

NEW BEHAVIOR GENERATOR script

1. Preparation: Put yourself into a relaxed state, make yourself comfortable.

In your mind's eye, see yourself sitting in an empty theatre looking up at a blank movie screen in front of you, watching 'another you' up on the screen doing all the learning in this exercise, as you observe it going on from your seat. Only when you are completely satisfied with your results will the new skills be integrated into you. To ensure your success, place a Plexiglas wall to separate yourself from the 'other you'.

2. Choose a task: Now, think of something you desire to perform in the most excellent way. Something when finished will have you feel motivated and happy.

3. Notice the benefits: Watch the 'other you' and see what it will look like when you have completed the task, including all positive feelings and consequences of having it done, both the direct and the indirect benefits, and all future benefits that will result.

4. Perform the task: Now, see that 'other you' doing the task easily and effortlessly. As that 'other you' does the task, that 'other you' keeps in their mind the image of the task finished and feels good in response to seeing it all done. Notice that the internal voice of the 'other you' is enticing and encouraging, reminding you of the future rewards and how much you have already accomplished towards the goal. Finally, see that 'other you' delighted having it done and enjoying the reward when the task has been completed.

5. Review and adjustment: If you are not completely satisfied with what you see then let your unconscious mind reorganize and make any minor adjustments needed to feel good about the outcome. Make sure the adjustments are pleasing to you and you now feel completely satisfied with the way it all looks. Are you now satisfied the 'other you' has mastered this new skill? Run it once again a little faster and review it again to notice how the 'other you' feels very good in completing the task.

6. Integration: When you are fully satisfied, let the Plexiglas wall fall away, and draw into yourself this 'other you' who has all these new learning's and skills. Some people actually reach out and imagine drawing this other self into themselves. Some even may feel a tingle or a sense of energy of some kind.

7. Future pace: Now, take a moment and consider a time in the future when you will perform this task. See yourself performing it exquisitely and effortlessly all to your complete satisfaction!