

Techniques Readers Can Apply at Home

Benjamin's methods rely heavily on understanding how unresolved events and relationships for the past create their own worst nightmare: repetition in the present.

This is because when we are overwhelmed we "freeze" our feelings until we are ready to deal with them. This is an important safety valve, but we've become very bad at letting go of these frozen feelings later on. So they don't get left behind in the past; they stay frozen in every present attaching themselves to people and situations.

One powerful DIY technique therefore is to begin to notice not just what happens in your life but how you feel about it. When you have strong reactions to events or people chances are that 80% of the intensity of your reaction is due to frozen feelings that you are carrying being reactivated. This is a great opportunity therefore to notice what you might be still carrying from the past.

The trick is to follow the clue of the feelings, not the reality of the triggering event or situation. So, make a list of the feelings that come up in today's undesirable situations, and then ask yourself, "when was the first time that I remember feeling that way". This begins to re-create the links that have been lost.

Memories and feelings about the past may then surface. Simply note these down and don't worry about them. Chances are that they relate to things that were difficult to handle in the past, but now only feel like they are. If you are remembering them, then that means you are ready to process them now, let go of them and move on to a better future. Take action on what you learn.

Having someone help you with this inventory and guide you with your action plan. That's when you could turn to a Happy Hour personal trainer for help.