



How to Stop Worrying and Relax

With Kevin Garrington

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Introduction

The How to Stop Worrying and Relax mp3 audio has two tracks; the first track explains the use of the sheet enclosed – *Conscious Thought Processing* and the second track is the hypnotherapy treatment session. I have also enclosed a copy of the script so you can also read through it

I would suggest reading through the documents first and then listening to the instructions on the mp3. Play the mp3 as often as you can for the hypnotherapy treatment

This is a process that works naturally with the mind to give you what you want, which is peace of mind. As long as you apply it, it will work for you. It can be challenging at first but that's only because it's unfamiliar and something you haven't done before. Simply persist with it and in a very short time frame you will be stress and worry free.

Results differ from individual to individual, some people have immediate and instant results, others require more input i.e some individuals a matter of days, sometimes two to three weeks to be permanently worry and stress free. These are well proven strategies and techniques that I use every day in my practice that have proven to work with everyone that works with them. Just apply, let your mind do the rest

Conscious Thought Processing

This process has proven itself to work with the thousands of people I have helped- as long as you apply yourself to it then it will work for you too

Firstly, the Conscious Thought Processing (CTP) – if you apply this you will not be able to suffer any worry or undue stress again! Which means that you will not get a build up of stress, which means that you will be able to feel relaxed at all times. The inability to relax can come about because of our worry or stressful thoughts so it makes sense that if we take these away then we can never get stressed again and can remain relaxed.

I'm about to teach you how to process and qualify your thoughts correctly; we don't fight our thoughts or try to prevent them coming in because we know that doesn't stop them so what we need to do is to process them and teach our mind not to let them in. That way we are not letting in any thoughts that could create a stressful state of mind and prevent us relaxing. We do this 'consciously' and repetitively in order for our unconscious mind to pick it up and do it for us automatically i.e. create a new habit, a new way of thinking

The way that we do that is I want you to imagine that there is a part of your mind, the unconscious, or subconscious part. Imagine that this part sits in a nice big comfortable armchair in your head and it watches and sees all your thoughts, and in front of your unconscious I want you to imagine a huge high tech flat screen TV – and your thoughts are now coming onto the screen first – they are

not coming straight in – when you think about what you are thinking about I want you to apply this way of processing your thoughts – so think of a thought now and pop it up on the screen – now you are going to process or ‘qualify it’ with 3 separate questions to see if you want this thought in your head –

First question – if you refer to the sheet, is *"is it good for me if I think about this? Yes or no "Does it make me feel good if I think about this? Yes or no – if the answer is no then you simply say "I'm sorry you can't come in, it doesn't make me feel good if I think about this thought"* and so you dismiss it, you don't let the thought in – now what will happen is that the thought will probably come back, and it may come back several times, this is fine, don't worry about this, this is the way the mind works for you at this point,

**all I ask you to do is to simply process the thought
consistently every time it may appear in your mind**

– if you need to you can ask the second and third question,

Second question *is it of benefit for me if I think about this? – does it benefit me if I think about this? Yes or no, if it's a no then simply say "I'm sorry you can't come in you're not of benefit for me you can go away"* – the same thing will probably happen that the thought will come back again, that's fine just simply keep processing the thought, your mind will have other thoughts or you'll get distracted, the important thing is that you have processed the thought correctly

– If you think about this logically, why would you let anything into your head that makes you feel bad or is of no benefit?!!!,

but that's what you have been doing,

Third question *"is there anything I can do about this? Yes or no – if you get a no, same again "I'm sorry you can't come in etc;*

The objective is to process and qualify your thoughts, by so doing applying this process will automatically stop these worry or negative thoughts continuing. Those thoughts have been preventing you being relaxed!

The majority of rubbish we keep in our heads occupying our minds is either stuff that's already happened or stuff we think might happen in the future;

this mind processing works because it works in the way the mind works, as long as you apply it, its like sorting out a box room full of rubbish in your head, defragging your head of unnecessary worthless rubbish that has been cluttering your mind up.

These thoughts, in the past have been instrumental in building up and leading to your stress and preventing you relaxing – this process, when applied means that you will never ever be able to get stressed ever again in your life, this is very profound stuff – all you need to do is simply apply it and let your mind do the rest – you don't need to know how it works for it to work for you – just do it.

If you get a yes, to the last question then follow through on what's written on the sheet, write down what you can do and put a date on when you are going to do it and go do it.

The more you apply this process the quicker it will happen for you, you may find it a little challenging at first but the more you apply it the easier it becomes – initially you probably won't do this all the time because you are not used to doing it and forget to apply it but when you do think about your thoughts then just simply apply the process – with this process you are teaching, creating, a new habit and by creating a new habit you are creating a new way of thinking. You create a new habit by repetitively 'consciously' processing your thoughts and by so doing you teach your 'unconscious' mind to do this for you automatically which means that you experience very profound positive change for yourself which becomes an unconscious habit much like learning to tie a shoelace or drive a car. It will become automatic without you having to think about it – leaving you with a clear mind and the only things in your head being positive things you can do something about – **NO MORE WORRY THOUGHTS!**

It doesn't mean to say you never have any more negative thoughts, what it does mean is that you process these thoughts very swiftly, effectively and efficiently and don't let them in; no longer allowing them to worry or concern you any more leaving you stress and worry free - allowing you to be relaxed anywhere, anytime

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