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## Unbreakable Confidence

1. Power Pose – feet shoulder width apart and arms above head.... hold pose for 2 minutes Confidence has a posture/physiology.
2. Ask yourself the question “How can I serve?” shifts perspective
3. Bilateral Stimulation – soft ball toss crossing center line of body for 5 minutes
4. State Control Polarity Drills – example.... anxious vs calm, insecure vs confidence remember a time in positive state amplifying the 5 senses in the memory, break state (shake it off) then remember the polar opposite amplifying in 5 senses then break state and return to positive memory. Try to feel bad and notice how good you feel instead.
5. Breathing Drills – Long slow deep breathing with a hold between in and out breaths. Breathing out longer count than breathing in. Deep slow breathing to reset nervous system
6. Releasing anchors. Hold out right fist and imagine sending all negative state emotion into right fist. Once right fist is downloaded. Open hand and shake it off. Hold out left fist and download positive state emotions. Once downloaded, open hand. Take deep cleansing breath and with intention of sending resources to the state lacking resources bring both hands together and interlock (praying position) and allow the resources from the positive state (left hand) teach the right hand (negative state emotion) everything it needs to know to be resourceful allowing collapse of the negative state. Less than positive states are often the lack of resources and this is an effective transfer of resourcefulness.
7. My final and favorite is to ask yourself the question when feeling an unwanted state is “Is this state (emotion) helpful to me?” and “How would I rather be feeling instead?” The very act of asking the questions can shift perspective and state.

**Blessings to ALL. May you always feel SAFE, CONFIDENT, AND LOVED.**