



STOP Thinking One Way, **START** Thinking A New Way

STOP! Stop doing anything and everything to 'try' to heal. The truth is there is nothing to heal. The issue lies in your mind and the over-sensitized and habitual neural pathways from your brain to your body. Your mind thinks what you are feeling in your body is a problem, and that you need to do something about it. The feelings (symptoms & emotions) themselves are not dangerous and threatening. It is your mind's perception that they are dangerous and threatening. It is your mind that creates this resistance and reaction to what you feel. The mind keeps these feelings stuck and keeps you feeling the same way. When I finally came to this realization, I stopped trying to change what was happening in me. That's when things started to change. It seems so simple and counterintuitive, but it works. It works because what's going on is not really wrong, dangerous, or threatening to begin with. You need to stop thinking one way and start thinking a new way about what's happening in yourself. This is changing your brain and neural pathways, which we know are at the heart of these chronic issues. So here's what ya need to do.....

STOP.... Avoiding your pain, symptoms, uncomfortable emotions, hobbies, exercise, and life.

STOP.... Resisting your pain, symptoms, and uncomfortable emotions.

STOP.... Reacting to your pain, symptoms, and uncomfortable emotions.

STOP.... Closing Down to your pain, symptoms, and uncomfortable emotions.

STOP.... Opposing your pain, symptoms, and uncomfortable emotions.

STOP.... Searching & Looking for answers to your pain, symptoms & uncomfortable emotions.



STOP.... Worrying about your pain, symptoms, and uncomfortable emotions.

STOP.... Trying to Fix your pain, symptoms, and uncomfortable emotions.

STOP.... Trying to Make your pain, symptoms, and uncomfortable emotions go away.

STOP.... Trying to Change your pain, symptoms, and uncomfortable emotions.

STOP.... Trying to Numb your pain, symptoms, and uncomfortable emotions.

STOP.... Trying to Fight your pain, symptoms, and uncomfortable emotions.

STOP.... Trying to Flee your pain, symptoms, and uncomfortable emotions.

STOP.... Trying.

Once you STOP, then you can START to change course and reframe what's happening in your mind. We are talking about a 180 degree turn here, a short cut from having to go full circle. You are moving your mind from thinking there's a problem to fix to realizing there is actually no problem at all. There is really nothing wrong except your mind's perception of what you feel right now. STOP thinking one way, and START thinking the opposite way.

START.... Accepting your pain, symptoms, and uncomfortable emotions.

START.... Allowing your pain, symptoms, and uncomfortable emotions.

START.... Inviting in your pain, symptoms, and uncomfortable emotions.

START.... Opening up to your pain, symptoms, and uncomfortable emotions.

START.... Surrendering to your pain, symptoms, and uncomfortable emotions.

START.... Relaxing into your pain, symptoms, and uncomfortable emotions.



START.... Embracing your pain, symptoms, and uncomfortable emotions.

START.... Realizing your pain, symptoms, and uncomfortable emotions are normal and ok.

START.... Letting your pain, symptoms, and uncomfortable emotions run their course.

START.... Engaging in your hobbies, exercise, and activities again.

START.... Living your life again.

When you START to do these things, you will START to feel better. This is the way out. It's this ah-ha moment, this realization, and this perception that set me free of my chronic anxiety and chronic pains. I was able to stop the years of different treatments and trying... to fix something that really didn't need fixing. It's not what's happening that matters it's your PERCEPTION of what's happening that matters most. This is the change in the brain that changes the body.

Once you change your perception, this is when your reality starts to change. There is a quote I have never forgotten: "What you believe is what your life will be". Do you believe there is something wrong the symptoms, the feelings, and the thoughts you experience? OR do you believe what you experience is nothing really sinister, but just an output of the brain and nervous system in your body? With most chronic pain, the brain and nervous system ARE the heart of the issue. Once you understand and realize this, you will STOP thinking one way and START thinking a new way about what's happening.

The symptoms, the fear, the rumination, the catastrophizing, the anxiety, the worry, the thoughts and the feelings- they are just part of a brain and nervous system response that becomes conditioned and then becomes chronic over time. The secret is you don't have to fix these things. They will actually fix themselves when you stop playing into all this stuff. When you START thinking a new way, the body will follow suit. Just keep coming back to this realization and it will set you free. My role is to help you get to this point. Take care!!

