

SNAP OUT OF IT!

*3 FOOLPROOF TECHNIQUES
TO FEEL BETTER FAST*



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GET TO KNOW NLP

In this free guide, you're going to hear me refer to something called NLP, Neuro-Linguistic Programming. NLP incorporates the most significant components involved in our human experience: neurology, language, and programming.

The neurological system regulates how the body functions, language determines how we interact and communicate with others, and our programming dictates how we show up in the

world. NLP is the study of human excellence, here, we're applying it to those crappy moments life hands us so you can master your life and feel better fast.

You're in the perfect place to go from feeling UGH to feeling like AHHHH and it's going to be way easier than you could have imagined.

Terrific news — Your unconscious mind holds the keys to your sanity

You're going to get to know how your unconscious mind works—and once you do, you set yourself up for instant relief. And not the kind you hear about in painkiller commercials.

Head's up. These techniques are designed to help you move from a minor negative state to a neutral or positive state. These exercises will help you deal with annoyances, frustrations or disagreements like a fight with a friend or coworker, frustrations with a child, or a disagreement with a partner.

If you've got some big unresolved, trickier issues like stuff with your parents, are trying to forgive a cheater or abuser, you're going to need something that digs deeper. **I can help you with this too.**

THE UNCONSCIOUS MIND — THE KEY TO FEELING BETTER FAST (LIKE REALLY, REALLY FAST)

The methods of tapping into the incredible power of your unconscious mind are simple, and once you know how it works and apply the techniques from this guide, you'll be able to take control and manage your state of mind in the moment.

In the past, maybe you've used your strong will to muscle your way to serenity. You can think about what's not working all day long — doing this usually works against you.



WHAT'S THE UNCONSCIOUS MIND?

The unconscious mind (also known as your subconscious mind) is the part of consciousness we're unaware of — information that we're not actively mindful of in the moment but can influence us, such as things we hear, see, imagine, or remember. This is where we store memories, emotions, beliefs, patterns, and behaviors. The unconscious mind's primary job is to run your body. You don't need me to remind you to breathe as you read this. That's your unconscious mind at work.

The unconscious mind aims to serve and protect. It sets the stage for us to repeat patterns, behaviors, keeps us in our comfort zone, and is the manifester of our reality today. It doesn't know the difference between what's real, imagined, or remembered so depending on our focus, it supports us in making change and in staying the same.

Research shows that change happens at the unconscious level before we experience it consciously. This is precisely what we're going to take advantage of to go from an icky state to a neutral or more positive state.

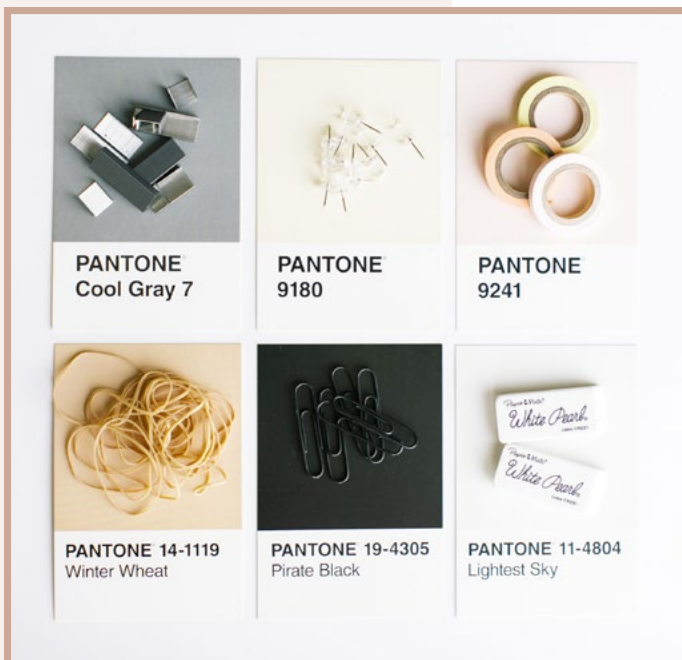
In this fun guide, you're going to use the power of mental pictures to feel the way you want to feel.



YOUR BRAIN IS WORKING HARD

We've got big brains, so naturally we'd assume (scientists assumed this too) that our brains have tremendous information processing capability. Except they don't. When researchers attempted to measure the brain's information processing capabilities during "intelligent" or "conscious" activities (reading or writing), they came up with a maximum capability of less than 50 bits per second.

If you can read 300 words a minute, that's about 5 words a second. Compare this with how much data our senses gather from the environment — a whopping 11 million bits per second (according to **Encyclopedia Britannica**). That's a lot of extra data to the tune of almost all of it!



It's mind blowing how much (or should I say, little) our brains actually process, so we chunk information to make it easier. Chunking, or clustering, is the function of grouping related information together—such as types of fruits and vegetables.

By chunking information, our brains can increase the channel capacity of the short-term memory; but only if the chunks are relevant to us.

MILLER'S LAW—THE DIFFERENCE IS IN THE CHUNKS

In 1956, George A. Miller, a cognitive psychologist, said that the number of items an average human can hold in working memory is 7, plus or minus 2. And the number of chunks we can remember immediately after presentation depends on the chunk category (e.g., span is around 7 for digits, around 6 for letters, and around 5 for words). Miller wrote an important paper on chunking. [Click here if you want to learn more.](#)

Here's an example:

- The number 19145550172 is difficult for us to remember
- Let's break it into logical chunks: 1 914 555 0172
- Now, we know it's a phone number (please don't call this number, I made it up)
- We can add delimiters (like spaces, parentheses, and dashes) to make chunking even more effective 1 (914) 555-0172

The main reason you'd cluster data would be to enhance your working memory. How we process these 7 +/- 2 chunks of information is dictated by our focus in a given moment and our focus sets up an unconscious expectation and filters information accordingly. This is the reason no two people will experience an event exactly the same way.

It's why you can go to the movie with friends and walk out of the theatre thinking it was amazing, while your friend hated it and is getting in line for a refund.

It's why you might remember the details of a conversation vastly different from someone else. The thing is, everything probably happened exactly as each person perceived. The difference is the chunks each of them actually processed out of all the data available in that experience.

WHO'S DRIVING THE BUS ANYWAY?

How we make sense of our experiences is unique to each of us. Specifically, we filter information out of every experience by deleting, distorting or generalizing without even realizing what we're doing — what we're left with after this filtering of the experience then drives our behaviors. Thanks unconscious mind!

Why am I telling you all this?

Because your sense of “reality” is determined every single second by what you consciously or unconsciously choose to process. This includes the pictures you create in your mind.

Before we get to how you can use pictures to choose to feel better, you need to understand a little information behind the techniques.



6 THINGS YOU MUST KNOW TO WORK WITH MENTAL PICTURES

1. Understand the Difference Between Association and Dissociation.

The association dissociation pattern is a powerful way to control our state (happy, sad, excited, etc.)

When you're associated into an experience you see a picture in your mind as if you're looking through your own eyes. You relive the experience and all the feelings that come along with it — these feelings can be intense.

When you're dissociated from an experience, you have a picture in your mind in which your body is in the picture. You merely observe yourself having the experience from a distance, so the feelings are less intense.

This is why the more you complain to your colleagues about the jerk who cut you off on the highway this morning, the more you'll associate into the experience and as a result, feel crappier.

Let's try a feel-good example. Let's pretend you want to travel to Fiji for your next birthday. To practice association, you'd imagine yourself in a vivid 3D movie, walking on the beach, feeling the silky soft sand between your toes, holding your partner's hand, and the sun warming your left cheek. You'll hear the sounds of waves gently rolling in on the shore and smell the warm salty air. It's as if you're there, seeing, hearing, smelling, and feeling it with all your senses.

Now, to disassociate, you'd imagine a small, 2D photograph of yourself walking on the beach. You'd be outside of your body, witnessing the event as a passive spectator.

Depending on your goal, association and dissociation will serve a powerful purpose. Keep this in mind as we move on.

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2. Embrace the Power of Pictures



We're going to warm up your picture-making engine. Think about a time when you felt really good. Pull up a picture of this in your mind, an image of your happy memory. Just seeing it, you feel great. Notice how the picture looks and how wonderful it makes you feel.

Imagine the picture getting brighter and brighter. As if you're adjusting the brightness settings of a picture on your smart phone. Now, zoom in and make the picture bigger. Pause and notice how your feelings change. Are they more intensely positive?

Now, take your picture and shrink it like you'd "pinch" a smart phone pic to make it smaller, dim the brightness, and make it distant. Change your picture from full color to black and white. If you experienced your image as a movie, make it a still photo. How do you feel when you look at it now? Are your feelings more or less happy? Stronger or weaker?

Now put the image back to how it was when you started. For most of us, when we make an image bigger, brighter, and closer, it intensifies our feelings. On the flip side, shrinking it and making it dull, black and white, and far away makes our feelings weaker and less intense.

People who regularly feel depressed may often have a habit of seeing their happy experiences as small, dim, colorless, far-away pictures and their crappy experiences as big, bright, front and center. When they bring up pictures of their happy memories, nothing feels good, making life feel emptier.

Most of us look at internal pictures hundreds or thousands of times each day—this is good news because we have just as many opportunities to rock out feeling fabulous each day too!

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3. Work With the Pictures You Already Have in Your Mind

When we get to the exercise, avoid creating a brand new picture. Work with the pictures that naturally already exist in your mind. The picture will be somewhere outside of your body — remember you're trusting your unconscious mind as you do this. The picture may or may not be crystal clear. The images will become more pronounced as you practice the exercises.

Tip: Ask your unconscious mind to bring up a picture of an event (perhaps a fun experience or a recent fight) and watch what happens. The picture WILL show up. All you have to do is trust the process.

4. Practice With a Different Situation Every Time

Once you do the exercise with one negative experience, the negative state that experience evokes will improve. Choose a different recent negative experience to serve as the backdrop for each of these techniques. Perhaps it's an argument with a partner or a family member.

5. Use Your Imagination

Using your imagination, you'll work with your conscious and unconscious mind. Remember: your unconscious mind doesn't know the difference between real, imagined, and remembered, which is why these techniques are so powerful! As such, you'll direct the process via the commands or questions you ask yourself — silently or aloud (preferred) and the answers that come through primarily as pictures, sounds, and feelings.

6 Follow Instructions

These techniques will work—when you follow the guidance I lay out here exactly as you read it. Save your rule-breaker tendencies for another time. Your Instructions:

- I. Once you learn how to do the process, each technique takes 1 to 2 minutes to complete. Maybe 3 to 4 minutes for the last one.
- II. Allow some time to pass between the event and doing the techniques. So don't excuse yourself in the middle of a disagreement to practice snapping out of it. Instead, finish the interaction, take a few minutes to calm down, then find a quiet place to do the work. I mean it! Otherwise, you could stay associated in the process which may make working through the experience more intense and challenging.
- III. Do this indoors or outdoors, where you can do this without distraction and find a clear open space making sure you have at least ten feet between you and the nearest empty space on a nearby wall.
- IV. When you complete the technique, you will still have the memory and know exactly what happened, but you'll feel better — either neutral, positive or your perspective will be more logic-based as opposed to emotion-based.
- V. Keep your eyes open during the process, and defocus a little by looking straight ahead. Because you'll use your imagination, you may want to close them — don't.

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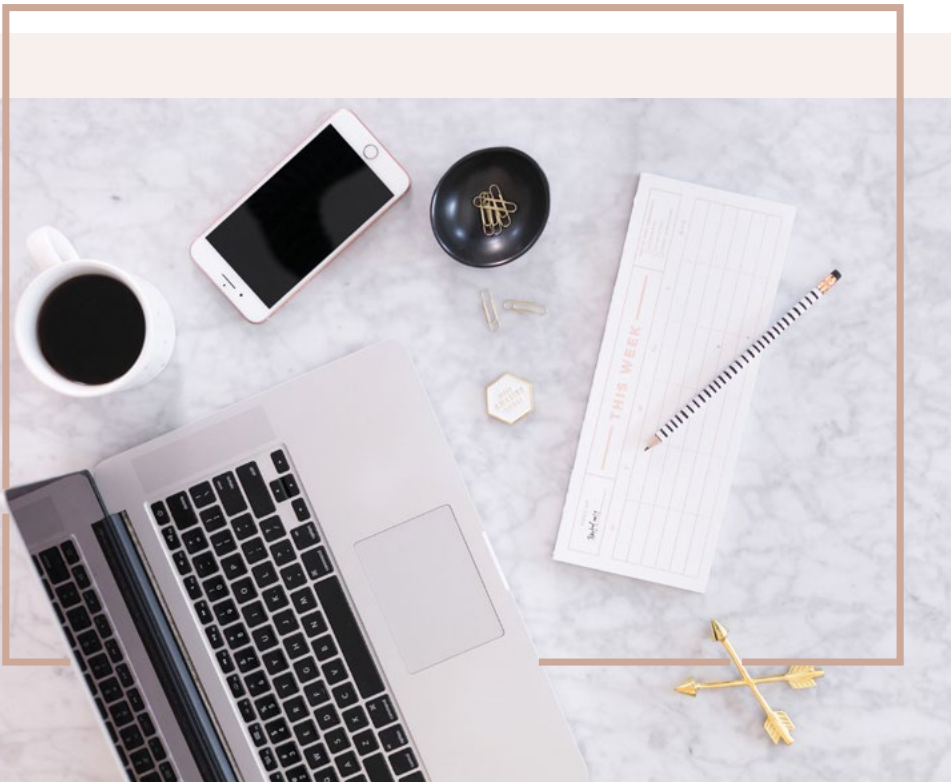
The 3 Techniques

YES! LET'S GET TO IT!

Read the instructions below to guide you through each process.

There are three processes. Try each one with a different negative experience in mind, and choose your favorite the next time you have a crappy encounter.

You'll want to use a different negative event for each technique. If you use the same event or experience, you'll negate the effect and make the exercise counterproductive.



Important: Before you begin, have your specific negative interaction in mind. As you ask the questions, remember to ask them aloud if you can.

Technique 1

Change it up! Changing the location and association

1. Ask yourself, “As I think of [X experience], do I have a picture?”
2. Bring to mind the picture of [X experience].
3. Point to the location of the picture as it comes to mind. It may be in front of you, to the right, to the left, close to the wall, in the corner of the room, etc.
4. Notice if in the picture you’re looking through your eyes (associated) or if you see your body in the picture (dissociated).
5. If you’re looking through your eyes, step out of the picture and see your body in the picture.
6. If your body is in the picture, step into your body so that you’re looking through your own eyes.
7. Take the picture and visually move it to the bottom left corner of your field of vision making it as small as a postage stamp. Follow this movement with your eyes and don’t look back to its original spot. And if it feels good, shrink it even more until the picture disappears altogether. If you like, gesture with your left hand as if easily moving the image completely outside of your awareness.
8. **Important:** Now, quickly shift into a more alert state. Do something that will help you snap out of it like snapping your fingers or asking a question such as, “*What’s the weather like today?*” or “*What’s for dinner?*” Anything that will move you out of the state you were in while doing the technique.
9. Test the results by asking yourself, “*What about that thing I was so upset about?*”
10. Your new state should feel more resourceful and positive and the stuck feelings should be fizzled out.

Technique 2

Find a better-feeling picture

1. Ask yourself, *"As I think of [X experience], do I have a picture?"*
2. Bring to mind the picture of [X experience].
3. Point to the location of the picture in your mind. We'll call this picture #1.
4. Ask yourself, *"What's a similarly difficult experience that resolved itself and although it was difficult at the time, no longer affects me?"*
5. Ask yourself, *"As I think of that experience, do I have a picture?"*
6. Point to the location of the second picture. The location will be different. We'll call this picture #2.
7. Notice the difference between the location of picture #1 and picture #2.
8. Take picture #1 (your current experience) and quickly move it (visually) to the location of picture #2 (where you had resolution and are totally over it) so that picture #1 is directly on top of picture #2. You can no longer see picture #2 now and only see picture #1.
9. Make sure you see your body in the picture (dissociated). And if you're associated (seeing it through your eyes), jump out of the picture so you can see your body in the picture. This is very important!
10. Lock the picture in place with imaginary super glue so it stays put. Try to visually move it and notice that you cannot. If it moves, follow instructions and superglue the dang thing (blow on it to dry the glue if you like).
11. Important: Now, quickly shift into a more alert state. Do something that will help you snap out of it like snapping your fingers, or asking a question such as, *"What's the weather like today?"* or *"What's for dinner?"* Anything that will move you out of the state you were in while doing the technique.
12. Test the results by asking yourself, *"What about that thing I was so upset about?"*
13. Your new state should feel resourceful and more positive and the stuck feelings should be fizzled out.

Technique 3

Step out of the picture

1. Stand up with 3-5 feet of open space in front of you and 10-15 feet of open space behind you.
2. Ask yourself, "As I think of [X experience], do I have a picture?"
3. Bring to mind the picture of [X experience].
4. Dissociate from the picture so that you see your body in the picture.
5. Position yourself in front of it so that you're looking straight at the picture. Make the picture bigger, brighter, and life-size.
6. Take a step forward into the picture so now you're associated and are seeing the picture through your eyes. Here you are. Inside the gigantic, life-sized picture.
7. Notice everything that's happening. Notice what you're seeing, hearing, and feeling by being fully and completely in this space. Really feel the feelings of having this experience. Stay here for no more than 30 seconds and as long as it takes for you feel as if this experience is happening all over again. This step might be uncomfortable, and it will be over quickly!
8. Being fully associated, now step out of the picture by taking a big step back so that the picture is in front of you and you now become dissociated and see your body in the picture. Notice the picture looks a little smaller as you stepped back. Take roughly 10-20 seconds to assess the intensity of your emotions. They should feel less intense.
9. Take one more big step back while still focusing on the picture in front of you and while still seeing your body in the picture. Really notice that the picture is getting smaller with every step away. Again, take 10-20 seconds to assess the intensity of your emotions. It should feel even less intense now.
10. Take a third big step back while still focusing on the picture in front of you and while still seeing your body in the picture. The picture should be pretty small and far away by now. Take 10-20 seconds to check on your emotions. They should be almost gone or completely dissipated.

Technique 3

Step out of the picture

11. Take a fourth and final big step back while still focusing on the picture in front of you and while seeing your body in the picture. The picture looks small now. One last time, check on your emotions. Poof! They're gone.
12. Important: Now, quickly shift into a more alert state. Do something that will help you snap out of it like snapping your fingers, or asking a question such as, "*What's the weather like today?*" or "*What's for dinner?*" Anything that will move you out of the state you were in while doing the technique.
13. Test the results by asking yourself, "*What about that thing I was so upset about?*"
14. Your new state should feel resourceful and positive and the stuck feelings should be fizzled out.



WHAT TO DO NEXT

Know this: This stuff works!

When you follow the instructions and get comfortable with getting uncomfortable for the sake of your peace of mind, these techniques will improve the intensity of minor negative states.

Review each of the three options and try the one that feels right to you. While all techniques will do the job—and work every time, you might have a favorite. We're working with how your brain processes data and everyone's specific chunking method is going to be different.

Follow the guidance laid out for you above.

Your sanity is worth it.

Did you find this helpful? Please share it with a friend.

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Learn about all the ways we can **work together here**. Including private coaching for:

- Couples
- People looking for love
- Entrepreneurs ready to go big in their business

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I'm a master coach trainer who works with coaches who know they're meant for more, yet have mindset blocks standing in their way. They want to make more money, land higher level clients, and to change lives.



Using NLP, Time Line Therapy®, and hypnosis, I teach them how to change the beliefs, patterns, and behaviors that aren't supporting them so that they can reach their goals, and make more money while serving their clients and find more joy in all areas of their lives.

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It's about you making changes exactly where you are and then seeing where that leads. Because of the techniques I use to make changes at the unconscious level — changes last.

» Learn more about breakthrough coaching, NLP Coach School, live training, and more here.

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