



“Coaching: A powerful alliance designed to forward and enhance the lifelong process of human learning, effectiveness and fulfilment.”

State Control

How to help yourself feel good anytime you want

Has anyone ever said to you, “wow, you’re in such a terrible angry state today?”

When we are talking about our state, we are really talking about three specific parts that make us feel the way we feel at any one time. You’ll know that some days you are full of energy; you feel you can accomplish miracles. Other days it’s an effort to start getting up at all. Remember, your moods affect everyone around you, and can therefore affect your whole family, all your friends, and anyone you come into contact with.

When you’re in a good mood or state, doing things is easy. It’s easy to learn things, and it’s easy to do what you need to do around the house. When you’re feeling in a really bad mood, or you are in a bad state, things are not so good. Work seems hard and it’s more difficult to deal with other people.

But think for a minute, the outside world has not changed, but how you feel, your state, makes it seem different. How we interpret or think about what is happening to us is what makes us feel the way we feel. It’s not **so** much the things that happen to us in themselves that force us to feel bad, as the meaning we make of those events.

For example, if you meet somebody and they are a little bit angry with you, if you are feeling in a bad mood already; it’s easy to be angry back, isn’t it? However, if you are feeling on top of the world, its your birthday and everything is going perfectly, if somebody is a bit angry with you when you are feeling good, you can ride over it and smile back, and perhaps even change the way they feel, and make them happy too, can’t you?

Think for a minute...

Can you change the past?
Can you change the future?
Can you change other people?



.....No!
.....No!
.....Not really.

BUT

Can you change yourself?

.....YES!!

By changing yourself, and how you feel, in other words your mood or state at any one time, not only can you change yourself, but you may well influence other people, and make them feel better, or change the world in that way. And in this way, you may actually change the future too! Who knows. So when you think about it, you have choices about what state or mood you would prefer to have at any one time.

There are key things to remember in controlling the way you feel:

1. What we call our **physiology**. How you stand, breathe, move your body. Try this experiment now. Stand with your head hanging down, looking to the floor, with your shoulders sagging, and put a big sour expression on your face. Done it? Good.



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How do you feel? Now try standing tall, look up and put a silly smile on your face. Now how do you feel? Have you noticed just how you stand makes you feel a little different. So that's one thing.

2. The second thing is **language**. Have you noticed there's a little voice inside your head talking away all the time? Your internal voice saying, "ahh, this is good, this is bad, I feel good, I feel bad, it's fair, it's not fair", etc. You can control this voice and ask it to say better things. Try this: Make your internal voice say "ahh, I feel really awful today, nothing good is going to happen, I feel miserable, it's not fair". And see how you feel. Now try this: "Well, it's a great day. I'm sure things are going to work out. I feel better every moment! In fact, I feel unstoppable, simply the best!" If you do these little exercises with complete involvement, you should find that you feel different from one to the other.

3. The third part that makes up your mood or state is your **beliefs**. What you actually believe. If you believe something is possible, quite often, it turns out that it is. Equally, if you believe that it's impossible, you may be right there too. Many people have overcome extraordinary odds, just because they refused to believe that it was impossible. They believed in themselves, and they believed in the positive and quite often, through sheer force of character they have made things happen. Can you think of an example of this? Somebody who has overcome the odds, because they were determined, and they believed it was possible.

Have you heard of Roger Bannister. He was the first man to run a mile in under four minutes. No-one believed it was possible. However within months of his record breaking attempt over twenty other people ran it too. It just needed one man to show the world the impossible was possible.

CHANGING YOUR EMOTIONAL STATE EXPERIMENT

Think of a particularly good example of a good time you have had, it doesn't matter how long ago it was.

Now, this is the experiment. Relive the experience, now, seeking the people and things around you just as you did at the time. Hear the sounds again – the voices, and other noises that were there, and *enjoy again the good feelings that were associated with that experience*.

The event you were thinking about was in the past, but the memory is in the present. Recall these memories in any way you like. You might like to experiment with your mental picture. For example, make it *bigger, or brighter*, and see if it makes the feelings more *intense*. Make the *sounds louder* and clearer, and notice if that adds to your experience. *You have just*

Memory is not like a scrap book, full of pressed dead flowers. The events live on. By reliving, we can relive the feelings too. The key to using past experiences to make yourself feel good, is to imagine yourself there right now, and to see the world as if you are seeing it through your own eyes, rather than looking at it as if it were far away. So remember, imagine that you are seeing it with your own eyes, you're in there, it's all happening to you now, in your imagination. And remember that particularly good experience that you had, turn up the sound, make it brighter and bigger, and increase those great feelings in your body. Then feel how you feel. You could do this any time you want.

Powerful stuff!





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"Habit is either the best of servants or the worst of masters"
Nathaniel Emmens