

## **The Positivity Process Workbook - To Help You Get The Most Out Of The Harmony Hypnosis Meditation App**

### ***Hello!***

With many years' experience as one of Britain's leading hypnotherapists, including seven years working for the South East Cancer Help Centre, I have developed the Harmony Hypnosis Meditation App for managing harmful negative emotions while boosting self-confidence, self belief and feelings of calm, relaxation and inner peace.

This programme can help you today, perhaps more than ever before. By listening to The Positivity Process, probably on a number of occasions and preferably in a quiet space and through headphones, you will learn to release harmful negative emotions and build up your healthy, positive feelings.

First a brief note about how the programme works. The Positivity Process consists of 6 sessions which you can listen to as individual tracks or over the course of a few hours. You can listen to each session once or several times.

Here is the sequence, it's important to do things in the right order so you can get the maximum benefit from the process:

- \* Firstly familiarize yourself with hypnosis by using the sessions in the Free Category and the Calm Creator and by watching the explanatory videos in the info section of the app.
- \*Track 1 in the Positivity Process is also explanatory: An explanation of the 'time-line' system of letting go of unwanted emotions.
- \*The following sessions address the five most harmful negative emotions: anger, sadness, fear, hurt and guilt, helping you to 'Let Go' of these damaging feelings. With the time-line system, releasing these emotions is like cleaning your house: one sweep of the broom clears most of the dust - but you may need to go over the same spot a few times in order to ensure it is totally clean.
- \*The last session follows the same pattern as the previous five. But instead of helping you to release a negative emotion, this session helps you identify and release thoughts and images that cause you to make limiting decisions.
- \*Once you've dealt with all the negative stuff then it's time to move on to the Complete Confidence category. This is your opportunity to set goals for future success that work at your unconscious level – and then, finally, give yourself a massive boost 'Super Charge Your Self Esteem & Self Confidence'. It's worth listening to these tracks repeatedly.
- \*There are also many other categories and sessions built into the app so you can adapt the process to your individual needs.

Here's a note about some of the special features of this App.

*Cutting edge technology* including brainwave entrainment and dual vocal delivery enhances the impact of these sessions. You don't need to listen out for these technologies. Be assured, though, that along with beautiful ambient music, it is helping to quieten your conscious mind and deepen the hypnotic effect to make this a unique and empowering hypnotherapy app.

I hope you enjoy the recordings and wish you every success.

Darren Marks  
Fellow of The Institute of Clinical Hypnosis  
Senior Hypnotherapist of The General Hypnotherapy Register  
Member of The NHS Directory of Complementary and Alternative Practitioners

## **WORKBOOK**

### **INTRODUCTION**

Please read this explanatory section before you start the workbook or use the Positivity Process. The more familiar you become with my hypnotherapy system, the more you are likely to get out of it. But don't worry if it doesn't all make sense straight away. Everything in this section will be described again during the sessions and become clearer when you begin the work itself.

#### **How do I release negative emotions?**

In this programme, you have the opportunity to address the five main negative emotions that people experience in life; anger, sadness, fear, hurt and guilt. There are other negative emotions but they tend to be subdivisions of these five. So, for example, anxiety is a part of fear; frustration is a part of anger; shame is part of guilt.

All of us experience these basic emotions for the first time before we are seven years old during what psychologists call the imprint period. Later in life we experience these same emotions probably more intensively. But the very first time we feel these emotions will always be before the age of seven.

FAQ:

#### **If I let go of negative emotions, does that mean I'll never be sad or angry again?**

Letting go of a negative emotion from the past doesn't mean that you will never feel that emotion again. It does mean that in the future you will react in proportion to the situation in which you find yourself. If someone is rude or disrespectful in the future, you may still be angry. But your reaction will be in proportion to this event.

In order to let go negative emotions from the past, I will ask you to focus on the first time you experienced the particular emotion. This may involve recalling upsetting experiences. Remember, there's no need to be overwhelmed by any upsetting emotions. In order to get something useful from a negative experience it's important to look at it from a distance, to be disassociated, to have an eagle's eye perspective.

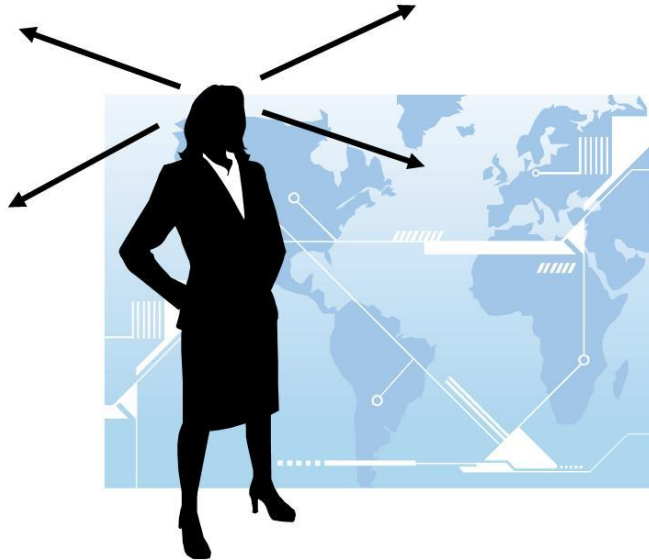
In order to do this, we will use a process that involves looking at your life in the form of a timeline.

#### **What is a timeline?**

Books and films have timelines. And so do our lives when we look at them in a progressive way rather like looking at entries in a diary. The way we talk about time reflects this view of our lives. If I was to ask you, for example, where your past was and where your future was, you might say something like "My past is behind me" or "My future is ahead of me" People say things like: "Time is on my side" or "The future's looking up" or "Way down there in the dim and distant past". I want you to think of your life as a physical journey with a direction.

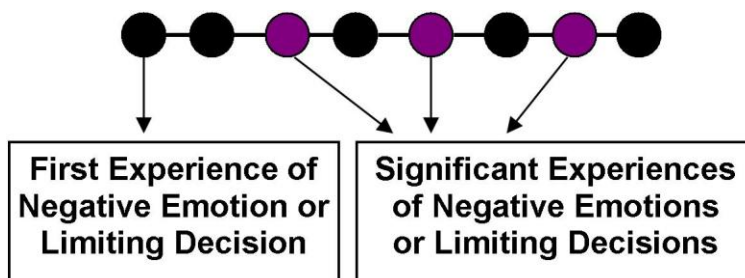
During these exercises, I will ask you to imagine your own personal timeline and notice that direction. You cannot get this wrong: simply focus on imagining your life as a timeline as this will make the work ever more powerful. Below is an illustration of what I mean:

**Diagram 1**



**Diagram 2**

The idea is that when you release the emotion from the first event its like a string of beads, once the first one is removed the whole structure collapses. The reason this works is because the personal qualities or lessons like "be understanding", " be strong", " be accepting", and " be confident" for example, will be as relevant in the early event as they are in the later and sometimes more complicated events. The first event is not usually a major or significant moment. The type of things which upset a small child are of course often quite different from what upsets an adult. The connection between the events is the feeling rather than the story.



**What is a limiting decision?**

Imagine the difficulties in your life as if they were knots. At the heart of the knot is the limiting decision and the surrounding threads are the negative emotions. These sessions will help you to untie the knot. You've already started by unpicking the threads by letting go of negative emotions. Now, you're ready to get to the nub of the problem, the limiting decisions.

Limiting decisions are strongly held beliefs that arise for good reason but are inherently untrue and

unhelpful when we hold on to them long term. If you were to put them in sentence form, some examples may be : “I’m not good enough” or “I’m not in control” or “I don’t trust anyone”, or they could be more specific to a particular problem, like “I can’t stop eating” or “I’m not motivated to exercise”.

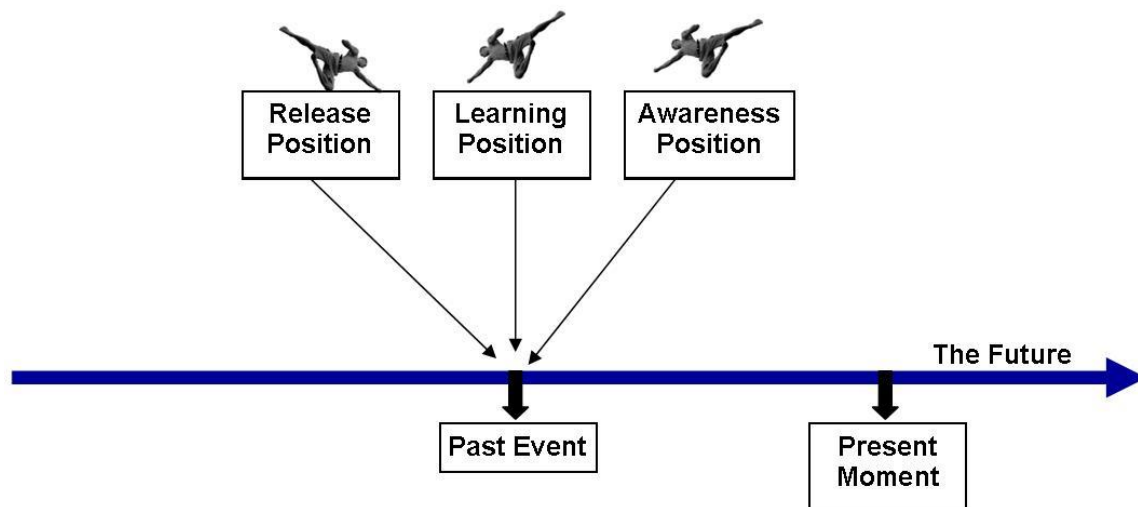
There is a difference between a limiting decision and the truth. If I were to say: “I can’t speak Japanese”, that would (in my case) be true. But if I were to say: “I can’t learn Japanese”, that would be a limiting decision; I, like most people, have the intellectual capacity to learn this language.

### **How do I release a limiting decision?**

In my practice, I find that releasing limiting decisions is the easy part. Remember: you’ve already loosened up the knot so much that it will be much easier to release these limiting decisions. And the good news is that it’s often this exercise that brings about the biggest breakthrough.

Work on one limiting decision at a time and use the recording at least once for each limiting decision. Before you begin, decide the limiting decision that you want to focus on. When we begin, I will ask you to recall your earliest memory of making this decision. This could be from any point in your life. Once again, this may involve recalling an upsetting experience – and once again, there’s no need to be overwhelmed by upsetting emotions. In order to get something useful from a negative experience it’s important to look at it from a distance, to be disassociated, to have an eagle’s eye perspective. Please take a look at diagram 3.

**Diagram 3**



**There are four positions from which to observe the events that lead to negative emotions and limiting decisions.**

*The awareness position* is high up above the timeline, looking towards the past and observing from a distance an event, an experience or perhaps just the abstract sense of what it would be like for a small child to feel one of those feelings.

*The learning position* is directly above the experience, the best place to have an unencumbered view of what led to your limiting belief.

*The release position* is also high above the timeline but this time it is located at a point in time before the event or experience has occurred. It’s there that any residual negative feelings tend to simply evaporate and disappear, partly because it’s not possible to feel a negative feeling about an event which hasn’t yet happened .

*The final position* is inside the event looking through your own eyes and sensing through your own senses. This perspective provides a check go make sure you have let go of the negative emotion.

**Five tips to get the most out of this programme.**

1. Each session lasts for 20 to 30 minutes. Try to listen to the recordings at least for the first time in the order in which they are presented. Start with Relax & Recharge, to ease yourself in gently before methodically working through the other tracks and finishing with Super Charge Your Self Esteem & Self Confidence.
2. There is no hard and fast rule as to how many sessions you go through in one sitting, just be aware of how you're feeling. Sometimes its good to do a lot in one go and sometimes its better to a couple of sessions and then leave it for a day or so before moving on.
3. Complete the three sections of the workbook in as much detail as possible and return to it as frequently as possible. It will help you focus on your beliefs about the past and your dreams for the future - and it's a great way to track your progress You can either complete the whole of this workbook prior to listening to the audio tracks – or you can fill in the relevant section before or after listening to each section. Your answers should be truthful. But don't give too much thought to the process: answer as spontaneously as possible.
4. Sometimes people are concerned about accessing the right memory. Trust that your unconscious mind will provide you with exactly the right scenario or sensation at the right time – and stay with that first thought or memory, even if it seems a little strange or even absurd. To be honest, it doesn't matter whether the memory is real or not. What's most important is that your brain has something to focus on which will allow you to gain the necessary insights to let go of the emotion or limiting decision/belief.
5. Repeat the exercises on negative emotions and limiting beliefs until you can:
  - remember past events without feeling the old emotions
  - experience events which might have triggered unnecessary negative emotion, with calm, confidence and understanding.

### **1. Negative emotions**

How do you experience the five most common negative emotions? This is an opportunity for you to explore which are the most damaging in your life – and how they affect you. Write down under each heading whether this particular negative emotion affects you on a regular basis. If so, what makes you feel this emotion? And what is it costing you? Fill in the first three questions of each section immediately before listening to the relevant track. The final question is best completed after you have experienced the corresponding hypnotherapy track.

#### **Anger**

**Do you feel angry: rarely [] sometimes [] frequently []**

**What are the five main triggers that make you angry?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What is it costing you? List the five biggest adverse consequences of experiencing anger.**

- 1.
- 2.
- 3.
- 4.
- 5.

**What would make you totally committed to letting go of anger? ????**

**What are the five main positive lessons that will enable you to access new & powerful inner resources? (This may be easier to answer after using the recordings)**

- 1.
- 2.
- 3.
- 4.
- 5.

**Sadness**

**Do you feel sad: rarely [] sometimes [] frequently []**

**What are the five main triggers that make you sad?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What is it costing you? List the five biggest adverse consequences of experiencing sadness.**

- 1.
- 2.
- 3.
- 4.
- 5.

**What would make you totally committed to letting go of sadness**

**What are the five main positive lessons that will enable you to access new & powerful inner resources? (This may be easier to answer after using the recordings)**

- 1.
- 2.
- 3.
- 4.
- 5.

**Fear**

**Do you feel afraid: rarely  sometimes  frequently**

**What are the five main triggers that make you feel afraid?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What is it costing you? List the five biggest adverse consequences of experiencing fear.**

- 1.
- 2.
- 3.
- 4.
- 5.

**What would make you totally committed to letting go of fear**

**What are the five main positive lessons that will enable you to access new & powerful inner resources? (This may be easier to answer after using the recordings)**

- 1.
- 2.
- 3.
- 4.
- 5.



**Hurt**

**Do you feel (emotionally) hurt: rarely [] sometimes [] frequently []**

**What are the five main triggers that make you hurt?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What is it costing you? List the five biggest adverse consequences of experiencing hurt.**

- 1.
- 2.
- 3.
- 4.
- 5.

**What would make you totally committed to letting go of anger? ????**

**What are the five main positive lessons that will enable you to access new & powerful inner resources? (This may be easier to answer after using the recordings)**

- 1.
- 2.
- 3.
- 4.
- 5.

## **Guilt**

**Do you feel guilty: rarely [] sometimes [] frequently []**

**What are the five main triggers that make you feel guilty?**

- 1.
- 2.
- 3.
- 4.
- 5.

**What is it costing you? List the five biggest adverse consequences of experiencing guilt.**

- 1.
- 2.
- 3.
- 4.
- 5.

**What would make you totally committed to letting go of guilt?**

**What are the five positive lessons that will enable you to access new & powerful inner resources? (This may be easier to answer after using the recordings)**

- 1.
- 2.
- 3.
- 4.
- 5.

## **2. Limiting Decisions & Beliefs**

Limiting decisions or beliefs usually arise as a result of a difficult or traumatic situation. If you were to put them in sentence form, some examples may be : “I’m not good enough” or “I’m not in control” or “I don’t trust anyone”, or they could be more specific to a particular problem, like “I can’t stop eating” or “I’m not motivated to exercise”.

There is a difference between a limiting decision and the truth. If I were to say: “I can’t speak Japanese”, that would (in my case) be true. But if I were to say: “I can’t learn Japanese”, that would be a limiting decision; I, like most people, have the intellectual capacity to learn this language.

Work on one limiting decision at a time and use the recording at least once for each limiting decision. Here’s an exercise to help you identify the limiting decision that you want to focus on.

### **1. Which is the main limiting belief or decision stopping you from living life to the full?**

.....

### **2. What does this limiting belief cost you? List the five main adverse consequences.**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

### **3. What would make you totally committed to letting go of this decision?**

### **4. What are the five positive lessons that will enable you to access new & powerful inner resources? (This may be easier to answer after using the recordings)**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

### 3. Your goals for the future

This section is to help you prepare for Track 10. It's important that you fill in this section before listening to this track.

There is no point in aiming for something that isn't possible like "I want to be able to run the marathon next week without doing any training". So check that your goals SMART: Specific, Measurable, Achievable, Realistic and Timed.

You should aim to work on more than one goal. It's often helpful to identify: a short-term goal, perhaps over the next month or two; a medium-term goal over the next year or two; and finally a long-term goal for the next ten years or so.

Work on one at a time. Use the recording at least once for each goal.

Here's an exercise to help you work on achieving your goals.

#### 1. Write down short, medium and long term goals.

Short term.....

Medium term .....

Long-term .....

#### 2. What will it mean if I achieve this goal?

Think of a scene, an image that tells you that you have achieved your goal- the last thing that has to happen for you to be certain that your goal has come true. It will almost certainly focus on you.

Two examples:

Your goal is to lose a certain amount of weight. The scene could be: "I'm on the scales and it says 65kg" or "I'm looking in the mirror and my skinny jeans fit me perfectly again".

Your goal is financial success. The scene could be: "I'm looking at my bank statement and there's a really healthy balance" or "I'm unlocking the door and walking into my new home for the first time".

End box

**Write down the scene that shows you have achieved your goal.**

.....  
.....

### 4, Confidence building

**\*What Are your five most positive Habits?**

- 1.
- 2.
- 3.
- 4.
- 5.

- **What five new habits would most improve your life today?**

**How would you know your life has improved? What would you see, hear and feel?**