

CONSCIOUS EMOTIONING

MOTION or MOTIONING

[noun] the action or process of moving or being moved

EMOTION or EMOTIONING

[noun] the action or process of emotions moving or being moved; changing or being changed.

This should be done daily and consciously. Please do not fool yourself into believing you can conduct this level of conversation in your head. It is best to write it out so you can read it at face-value.

"The mind is the great trickster" – John Kehoe

1. What are you feeling (heart posture) / thinking (mindset)?
2. What reason do you have to feel and think that?
3. Does this level of feeling / thinking serve you?
4. If no, what level of feeling / thinking would serve you? (use an antonym dictionary to find the polar opposite)

[If you follow a spiritual path now is a great time to pray about it; request what you desire with thanksgiving!]

5. Do you have enough reason to feel and think like this?
6. Which one will serve you better? Praise this new level strongly!
7. Can you feel / think stronger about the new level?

Process and re-pattern as many times as you need to go round and then REMEMBER – store your evidence for the next time the trickster wishes to play that trick on you.

If you cannot process and re-pattern successfully; reach out to Dr T for guidance. Remember vulnerability is a must.

"and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" – Philippians 4:7

"Smile, it is Beautiful"