinforcement but it also takes your knowledge to help a client stop it and right over here is where you're going to stop it. This little part right down here because when we do these things and we feel bad goes to here so we stop the pattern, we interrupt the pattern right here. And the way to do that has a lot to do with what the client says to themselves after they have done something. So when the client does something and gets to hear, we have to do something different so that this does not continue to happen, and what happens here is compassion. Probably surprised you a little bit or maybe not. This is where compassion comes in. and it's interesting they're starting to have some studies out there with some psychologists about using compassion and this is compassion towards our self.

So when we think about the inner subconscious mind, it's kind of like that little 5 or 8-year-old. And if I'm overeating and I'm beating myself up afterwards, I shouldn't have done that. I should've known better. I'm trying to lose weight, I can't, that really is awful. Why the heck did I do that? I was really bad. I am so ashamed. Every time I say that over here, I'm actually saying that to my inner little child. I'm really beating her up aren't i? Is she going to feel bad? Absolutely. She's going to feel awful.

Now, interesting that the things that we say to ourselves and people say to themselves that “I’m ashamed, I shouldn’t have done that, that was really bad,” people wouldn’t treat their children that way or their friends would they? They would never say that to a child. They would never say that to a friend or beat a child up from making a mistake, right? But we do that to ourselves. And so, I’m going to show you in a moment what we’re going to do differently here to stop this pattern.

**[00:14:01 END OF VIDEO]**