



Your
**MIND-BRAIN
REBOOT**

Exercise
Workbook



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1 Exercise One: Identify Your Issue

Identify and write down in one sentence the issue or feeling you most want to resolve, come to peace with or empower yourself about.

This could also be an action you want to quit doing, or something that you want to do that you're not doing.

Examples:

- . I want to feel okay about my divorce, without hurt feelings or question marks.
- . I would like to feel okay with my sister's drug addiction and not feel I need to rescue her all the time.
- . I want to build my interior design business and take all the actions I need to for it to be a big success, without procrastinating.
- . I'd like to forgive my mother for preventing me from going to college - to feel at peace and not resentful.
- . I want to stop yelling at my kids.

I want to: _____

2 Exercise Two: Find Your Reasons, Excuses, Justifications & Explanations

Take a few moments to reflect on your chosen issue, and on the emotion or behavior you would like to resolve or change. If different from the issue you listed in Exercise One above, write your new chosen issue here:

What feelings do you have about your issue that you would like to be free of?

Next, list the reasons, excuses, explanations or justifications you give yourself about how you feel regarding the issue (list as many as possible):

Why I feel the way I do:

Next, write down what behavior you are doing that you want to stop or what you are not doing that you wish to do (if applicable to you & your issue):

I want to stop:

I want to start or do:

Next, list the reasons, excuses, justifications or explanations you give yourself about (list as many as possible):

Why I'm not stopping what I want to stop:

Why I'm not doing what I wish to do:

Next, rate each excuse, explanation, justification or explanation, by placing a 1, 2, or 3 beside your answers above:

1- I believe this is the absolute reason or cause.

2- I think maybe this is part of the cause.

3- I think this is probably just an excuse; the real reason is deeper.

“Extra Credit” Exercise

(Note: You will learn more about how your subconscious priorities play out in real-life experiences in later chapters. If you like, go ahead now with this next self-inquiry exercise and get a feel for the kind of answers that come to you.)

Reflect again on your issue for a few moments.

Next, consider the priorities of your subconscious as described in this chapter, including survival, social bonding, and procreation, as well as what you may have imbibed as a “paradigm” or model of the world from your early learning.

Remember that your subconscious does not “think” in the way the conscious mind does, in a normal verbal language. Rather, it processes your issue and experiences in a rather dreamlike state dominated by considerations and feelings that follow from its priorities, as described in this chapter. We access the world of the subconscious by considering a possibility and monitoring ourselves for a sense of “resonance,” “rings true,” or a bodily sense of agreement. We’ll now begin our endeavor to discover how your subconscious sees your issue.

Consider your issue in the light of each subconscious priority, in turn: Take a few moments with each to “tune into” your body and any emotions you are feeling as you consider each of the following subconscious priorities. Become aware of any body sensations you may feel as you try out possible theories. Note if you feel a sense of resonance or “ping” with your bodily feelings or subtle sense of “aha” or “hmmm, maybe” as you consider each of them. Write down what you experienced.

1. Survival (i.e. fear for your care, “feeding” or well-being, desire for safety, etc. that could be impacting how you feel regarding your issue.) Write down any observations or feelings you feel as you consider these:

2. Social bonding – could there be a fear of being rejected, not accepted, being thought low of, losing social status, losing support, etc? Write down any observations or feelings you feel as you consider these:

3. Sexual or reproduction – Desire for children? Sexual attraction? Status through sexual conquest? Sensual pleasure? Write down any observations or feelings you feel as you consider these:

4. Is there a model of the world, or a strategy from your early learning you feel may be impacting you regarding your issue? (For example, were you perhaps emotionally neglected and now crave connection? Did you learn that being sick, nervous or in distress brought help, support and attention? Did you find that misbehaving brought attention?) Write down any observations or feelings you feel as you consider these:

3 Exercise Three: Know Your Emotions

Take a few moments to identify and name your emotions by doing the following exercise. The aim is to choose a name for each emotion you feel around your issue, using a single word, for example, sad, resentful, angry, uplifted, embarrassed, etc. If you find yourself at a loss for words to describe a particular emotion, refer to the table at the end of this exercise entitled *Feeling Words for Difficult Emotions*.

1. Reflect for a few moments on the issue you want to resolve in your life, such as a relationship breakup, a difficult boss, a painful job loss, etc. Allow your usual thought patterns about it to appear.
2. Next, tune into your emotional “body” and pay attention to what emotions may be coming up for you. (Note: Any one emotion may be obvious, or it may be quiet, deep inside. See if you can pinpoint each emotion by tuning into your body. Scan your chest and heart area. Scan your abdomen, neck and throat, and your head. Listen to the feelings and vibrations in your body. The right word will likely pop into your mind as you connect with the emotion.)
3. Write down one word to name each emotion you are feeling. (Refer to the *List of Feeling Words for Difficult Emotions*, if needed.)
 - a.
 - b.
 - c.
 - d.
 - e. others:
4. Put a star by the strongest emotion you feel of all those you noticed.
5. Repeat this exercise with each of the emotionally stressful issues you can identify in your life. (Note: Be sure to include the issue(s) you already considered in Exercise One and Two.

For the purpose of gaining proficiency in naming your emotions, it’s helpful to do this emotion-naming exercise for all the issues you can think of. However, for greatest resolution of each issue, you’ll also want to take each through all six exercises in this book.)

List of Feeling Words for Difficult Emotions

AFRAID	DISCONNECTED	SAD
apprehensive	alienated	depressed
dread	aloof	dejected
foreboding	bored	despair
frightened	distant	despondent
mistrustful	distracted	disappointed
panicked	numb	discouraged
petrified	removed	hopeless
scared		melancholy
suspicious	DISQUIET	wretched
terrified	alarmed	
wary	disturbed	TENSE
worried	perturbed	anxious
	rattled	cranky
ANGRY	restless	edgy
enraged	shocked	fidgety
furios	startled	frazzled
incensed	turbulent	irritable
irate	unsettled	jittery
livid	upset	nervous
outraged		restless
resentful	EMBARRASSED	stressed out
	ashamed	
AVERSION	flustered	VULNERABLE
appalled	mortified	guilty
disgusted		guarded
hateful	PAIN	helpless
horrified	agony	insecure
hostile	anguished	leery
repulsed	bereaved	shaky
	devastated	
CONFUSED	grief	YEARNING
baffled	heartbroken	envious
bewildered	hurt	jealous
dazed	lonely	longing
lost	miserable	pining
mystified	regretful	
perplexed	remorseful	
puzzled		
torn		

4 Exercise Four: Discover Your Assumptions and Interpretations

Think of the issue you want to resolve—ideally, a situation in which you felt hurt or incurred other painful emotions with. Then write answers to the following self-inquiry:

1. What are you assuming or interpreting as a fact that may be making this situation particularly painful? Write it down.
2. Think of at least one way the situation could be that is different from how you are imagining it to be. Take some time to reflect, then write each of them down.
3. Next, consider the situation as if the new possibility you came up with actually reflects the truth of the situation. Does anything shift for you as you think of it that way? Do you feel any lighter about the situation as you sit here now? Please write down your experience.

4. Try to think of another possible way the situation could differ in reality (the more ideas you can come up with, the more the feelings tends to lighten). Write it down.
5. Now, reflect on how you feel, imagining this to be the case. Does anything shift in the feelings you have about the issue? Write down anything that has begun at least to shift. (ex. I feel a bit less angry. I see that maybe it wasn't such a big deal, etc.)
6. Now consider what fear (or negative belief) your subconscious might be holding about yourself that you feel this issue "pings" (or rings true) with? Write it down.
7. How do you feel now about the incident, as you close your eyes and think about it. Does it feel lighter? More "empty?" Write a sentence or two about what resolved for you or that you feel lighter about.

5 Exercise Five: Find Your Inauthenticity

This exercise has two parts. First, you'll revisit what subconscious priority may be playing into your feelings or behavior around your issue. Secondly, you'll consider in more detail how this could be influencing your feelings around your issue, and how uncovering inauthenticity can lead to greater sense of empowerment and ease regarding your issue.

An inauthenticity in this context means we have:

1. A model of the world (a paradigm) that we are interpreting events through, but we don't know we have it. We just think things "are" or "should be" a certain way. (i.e. like Nimita, who was looking at a company as if it were a family.)
2. A projection (from early learning) that we are throwing on a situation or person, that we are unaware of. Such as, it's common to expect a spouse to have all the good qualities that our father or mother had, and we may feel chronically upset or disappointed that they don't fulfill that expectation we subconsciously hold them to.
3. We want to avoid looking bad, undesirable or unacceptable to others. This preserves our sense of security, that we will be valued and not thrown from the tribe. We are subconsciously driven to save face, even to ourselves, to regard ourselves in overly-inflated terms (recall that 90% of college teachers rate themselves as) and to avoid looking objectively at ourselves in order to avoid the discomfort we feel at even the subtle thought of not being acceptable to others.

List of Common Paradigms or Models of the World:

(Remember, we are not normally aware that we are operating under them)

- . Life is fair.
- . Life is not fair.
- . Life is a struggle.
- . Suffering is inevitable.
- . You have to watch your own back.
- . Others have your back.
- . You should go for happiness in life
- . Life is not about happiness, it's about duty, commitment, being a good man.
- . Nobody cares about me, the universe doesn't care about me
- . The environment will take care of me and I can trust it.
- . I cannot trust anyone.
- . I can trust the world, or at least some people.
- . Always be honest.
- . Whenever nobody sees, you can do whatever you like.
- . When you give, you should get back.
- . Giving is unconditional.
- . Family comes first.
- . I come first.
- . We live for others.
- . Everyone for himself.
- . Sex is a bad thing.
- . Sex is a good thing.
- . There is never enough.
- . There will always be enough.
- . Rely only on yourself.
- . Be a mutual support to others.
- . My partner should look out for my interest.
- . I should look out for my interest.
- . Working hard is the basis of success.
- . Working smart is the basis of success.
- . Commitment is frightening and dangerous.
- . Commitment gives security.
- . People come first, business comes second.
- . Business comes first, people come second.
- . Groups are like families.
- . Business is business. Family is family.

Common Strategies that Follow From Paradigms:

- . If you cry or complain loud enough, someone will help you.
- . If you're good to others, they will be good to you.
- . If you are fair, the world will be fair to you.
- . Suffering can bring credit and the more you suffer, the more you become deserving on some higher, maybe divine perspective.
- . If you work hard and don't enjoy too much, you'll have enough.
- . If you make the other feel guilty, they will give you what you want.
- . If you show how you suffer, someone will help you.
- . If you are anxious and fearful, someone strong will rescue you.
- . If you are cute, charming or seductive, you can get what you want.
- . If you are angry and aggressive, you will get what you want.
- . If you are nice, passive or pleasing, others will like you.
- . If you give others what they want, they will never leave you.

Part I. Please re-read the list of sample paradigms or models of the world and common strategies of the subconscious above. Then go on with the exercises below:

- . Consider what kind of early learning, experiences or instinct may have contributed to each of the above paradigms.
- . Are there any you relate to or feel resonant with? Put a check mark by each one you feel a connection with.

Now, recall that we are programmed to avoid "looking bad," to others and even to ourselves. Are the points you put a check by mostly the positive ones? While all the ones you checked may be true, we are biased towards avoiding the negative ones. This is just how we are built, and brain research confirms, as we saw in earlier chapters.

In this exercise, try your best to be open to what "glasses" you might be looking through when you think about your issue, or review your memories of it. Remember, if you're wearing green sunglasses, the world will look green. If you forget you're wearing green glasses, you just think the world is green - that's the way it appears to you. In your situation, consider if you may be wearing "rose-colored" glasses regarding how you were in the situation?

It's easy when we feel wronged, to focus on what the other did to us, and avoid scrutinizing our own role. Perhaps it's more accurate to see we have blinders on regarding our own contribution, and that what we're seeing as absolute truth is actually just one perspective.

Part II. Think of the issue you want to resolve—the main issue that left you feeling hurt or the area of your life you feel is stuck. Next, answer the following series of questions about your issue. Write your answers down after each of question:

1. What expectations did you have of the person or situation?

2. What expectations were met?

3. What expectations were not met?

4. What paradigm could your subconscious have that would lead you to expect these from the person or situation?

5. What instinct or early learning could you have had that your subconscious is generalizing to this situation?

6. As you reflect now on your issue, has anything shifted for you?

7. Do you feel any lighter about the situation as you sit here now?

8. What has opened for you, or what have you learned from this exercise?

6 Exercise Six: Find the “Interest” of Your Subconscious

Your subconscious may have a hidden interest keeping your painful feelings intact, or in holding you back from the progress you aspire to in your life. If so, what could it be “thinking?”

1. Put on your “thinking” cap, and sink back in your chair. Now, allow yourself to enter the dreamy world of your subconscious, and how it sees the world. Reflect for a few moments on your issue. Put your attention on any feelings you still have about it.
2. Imagine or “reverse engineer” (infer backwards from the end result) what possible hidden interest or benefit your subconscious may have for hanging onto these feelings around your issue. Consider in light of the subconscious priorities discussed in Exercise Two above. Write down whatever comes to you.
3. Next, reflect on each possible benefit you wrote down above and note next to each the level of resonance or agreement you feel deep inside. “1” for High level, “2” for Medium and “3” for Low or none.
4. How may such feelings or behaviors have been useful to you in your childhood or early life? Write down any insights that come to you. (ex. what worked with my mother was to make her feel guilty.)

5. Next, reflect on how successful your subconscious strategy has been in achieving the desired result with respect to your current issue. Did it achieve what was desired? Write down, “succeeded” or “did not succeed.” Next, estimate to what extent it achieved the intention, i.e. was 60% successful.

6. Next, take a few moments to sit quietly and reflect on how you’re feeling. Close your eyes if comfortable for you. Notice any sensations in your body, and check especially for the presence of any emotions.

Do you feel lighter about your issue? Are any emotions less intense than before? Has anything shifted in your feelings associated with your issue?

Write down what you noticed:

Congratulations! You have completed Your Mind-Brain Reboot Exercise Workbook. **Now please head over to our short, 7-question feedback survey at the link below and let us know how you’re feeling. We want to hear from you!**

<https://www.surveymonkey.com/r/MindBrainReboot>

If you prefer, scan the **QR-code below** and it will take you right there:

