

Gifts and Lessons

When every event in your life is categorized as either a gift or lesson, you will begin to see these events as having a beneficial quality to your growth.

Gifts - good things occur to us every day. We do not take the time to acknowledge that as frequently as we should. Because life goes so quickly by, those small positive events can be lost in the hurly-burly of the day.

Gifts can come in many forms. They can be a positive interaction with your children or spouse. They could be a success in another realm of your life.

The way the gift is received is equally important. For example, if are told you did exceptionally well on an assignment, you have two ways you can deal with that gift.

If you say, "Thank you, I really appreciate you telling me that." Even as you say the words you are acknowledging that they are worthy of the complement. Additionally, you are telling the person his/her opinion has value. You are receiving the compliment graciously.

On the other hand, if you say, "No, it was not all that great," you are saying you are not worthy of feeling good about yourself. This negative self-view is the foundation you are building your life on. Additionally, you are saying his/her opinion means nothing to you. In truth, not accepting the positive compliment is insulting to the person who gave that complement.

By listing five or more things that were gifts during the day, you will begin to see them more readily and accept that. One of the rules of the subconscious mind is, "Expectations tend to be realized." When you know you will be listing these gifts at the end of the day, you will be actively looking for them as the day progresses. By being consistent, the day will soon, out of habit, find more and more positive things and build a better foundation from where you are now.

This is not to be blind to the negative events that occur during the day. The negative feelings are created because they are attempting to move toward a more positive feeling. We are by nature self-correcting. When something negative occurs in our lives, we take action to mitigate the negativity. After the action is taken that initial negative charge no longer serves a purpose.

This is where lessons come in. Life will frequently throw things at us that will make us feel out of balance. A bad result on a test, a friend insulting you, failure to complete a task to the best of your ability are merely a few examples of how we could feel negative about ourselves.

While these events did occur, it is the way they are viewed that determines whether they will have a lasting effect on our lives. If they look at the negative result of any interaction as an evaluation of yourself as a person, it can be very damaging.

If an insult or snide remark is taken to heart, it can cause long-lasting ramifications.

So what action can be taken to mitigate the damage that could be done? By the end of the day these events have run their course and can become lessons that give a greater sense of control.

By listing the negative events of the day and determining what they can teach you, you began to take control of your reaction and the damage done.

If they see the bad result of an assignment as a reminder of how you must be diligent in the way you prepare, you have taken a lesson that will allow you to succeed in a similar endeavor when it arises again.

If the insult a friend gave you was justified, you what can determine action that will prevent their friend from having to say it again.

If the insult your friend gave was unjustified, you can realize it has no meaning and therefore should be let go.

As the day goes along the negative events that occur will slowly become the lessons you can go over at the end of the day. The damage these events caused will be addressed and you will begin to view the negativity as an opportunity for to grow stronger, better prepared, and more resilient.

Once again, consistency is the key. When you know at the end of the day the gifts and lessons will be listed and examined, you will begin to categorize those events in these two ways. You will use the gifts to solidify your positive self-image and the lessons as examples of how you can self-correct and take better control of your lives.

In this package, there is a simple template for gifts and lessons for you to copy and fill out every evening. If you are consistent with this, you will begin to do it reflectively and create a feeling of control over the vagaries of life.

Gifts and Lessons

There are the positive things that occurred to me during the day that I feel good about. I deserve these things, because I am a good person who deserves to feel good about myself.

1.

2.

3.

4.

5.

6.

7.

These are the negative things that occurred to me during the day that need to be addressed. As I list them, I will think of how I can use them to move my life forward in a positive way. As I write them down and write the lesson

they can teach me, I let the negativity disappear because I will have taken action to prevent them from happening again.

1.

Action/Lesson to be taken -

2.

Action/Lesson to be taken -

3.

Action/Lesson to be taken -

4.

Action/Lesson to be taken -

5.

Action/Lesson to be taken -

6.

Action/Lesson to be taken -

3 Steps to Prepare Your Client for a Successful Session

Purpose: To Get Your Clients to Have Happier Lives

While all hypnosis should be client centered, you need to have a positive partner.

Step One: Your client must be the most important person in their own life.

If they are not the most important person in their own life, why would they accept the incredible opportunity to improve the quality of their own life.

When they do this, they improve their own universe in the best way possible.

Step Two: Eliminate all negativity in their lives

Thoreau said that “The mass of men(people) live lives of quiet desperation.

If the funnel created for them has two outcomes – gifts and lessons – their opportunity to wallow in negativity is ameliorated.

Give your client a gift and seeing how they react can be an informative exercise and help explain why they may have self-sabotaging tendencies.

If all events are seen as lessons, the initial shock of the negative event has less of an opportunity to take purchase in the client’s Subconscious Mind

Step Three – Have a destination for the process. This does not need to be in the immediate future, but it has to be able to be perceived, if only as a skeleton to begin with.

Any questions, contact me at TimHornPhD1@aol.com

Take Notes Below to carry with you.