



THE GROUNDED MAN

Before you start, there's something worth saying:
Most of us were raised by parents who didn't exactly teach emotional skills.
They weren't bad people — they just came from households where feelings
weren't discussed and everyone coped by shutting down.
If that sounds familiar, you're not alone.

But that doesn't mean we have to repeat it.

This book isn't about "fixing" you.
It's about giving you practical tools so you can feel calmer, think clearer, handle
stress better, and understand what's actually going on in your body and mind.
It's not therapy-speak, and it's not about becoming emotional — it's about being
steady, grounded, and able to regulate yourself when life hits hard.

One thing to ask yourself as you go through this:
If you struggle to read a few practical steps designed to help you,
are you also struggling to put the work in?
And why? Could it be because prioritising yourself feels icky? Is that true? Are your
needs not important?

You're a human being with a nervous system not a prickly cacti

You deserve to function well inside your own head.
You deserve stability instead of chaos.
And learning these tools is part of that.

Take what helps, skip what doesn't, come back to it when you need it.

Let's get into it.

Gently,

The Nerdy Dermmy

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ANXIETY DEEP WORK MASTER GUIDE

(Expanded, digestible, implementable)

Closing Open Loops

Why this matters:

Open loops keep your brain stuck in **fight-or-flight** because the brain treats unfinished tasks as **ongoing threats**, its busy work.

Even small unresolved things — texts, bills, conversations, decisions — create a constant hum of background stress.

Your nervous system can't relax when it expects more work.

How to close open loops (explained):

Do it

If it will take under 5 minutes, complete it now.

This gives your brain a hit of competence → reduces anxiety.

Example:

Sending the email, paying the bill, booking the appointment.

Delegate it

You don't need to carry every task alone — that's anxiety's lie.

Delegating is not weakness; it's **resource management**.

Example:

Instead of "I have to research everything," ask your partner/friend/colleague:

"Can you look up these three options for me?"

Diarise it

Scheduling = loop closed.

Your brain lets go because it knows the task has a home.

Example:

"I will sort the kids' paperwork Thursday at 2pm."

Set a reminder. Done.

Delete it

Not everything deserves space in your mind.

Some decisions require you to simply *decide not to pursue them anymore*.

Example:

Ignoring a text from someone you don't want to engage with.

Letting go of a project that stopped mattering.

Implementation Exercise

Write down 10 things bothering you.

Label each one: DO / DELEGATE / DIARISE / DELETE.

Close those loops.

Feel your nervous system drop two levels immediately.

Boundaries (with real-life explanations)

Why this matters:

Anxiety grows when you feel like:

- people can access you whenever they want
- you can't say no
- you must tolerate people's moods
- you don't feel emotionally safe
- you're constantly managing others

Boundaries aren't about changing others.

They're about protecting **your time, emotional energy, and nervous system.**

3-step boundary formula with guided implementation

State the reality

This grounds the interaction.

It prevents defensiveness.

State your limit

This is the core of the boundary.

Keep it short. Don't justify.

State what YOU will do

A boundary is a **behaviour** — not a request.

Real-Life Examples (expanded)

Example 1: Someone emotionally dumps on you daily

Reality:

"I can hear you're going through a lot."

Limit:

"I don't have the emotional capacity to support heavy conversations right now."

Consequence:

"I'll need to pause here. Let's talk tomorrow when I'm clearer."

Why this works:

You're not rejecting the person.

You're regulating the situation.

Example 2: Someone raises their voice, is rude, or disrespectful

Reality:

"Talking like this isn't productive."

Limit:

"I don't allow being spoken to like that."

Consequence:

"I'm stepping out. We can try again later."

Why this works:

You're not arguing.

You're exiting the dynamic.

Example 3: Family trying to drag you into drama

Reality:

"I understand you're upset."

Limit:

"I can't take on this emotional load or mediate this."

Consequence:

"You'll need to speak to someone else about it."

Why this works:

You're not choosing drama.

You're choosing peace.

Implementation tip

You do NOT need permission to keep boundaries.

A boundary is something you **enforce**, not something others must agree to.

Acknowledging Your Participation in Your Own Suffering

(Ownership, not self-blame)

Why this matters:

You cannot change what you do not acknowledge.

People often perpetuate their own anxiety by:

- trying to save everyone
- avoiding difficult conversations
- tolerating disrespect
- not communicating needs
- allowing access to people who drain them
- giving more than they get
- delaying decisions
- overthinking instead of acting

This step shows you **where you have power**.

Expanded Framework

What am I doing that is keeping this problem alive?

Examples:

- Staying silent
- Giving too many chances
- Letting texts pile up
- Over-explaining
- Avoiding the conversation
- Taking responsibility for others
- Trying to please everyone
- Overworking to earn love
- Ignoring my limits

Why am I doing it?

Because of:

- Fear of conflict
- Fear of abandonment
- Learned behaviour from childhood
- Trauma responses
- Habit
- Wanting to be liked
- Trying to maintain peace
- Being afraid to upset someone
- Guilt conditioning
- Not wanting to appear “difficult”

Understanding **why** dissolves shame.

What could the higher version of me do?

Ask:

“If I respected myself fully, what would I do right now?”

Examples:

- Say “No, that doesn’t work for me.”
- Tell the truth clearly and calmly.
- Leave conversations when they turn disrespectful.
- Refuse to manage people emotionally.

- Put myself first without guilt.
- Stop explaining myself.
- Expect reciprocity.
- Protect my peace as priority.

Implementation Exercise

Write:

"Higher me would..."

And finish the sentence for every situation you're stuck in.

It makes the next step obvious.

Acknowledging Other People's Participation in Hurting You

Why this matters:

Anxiety thrives when you internalise other people's behaviour.

This step stops **self-blame** and restores clarity.

Expanded understanding

✓ They hurt you.

This is real.

You don't have to minimise or rationalise it.

✓ You are still responsible for your healing.

This is empowerment — not responsibility for their behaviour.

✓ Forgiveness ≠ resolution

Forgiveness = releasing emotional tension

Resolution = BOTH people show up to fix the relationship

You can forgive without reconnecting.

You can forgive without forgetting.

You can forgive and still require distance.

Expanded Examples

Example 1: Partner stressed + snapping at you

Truth: It hurt you.

Understanding: You know the pressure they were under.

Forgiveness: You don't carry resentment.

Not resolution: You still expect them to develop healthier communication.

Example 2: Parent emotionally neglectful

Truth: It shaped your attachment style.

Understanding: They may have lacked tools.

Forgiveness: You don't carry bitterness.

Not resolution: You maintain boundaries and emotional distance to protect yourself.

Example 3: Sibling gaslighting or twisting events

Truth: Their behaviour harms your sense of reality.

Understanding: They may use distortion as a coping mechanism.

Forgiveness: You remove self-blame.

Not resolution: You do not engage in fights about events you remember clearly.

Personal Resources (Your Emotional Currency)

Why this matters:

People treat energy like it's infinite.
It's not.

Your anxiety increases every time you over-spend your internal resources.

Expanded list (with meaning)

Time — minutes, hours, days

Energy — emotional, physical, mental

Mental space — capacity to think clearly

Patience — tolerance before emotional fatigue

Kindness — emotional softness

Compassion — ability to empathise

Money — actual financial cost

Attention — focus you give

Emotional labour — managing someone else's feelings

Trust — your openness

Loyalty — your commitment

Peace — calmness of mind

Safety — emotional or physical

Problem-solving ability — your skills

Advice — your guidance

Availability — your presence

Self-respect — your alignment

Boundaries — your limits

Opportunity cost — what you lose by saying yes

Implementation Question

"Is this person or situation worth the currency they're asking me to spend?"

Respect vs Self-Respect (Fully Expanded)

✓ **Respect = external (how others see you)**

✓ **Self-respect = internal (how *you* see you)**

They can be opposites.

Respect (external validation) looks like:

- Trying to be liked
- Keeping the peace
- Avoiding conflict
- Saying yes to avoid disappointing someone
- Downplaying your needs
- Impressing others

- Looking “good” or “easy-going”
- Being overaccommodating

Respect keeps the room happy.

Self-respect keeps *you* healthy.

Self-respect looks like:

- Saying “No, that doesn’t work for me.”
- Leaving when you’re disrespected
- Not tolerating chaos
- Protecting peace
- Not giving energy to people who misuse it
- Not explaining yourself excessively
- Keeping promises to yourself
- Making decisions that benefit your future self

Memory phrase

Respect is how others see you.

Self-respect is how YOU live with yourself.

How to Practically Stop Self-Blame (Expanded)

Self-blame is automatic for people raised in chaos or emotional unpredictability.

You must retrain your brain.

Step 1: Separate roles

Ask:

"Is this mine, theirs, or life's?"

Use the lane method.

Step 2: Reality check

Ask:

- Did I intend harm?
- Do I have full control here?
- Am I holding myself responsible for another adult?
- Would I blame someone else for the same thing?
- Is this a real mistake or old fear?

Step 3: Self-compassion script

"I did the best I could with what I knew and what I had emotionally."

This re-patterns shame.

Step 4: Replace blame with boundaries

Instead of self-punishing, ask:

"What boundary would prevent this happening again?"

Step 5: Reframe responsibility

You are responsible for your healing.

Not for their reaction.

Not for their behaviour.

Not for their interpretation.

Step 6: Interrupt the spiral

Use the phrase:

"This is old conditioning, not my current reality."

Step 7: Give yourself permission

"What can I choose differently next time?"

Focus forward, not backward.

What Is Your Concern vs NOT Your Concern (Expanded)

Your Lane (your concern):

- Your behaviour
- Your boundaries
- Your healing
- Your peace
- Your energy
- Your values
- Your choices
- Your financial decisions
- Your reactions

Their Lane (NOT your concern):

- Their emotions
- Their coping skills
- Their healing
- Their consequences
- Their trauma
- Their maturity level

- Their accountability
- Their interpretations of your behaviour
- Their expectations

Life's Lane

Things none of us control:

- Timing
- Outcomes
- Other people's opinions
- Random events
- Reactions
- Justice
- Karma
- The past

Implementation

Ask whenever anxious:

"Is this in my lane?"

If not:

"I release what isn't mine."

WHAT TO DO IF YOU HAVE A PANIC ATTACK WITH NO IDENTIFIABLE CAUSE

When panic hits “from nowhere,” your brain often thinks:

- “What triggered this?”
- “Why is this happening?”
- “What if I’m losing control?”
- “What if something’s wrong?”

But cause-less panic is **almost always a BODY event**, not a thought event.

Your job isn’t to *understand*.

Your job is to **regulate**.

This guide shows you how.

Assume it’s a Nervous System Surge Not a Psychological Emergency

Panic without a clear cause is usually due to:

- accumulated stress your body finally releases
- overstimulation
- hormonal fluctuations
- adrenaline spikes
- trauma activations without conscious memory

- dehydration
- low blood sugar
- exhaustion
- decision fatigue
- chronic hypervigilance
- suppressed emotion looking for a way out

Your body is not failing.
It is **discharging pressure**.

It's like a pressure valve releasing steam.

Stabilise Your Body First (Not Your Thoughts)

When you don't know the cause, the *worst* thing is trying to analyse it mid-panic.

Your logical brain is offline.

Focus on physical regulation:

A) Extended Exhale Breathing (fastest method)

Inhale 4

Exhale 8

Long exhale =

- slows heart rate
- activates parasympathetic system
- tells body "the danger is over"

You don't need meaning.
The rhythm itself calms you.

B) Temperature Reset (instantly interrupts panic)

Use:

- cold water
- ice pack
- cold drink
- frozen peas
- cold air from freezer

Cold triggers the mammalian dive reflex, reducing heart rate within seconds.

C) Drop Something Heavy on Your Chest or Lap

Weighted blanket or just a pillow.

Deep pressure = signals safety to your nervous system.

Trance Music Method

(Regulates Panic Even Without a Cause)

Trance music — especially around **136–140 BPM (138 BPM best)** — is a powerful regulation tool.

Why it works:

✓ Rhythm entrainment

Your brain automatically syncs to stable rhythmic beats.
Your heart rate and breathing follow.

✓ 138 BPM is the sweet spot

Fast enough to pull you out of freeze
but not so fast that it triggers anxiety.

✓ Supports regulated breathing naturally

You'll inhale on 4 beats
Exhale on 8 beats
...without trying.

✓ Forces your mind into a single focus

Panic = scattered neuro-signals.
Trance = one stable signal to latch onto.

✓ **Build → peak → release mimics emotional processing**

Your nervous system copies the musical structure.

HOW TO USE IT DURING PANIC

- Put on trance with 136–140 BPM
- Close your eyes or focus on one object
- Breathe with the beat
- Let your body follow the rhythm
- Don't "try" to calm down — let entrainment do it

This method works **even when you have no idea why you're panicking.**

Cry

(This Is Regulation, Not Failure)

Many panic attacks with no clear trigger are actually your body saying:

"I've been holding too much for too long."

Crying is:

- a parasympathetic activation
- a pressure release
- a nervous system reset
- a sign your body feels safe enough to discharge
- biochemical regulation (tears release stress hormones)

If you cry, that's **not collapsing.**

That's **completing a stress cycle.**

✓ Crying often happens when:

- the panic wave peaks
- your body starts releasing tension
- you stop fighting the panic
- you feel overwhelmed but safe

Let the tears come.

They help the panic pass faster.

Shift Your Self-Talk to Break the Spiral

When panic has no cause, your mind will try to find one.

That spirals the panic further.

Replace “Why is this happening?” with:

- “My body is having a stress surge.”
- “I don’t need the cause for this to pass.”
- “This is uncomfortable, not dangerous.”
- “My job is to ride the wave, not fight it.”
- “This will peak and fall.”
- “I can calm my body even if I don’t know the reason.”

This stops the mental acceleration that makes panic worse.

Ride the Wave: Understanding the Timing

Panic follows a predictable pattern:

- 0–2 minutes → rising
- 3–5 minutes → peak
- 5–10+ minutes → falling

Your body **cannot** maintain panic indefinitely.

Knowing the timing helps you mentally detach:

“It’s a wave. I just have to float until it passes.”

AFTER It Passes: Look for Accumulation, Not a Trigger

Cause-less panic usually means:

Your body has been one straw away from overload for days, weeks, or months.

Look for:

- low sleep
- constant alertness
- no downtime
- high emotional labour
- caffeine
- overthinking
- suppressed emotions
- burnout
- tense relationships
- unresolved conflict you've pushed aside
- overstimulation
- hormones
- chaotic environments

Your system reached capacity.

The panic attack was the **release**, not the threat.

If You Still Have “No Cause,” Here’s the Truth

Nervous system fatigue IS the cause.

You don’t need a specific trigger.

Your system hit maximum load and dumped the overflow.

It’s like:

- a pressure cooker venting
- a dam finally releasing water
- a computer glitching because too many tabs were open

Your body is not betraying you.

It’s relieving you.

Build a Panic Tool kit Include:

- 138 BPM trance playlist
- cold pack
- grounding object
- long-exhale breathing guide
- a weighted item
- a “panic script” you read to yourself
- water + quick sugar
- a soft place to sit or lie down

HOW TO STOP OVERTHINKING: TOOLS THAT ACTUALLY WORK

Overthinking is not a personality flaw - it's a *nervous system state*.
When your body is dysregulated, your brain tries to THINK its way back into safety.

You can't think your way out of a dysregulated system.
You have to **regulate first**, then think.

Here's how:

Interrupt the Loop Physically (not mentally)

Overthinking is just your brain stuck in a feedback loop.
You break the loop by disrupting the *signal*, not the thoughts.

Here are the fastest interrupters:

✓ Cold

Cold water on hands or face breaks cognitive looping instantly.

✓ Movement

Walk, shake off your body, stretch, or do wall push-ups.

The brain can't ruminate while the body is active.

✓ Change the visual field

Look left → look right (slowly).
This replicates bilateral stimulation used in EMDR and reduces rumination.

✓ Textured grounding

Rub something textured between your fingers.
Touch pulls you out of your head.

The 4–8 Breathing Reset

Not breathwork.

Just **inhale 4 / exhale**

Long exhale activates the vagus nerve → quiets the overthinking centre of the brain (the DMN).

Do this for 30–60 seconds.

Your mind will clear.

The “Two Column Reality Check”

Overthinking is about *imagined* outcomes.

Ground yourself in *actual* outcomes.

Write:

Column 1: What I’m imagining

(all the thoughts in your head)

Column 2: What is actually happening right now

(single sentence truth)

This pulls the brain into the present and collapses catastrophising.

The “One Step Only” Rule

Overthinking comes from trying to solve:

- all possible outcomes
- all consequences
- all scenarios
- all emotional reactions
- all versions of the future

Your rule becomes:

“What is the next single step I can take?”

Not: what is the plan

Not: how will this end

Not: what if something goes wrong

Just: **ONE step**

Overthinking dies when you eliminate the future.

Set a Mental Time Limit (“I’ll think about this at 4pm”)

Tell your brain:

“I will think about this at 4pm.”

This signals **containment** and your brain stops looping because it thinks:

“Okay. This will be handled. I don’t need to keep processing.”

Set an alarm.

When the time comes, the urgency is usually gone.

Switch Cognitive Channels (Pattern Breaker)

The mind can't overthink if you give it a competing task.

Examples:

- Sort a drawer
- Fold clothes
- Play a matching game on your phone
- Do a puzzle for 2 minutes
- Cook something
- Clean a bench

Not because you're "distracting" —
but because you're **rebalancing the prefrontal cortex**.

This interrupts the loop and resets cognitive load.

Ask the One Question That Ends Overthinking

"Is this happening right now?"

If the answer is no → you're imagining, not responding.
Your brain returns to the present.

Get Into Your Body (Because Overthinking Is a *Head-Only* State)

Anything somatic stops mental spiraling:

- massage your jaw
- unclench your tongue
- drop your shoulders
- breathe into your belly
- squeeze and release fists
- place your feet flat on the floor
- put weight across your chest

When your body comes online, your brain calms down.

Use Trance to Shut Down Overthinking (Yes, it **REALLY** works)

Trance music is one of the **BEST tools** for stopping overthinking.

Here's why:

✓ Rhythmic Entrainment

Your brainwaves sync to the beat.

This forces your mind into a **single stream**, instead of scattered loops.

Overthinking = too many tabs open.

Trance = one stable tab open.

✓ The 138 BPM sweet spot

This tempo:

- is steady
- activates without overstimulating
- induces flow state
- pulls you out of freeze
- stops mental fragmentation
- helps regulate breathing *automatically*

Your body follows the beat → your mind follows your body.

✓ Flow state kills rumination

Trance pushes the brain into flow by:

- repetition
- predictability
- smooth transitions
- lack of lyrical content
- consistent rhythmic structure

In flow state, overthinking cannot exist.

✓ The “build → peak → release” structure discharges mental tension

Overthinking is stuck tension.

Trance creates **controlled tension release**, teaching your nervous system to let go.

How to use trance specifically for overthinking:

Method 1:

Put in headphones → play a 136–140 BPM track → breathe on the beat.

Method 2:

Clean / drive / walk with trance in the background.

Your mind will naturally drop into rhythm.

Method 3:

Use trance when you feel the spiral begin — it interrupts it early.

Method 4:

Lay down with eyes closed, hands on chest, and focus on the beat.

Method 5:

Pair trance + long exhale breathing for max effect.

The “Mental Quietening Script” (Use during spirals)

Say to yourself:

- “These are thoughts, not predictions.”
- “I do not need to solve this right now.”
- “This is my brain recycling old fear.”
- “I am allowed to stop thinking about this.”
- “This will be clearer once my body calms down.”
- “I choose the next step, not the whole path.”

This reactivates the rational brain.

Here is a **safe, practical, non-hypnotic method** for detaching the *emotional charge* from a memory — the same outcome hypnotherapy gives, but something a person can do **on their own**, at home, without needing to go into trance or regress.

You're not deleting the memory.

You're changing the **state** your nervous system enters when recalling it.

This is a **nervous-system + cognition technique**, not a "manifestation" thing.

It's real psychology.

Detach emotional charge:

Keep the memory → remove the emotional sting.

This is called **memory reconsolidation**.

It happens when you revisit a memory in a *different emotional state* than the one it was formed in.

Below are the **six most effective self-led techniques**, used in therapy, hypnotherapy, and nervous-system work.

The Distancing Technique (Cognitive Reframing + Dissociation)

This mimics what hypnotherapists do.

How to do it yourself:

1. Visualise the memory as if it's on a **TV screen** in front of you.
2. In your mind, **shrink** the screen until it looks like a small phone video.
3. Now imagine turning the **colour into black and white**.

4. Lower the **volume**.
5. Imagine the version of you in the memory as **a character**, not you.
6. Watch it as an **observer**, not a participant.

This reduces emotional involvement and creates **psychological distance**.

Over time, the memory stops triggering the body.

Bilateral Stimulation (EMDR Without a Therapist)

EMDR works because it moves memories out of the amygdala and into the thinking brain.

DIY version:

- Tap your left shoulder → then right → left → right.
- Or walk while thinking about the memory (walking = bilateral stimulation).
- Or move your eyes left and right while recalling it.

Do this for 1–2 minutes.

The emotional charge will begin to fade.

This is **scientifically proven** to reduce emotional reactivity to a memory.

The “Memory from a New State” Method (Reconsolidation)

Memories are stored with an **emotional state attached**.

If you recall the memory *while in a regulated state*, your brain actually rewrites the emotional tag.

How to do it:

1. Regulate first (breathing, trance music, cold water, grounding).
2. Once your body is calm, bring the memory **gently** into awareness.
3. Hold the memory lightly — not digging or reliving.
4. Stay calm while recalling it.

Your brain updates the memory with this **new** state.

This makes the memory less triggering each time.

Narrative Rewrite (The “Shift the Meaning” Method)

Emotion remains when the meaning remains painful.

You rewrite the meaning — not the fact.

Ask yourself:

- “What else could this memory mean?”
- “What did I learn?”
- “How did this change me?”

- “What resource did I gain?”
- “How would I describe this memory if I felt neutral instead of hurt?”

You are not invalidating the pain.

You’re creating **new cognitive pathways** around the same event.

This reduces its emotional power.

Hypnotic State Without a Hypnotist (Self-Induced Trance)

You don’t need a therapist to enter a trance state.

Trance simply means **focused, relaxed attention**.

The easiest way:

Trance music at 136–140 BPM (138 is ideal)

Why?

- puts brain into flow
- reduces limbic activation
- increases focus
- quiets the overthinking brain
- slows physiological arousal
- primes the mind for reconsolidation work

How to do it:

1. Put on a 138 BPM trance track.
2. Lay or sit still.
3. Breathe on the beat (inhale 4 beats, exhale 8).
4. Bring the memory in *gently* after 1–2 minutes.
5. Observe it from a distance.

This mimics the state you enter in hypnotherapy. Your brain becomes **suggestible**, calm, and detached. The emotional tone disconnects.

The “Third-Person Retelling” Technique

When you talk about the memory in the third person, your brain rewires it as a **story** rather than a **threat**.

Example:

Instead of
“I felt trapped,”
say:
“She felt trapped.”

Instead of
“I didn’t know what to do,”
say:
“She didn’t know what to do.”

It sounds simple — but the brain stops treating it as something happening **to you right now**.

It becomes something that **happened to someone in the past**. **Emotional response drops**.

Crying During the Process Is a Release (Not a Regression)

A lot of emotional detachment happens **because** your body finally lets the old charge leave.

Crying is the nervous system completing the stress cycle attached to the memory.

Let it happen.

It speeds up detachment.

Which Method Works Fastest?

The fastest combination is:

1. **138 BPM trance** (creates trance state)
2. **Extended exhale breathing** (regulates body)
3. **Distancing visualisation** (changes memory format)
4. **Bilateral tapping** (moves memory out of amygdala)

This is the closest you will get to hypnotherapy on your own.

here are **the advanced, deeper layers** people don't usually talk about. This includes **NLP techniques, subconscious reprogramming, identity-level work, reverse engineering your life path, and practical tools that make transformation achievable instead of overwhelming.**

This section builds on what you already have so you end up with a **full psychological toolkit.**

ADDITIONAL METHODS TO DETACH EMOTION, REWIRE PATTERNS, AND BUILD A BETTER LIFE

Below are the most powerful **advanced psychology + NLP + strategy** tools that fit naturally with everything you've already mastered.

NLP REFRAMING: Changing the Internal Meaning

NLP works because your brain responds less to *what happened* and more to **how you internally represent it**.

Here are two high-impact NLP methods:

The Submodalities Shift (The “Memory Editing” Technique)

Every memory has qualities:

- brightness
- colour
- size
- distance
- volume
- speed

- angle
- emotional intensity

Changing these changes how the brain stores it.

How to do it:

Pick the memory and alter the internal image:

- Turn the image into black-and-white
- Make it smaller
- Push it farther away
- Lower the volume
- Add a glass panel between you and the memory
- Slow it down or speed it up
- Put funny music behind it
- Put it inside a picture frame

This **deletes the emotional code** but keeps the factual memory.

It's shockingly effective.

The NLP “Swish” Pattern (Powerful for intrusive thoughts)

This retrains your brain to switch from anxiety → empowerment.

How it works:

1. Picture the upsetting memory or thought.
2. Then picture the “higher you” — confident, calm, strong.
3. Move the upsetting image to the corner of your mental screen.
4. Move the empowered image into the center.
5. Say “SWISH” in your head and make the empowering image snap into place.
6. Repeat 5–7 times.

Your brain learns:

“This old thought = replaced by the new empowered identity.”

This is how NLP breaks panic associations.

Reverse-Engineering Your Life Path (The Practical Achievement Framework)

Most anxiety and overwhelm comes from thinking:

- “There’s too much to do.”
- “I don’t know where to start.”
- “Everything feels massive.”
- “I’m behind.”

Reverse engineering solves this.

The Reverse Engineering Formula

Step 1: Start with the END identity

Not the goal — the *identity*.

Ask:

"Who is the version of me who already has everything I want?"

This includes:

- habits
- emotional state
- boundaries
- appearance
- daily routines
- relationships
- standards
- values

Goals come from identity.

Anxiety comes from lack of clarity.

Step 2: Identify the 3 Life Pillars

Every identity is built from 3 core pillars:

1. **Behaviour**
2. **Environment**
3. **Standards**

Example:

Identity: "A millionaire skincare founder with calm emotional regulation."

Behaviour: Wakes early, strategic decisions, delegation.

Environment: Clean home, supportive relationships, regulated nervous system.

Standards: "I don't argue. I don't rush. I don't chase."

Step 3: Reverse engineer backwards

Ask:

"If she existed today, what would yesterday have looked like?"

Break the identity into:

- quarterly behaviours
- monthly shifts
- weekly habits
- daily micro actions

Now it's achievable.

Step 4: Choose ONE action per category

Overwhelm ends.
Progress accelerates.

The Identity Bridge (Internal Rewiring)

The fastest way to detach from old emotional wounds is to outgrow the version of you who was hurt.

This is identity-level change.

Ask:

"Who do I become now that this memory no longer has emotional authority over me?"

Your brain stops associating with "the wounded one"
and starts associating with
"the upgraded one."

This dissolves emotional charge *indirectly* by making the old version irrelevant.

Future Pacing (NLP Method for Anxiety Reduction)

Future pacing installs a calm emotional expectation into your subconscious.

How it works:

1. Imagine a future situation that normally triggers you.
2. Picture your “higher you” handling it with absolute calm.
3. Visualise it in detail — tone of voice, posture, breathing.
4. Repeat 3–5 times over a few days.

Your brain begins to expect calm.

You’re coding a **new emotional default**.

The “What If It Works Out?” Flip

Overthinkers always imagine worst-case scenarios.

You can instantly break the loop by flipping the question:

“What if everything goes right instead?”

“What if the best-case scenario happens?”

This interrupts the pattern by forcing the brain to consider a new possible future.

Your brain cannot catastrophise and imagine success simultaneously.

The Emotional Gap Technique (Removing the “sting”)

This is for memories that still contain shame, fear, or regret.

Step 1: Recall the event.

Step 2: Ask:

“What age was I emotionally in that moment?”

Often it’s 10-year-old you, 14-year-old you, 19-year-old you.

Step 3: Now picture adult-you walking in.

Talk to that younger you:

- “You didn’t deserve that.”
- “You were trying with what you knew.”
- “I’ve got you now.”
- “You’re safe now.”

This repairs the emotional gap between past-you and current-you.

The memory becomes **a moment**, not a defining wound.

Micro-Exposure (Small Skills That Build Big Resilience)

You don't have to tackle the whole emotional block.

Pick **1% exposures**:

- Saying no to something tiny
- Walking away from small disrespect
- Asking for a preference
- Setting one mini boundary
- Stopping mid-overthinking
- Regulating once a day
- 5 minutes of trance music breathing
- One uncomfortable email
- One truth you've avoided

Small reps change your nervous system permanently.

The Clean Slate Method (Release + Reset)

If a memory still “grabs” you emotionally, do this:

Step 1: Bring the memory forward.

Step 2: Place a transparent glass or shield between you and the memory.

Step 3: Say:

“This has already happened. It’s over. This memory cannot harm me now.”

Step 4: Imagine wiping the emotional colour off the scene like a window.

This separates **past you** from **present you**.

State → Story → Strategy Framework

This is the model that ends overwhelm, overthinking, and emotional spinouts.

Step 1: STATE

Regulate your nervous system (breathing, trance, grounding).

Step 2: STORY

Ask:

"What story am I telling myself about this?"

Step 3: STRATEGY

Then — and only then — ask:

"What is the next small action?"

Most people skip straight to strategy from panic.

This is why they feel overwhelmed.

Combining Everything (The Master Shortcut)

For fastest and deepest change:

A) Regulate with trance music

(creates calm, focused brain state)

B) Use an NLP submodality shift

(reformat the memory)

C) Bilateral stimulation

(move the memory out of the amygdala)

D) Identity shift

("What would Higher Me do?")

This combination mirrors trauma-informed hypnotherapy but is **self-directed**.

See?

You got through it — and you're safe.

Is implementing this work hard?

Yes. Very.

Sometimes you're going to come face-to-face with truths that sting.

When that happens, don't run. Sit with it. Feel it. Use the detaching methods. Then grow from it.

A word of advice from one hurt person to another:

Don't expect other people to meet you at your new level of growth.

Most people want comfort, not change.

Most people want absolution, not accountability.

It's self-preservation.

If you try to open deep conversations with people who haven't done their own inner work, you're going to end up more disappointed.

And you'll open more loops that only you will carry.

This book isn't about confronting others or dragging old history back up.

It's not about getting apologies or understanding.

You can't force someone to grow who isn't ready.

This is about *you*.

Your stability. Your clarity. Your nervous system. Your peace.

Your only job is to heal yourself — not everyone else.

If you've made it this far, then you're already doing the work most men avoid their entire lives.

Keep going. I am proud of you.