

Individual, Couple & Family Counseling

Specializing in:

Transforming Anxiety

Habit Control

Brief, Solution-Focused Therapy

Clinical and Medical Hypnotherapy

Sport and Performance Psychology

Corporate Training and Coaching

Sport and Performance Psychology

Workshops Designed for Individuals and Teams

Joseph Dowling, M.S., LPC

## HOW TO BECOME SMART ENOUGH TO KNOW WHEN TO STOP THINKING

Powerfully calm, natural techniques to transform anxiety, negative thinking and toxic worry into lasting solutions

### Joseph Dowling, M.S., LPC

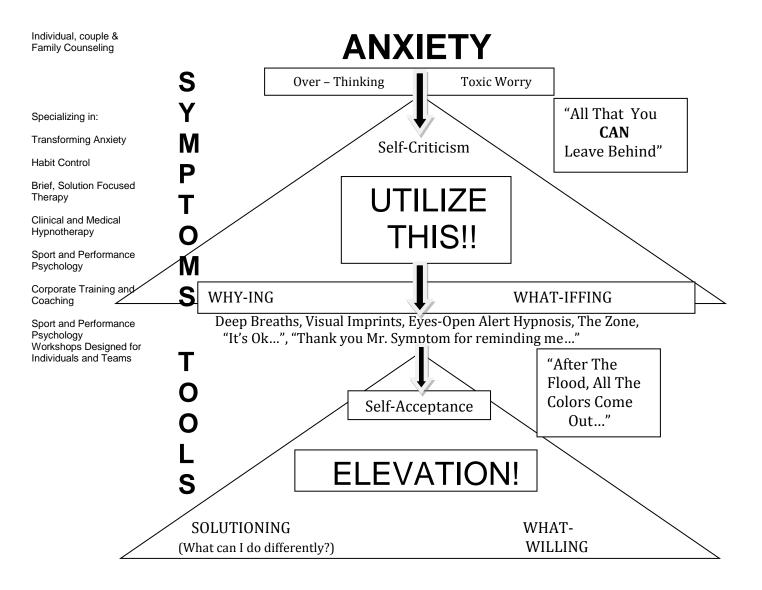
The Eleventh Brief Therapy Conference The New Brief Therapy **Treating Anxiety, Depression & Trauma** Anaheim, California

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Sport and Performance Psychology Workshops Designed for Individuals and Teams How Do You Dismantle an Atomic What If?

## THE ART OF WHAT-WILLING

- 1. Transport your client back and forth, in time and space, accessing her unique history of success and future memories of her best self.
- 2. What-Willing is the therapeutic polarity of What-IFFing.
- 3. A pragmatic, realistic approach to your world view.

#### What-IFFing

- What IF I fail the test...
- What IF I lose the sale...
- What IF she leaves...
- What IF a purple leopard breaks in the house...

#### What-IFFing

- Equals eternal stuckness, moment after moment
- Is the world's greatest
- symptom phrase - Keeps people in the
- symptom cycle
- -Is the executioner of energy -reports to King Anxiety

#### What-Willing

DO the best I can...Ace the Test...What Will it be like When I allow things to Unfold...When I TRUST MYSELF...,When THAT beautiful leopard brings gifts

It Will be great, AMAZING EDUCATIONAL, GROWTHFUL... JUST RIGHT FOR ME.

"I'm wondering what you WILL do with all of that new found energy" - Milton H. Erickson, M.D.



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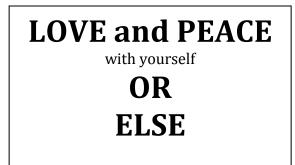
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### SELF CRITICISM WILL RULE

Self-criticism is relentless, yet can be remarkably subtle, a self-doubt, a 'why', a "what-if" can be as powerful as an ALL-NIGHT round of bitter self-loathing.

### THE 3T'S OF DISSOLVING SELF CRITICISM

"...Dr. Erickson loved to flex his utilization muscles..."

-Jeffrey K. Zeig, Ph.D. Personal Communication, 2004

1) **Translate:** Self- criticism is utilized as a positive trigger to speak a language of self-support.

2) **Transport:** Self -criticism is utilized as a cue to transport yourself to a new dimension of time.

A 1-3 minute power trance can reconnect you with your personal history of success and future memories of your best self.

3) Transform: Pretend to play the part of your very best self.



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2 BRIEF THERAPY TECHNIQUES TO CREATE LASTING SOLUTIONS

\* Whenever feeling stuck in a moment, a relationship, a career choice, in any type of dilemma....

Do the following:

#### **Technique #1**

- A) Close your eyes and take 5 very slow, very deep breaths.
- B) Imagine yourself watching a movie with your favorite movie star playing the part of YOUR VERY BEST SELF.
- C) Ask yourself, "What do I want the actor in the movie to do? See, feel, experience the lead actor really BEING YOUR VERY BEST SELF.

#### Technique #2

Ι

A) Imagine a loved one, a best friend or family member, and ask yourself, "How would advise them and guide them? What would I say to really empower this person I care so much about?"

These Techniques Produce Lasting Solutions By:

- 1) Creating new perspectives, images, and experiences.
- 2) Stepping out of the problem in order to experience solution(s).
- 3) Stepping in to your best self.

## **\*IS IT REALLY ACTING IF IT FEELS SO RIGHT?**

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