



The Wayward Mind  
Easy, Stress Free Hypnotherapy

## THE TOP 5 WAYS TO DEVELOP A SOLUTION FOCUSED APPROACH

- 01 USE THE SCALING TECHNIQUE.** Using scales can help you assess quickly and easily the level of stress or anxiety you are feeling. By assigning a number to your emotions you can measure your current feelings and then use that to look at what would make you feel one number higher. So if you are a 4, what small thing can you do to become a 5? That way you can take a small meaningful step towards feeling better without the pressure of being a 10. **Pro Tip:** If you can't think about how to be the next number up, recognise what you are already doing that means you are not the next number down.
- 02 FIND THE EXCEPTION TO THE RULE.** When you are feeling so stressed and anxious that it stops you from doing things take a moment to look for the exception. The moments before when you did do those things and it was ok, the moments when you felt this way but pushed through. These are the moments that show you that you have the strength and resilience to do it again. **Pro Tip:** Try to keep a store of these exceptions that you can use again and again to feel good about yourself.
- 03 FIND A CHAMPION.** We all need someone to help us when we're not feeling so great. That person who will builds us up and make us feel good about ourselves. Keep that person close and the things that they would say to you in mind. They can give you a pep-talk without even being there. **Pro tip:** You can also be the champion for other people that will encourage you naturally to think in a positive and solution focused way.
- 04 USE THE DEATH BED SCENARIO.** Ok, so it's not quite the death bed but picture yourself, 82 and shuffling along in your slippers to the post office to pick up your pension. Thinking about the thing that's causing an issue now, will it even cross your mind then? This is a good way of keeping things in perspective. **Pro tip:** Even if you don't know if it will be an issue, you may find yourself giggling at the image of yourself doing that.
- 05 USE POSITIVE SELF-TALK IN AN ACTIONABLE WAY.** Build up your self-awareness of how the way you talk to yourself influences your feelings and emotions. You hear self-talk hundreds of times every day so it becomes vitally important that the things you say to yourself are positive and encouraging. We are what we think so by thinking positively be become just that. **Pro Tip:** If you struggle with self-talk, imagine that you are saying these things to a friend. How would they react? What would you say differently?