



Swish

Swish is a technique that creates a different behaviour in reaction to a negative or undesirable situation. It works best if someone else reads the instructions whilst you follow.

Think of a situation that is you find difficult to deal with.

Create a mental picture of this situation. Think about any specific things that trigger your reaction to this situation.

Once you have a clear picture of this situation in your mind make an effort to notice all of the detail in this picture. Notice exactly where you are. Notice what is going on around you. Notice who else is in the picture. Notice any sounds or smells in the picture. Notice how you feel in this picture. Make sure you place yourself fully in the picture as if you are actually there, seeing it through your own eyes.

Now imagine turning up the brightness of this picture as if you were using a TV remote control. Turn it up until it is as bright as your eyes can stand. Now do the same with the colours in the picture turning them up until they are as vivid as you can imagine. Now make the whole picture as big as you can possibly make it so that it completely encompasses your field of view. Remember to remain in the picture as if you are there and as if you are seeing it with your own eyes.

Notice what you notice. We will call this image the negative.

Place the negative picture over to your left hand side.

Now imagine a pink elephant on a green bicycle wearing your favourite item of clothing, flying through the sky singing the national anthem. (Just wanted to break your state!)

Now consider how you would like to feel about the particular situation. Maybe use a presupposition as a starting point.

Create a new image in your mind of what it would be like if you were able to choose your desired attitude towards this situation.

Picture yourself behaving in this positive resourceful way and notice what you notice. This time imagine looking down at yourself in this picture so you can see the way you are behaving. Notice what you notice. Notice all of the detail in this picture. Notice exactly where you are. Notice what is going on around you. Notice who else is in the picture. Notice any sounds or smells in the picture. Notice how you feel in this picture. Remember to see it as if you are watching yourself in this picture.

Now imagine turning up the brightness of this picture as if you were using a TV remote control. Turn it up until it is as bright as your eyes can stand. Now do the same with the colours in the picture turning them up until they are as vivid as you can imagine. Now make the whole picture as big as you can possibly make it so that it completely encompasses your field of view. Continue to see it as if you are watching yourself in this picture.

Notice what you notice. We will call this the positive image.

Now clear this image from your mind leaving a blank screen in front of you.

Bring back the positive image onto the blank screen remembering all of the things you noticed and felt about this image.

Remember to make the image as bright and as colourful as you can imagine and then slowly shrink the image down into the bottom corner of the screen. When the image is just a bright colourful spot in the bottom corner of the screen expand it back again until it covers the entire screen. Repeat this 3 or 4 times making it quicker and quicker each time.

Quickly shrink the image one more time until you have just the bright ball of light in the corner.

Remember the pink elephant on a green bicycle wearing your favourite item of clothing, flying through the sky singing the national anthem.

Forget that and bring back the negative image so that it fills the entire screen in front of you and place the bright ball of light in the bottom corner.

Now quickly whilst saying the word SWISH out loud expand the positive image to fill the screen whilst shrinking the negative image into the corner making it small and dark. See the positive image as if you are standing inside it seeing it through your own eyes.

Clear the screen completely and repeat this step swapping the images over whilst saying the word SWISH out loud. Repeat 5 or 6 times making the swap quicker each time and remembering to see the positive image through your own eyes as if you are inside the image.

You will find it more and more difficult to retrieve the negative image with each swap.

Notice what you notice and allow your change of attitude to develop over the coming hours and days.