



Limbic Retraining - Part 2

Rounds

Getting ready for rounds

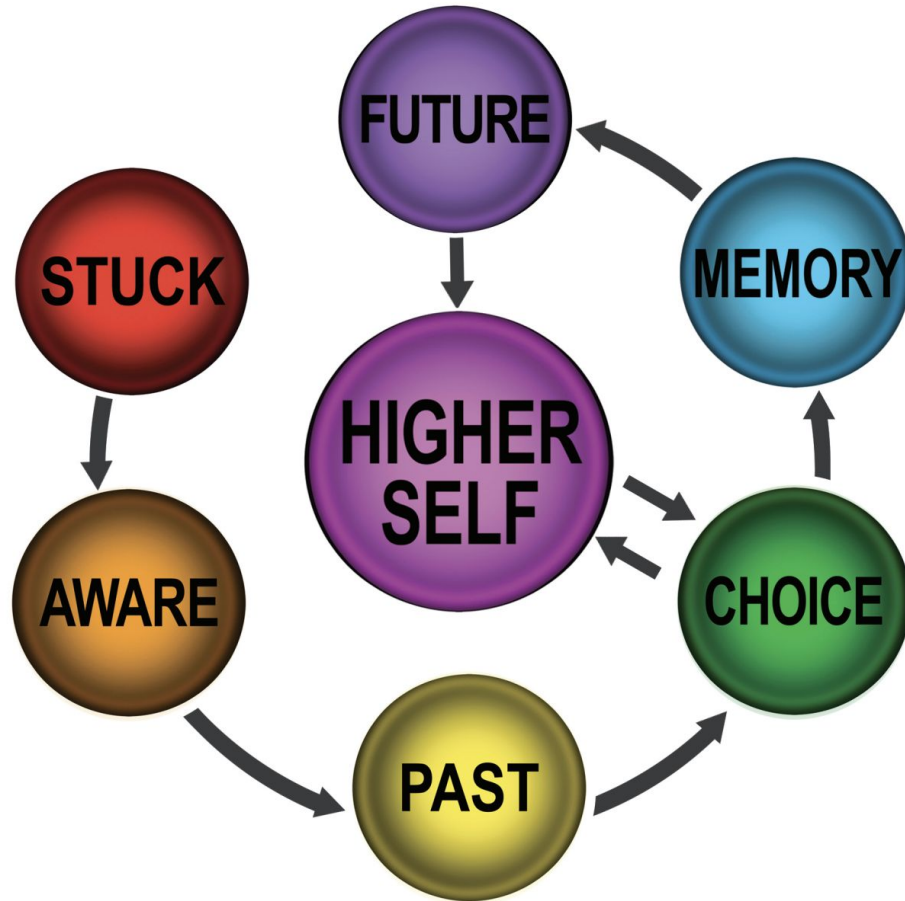
Print and place the steps in a honeycomb pattern on the floor.

Prior to starting - bring something to mind you find currently challenging. Situation, symptom, stimulus.

Step 1: Stuck - stand here.

Smile and say out loud Stop stop stop and as you say this - step backward towards aware position - step 2. Also bring hands from crossed in front of you and back three times. (with each stop)

You're not saying stop to the symptoms - but to the old neural patterns that keep your brain stuck in a trauma loop



Step 1

Your symptoms will naturally decrease as you regulate this.

Can use alternate words if stop isn't a great word

- Hush, hush, hush
- Quiet, quiet, quiet
- Change, change, change
- Enough, enough, enough
- Ssh, ssh, ssh

Make the language more your own

Step 2 - Aware

Gently tell your limbic system that it is sending inaccurate signals to your mind and body.

This step helps your brain become aware of the link between your condition and being stuck in a stress response.

Both hands on temples - “My brain is
Stuck in a rut” -

Both hands on center chest - “and is sending
My mind and body”

Both arms down and away from body

“False messages”

Step 3 - Past

Say out loud a past statement

This helps your brain reattribute symptoms to the overfiring of threat mechanisms

Recognize that your past coping behaviors have been ineffective

Your past statement includes 3 things:

1. What is happening in the brain - the overfiring of protective mechanisms
2. A few of your symptoms
3. A few of your coping mechanisms

Step 3 - Past

If listing specific symptoms create negative emotions, make the statement more general

You don't need to list every symptom for this step to be effective

Start with both hands on the right (bent and naturally pointed up)with the first part of statement

Then both hand up on the left for the symptoms part of the statement

Examples

Always say:

Over-firing of protective mechanisms in the limbic system
(Arms on the right).

(Then arms to the left) and say your own part.

...in the past resulted in anxiety, food sensitivities, and pain, which led to behaviors like avoidance and isolation.

...in the past resulted in inflammation, infections, and fatigue, which led to excessive bed-rest and withdrawal.

Examples:

Always say:

Over-firing of protective mechanisms in the limbic system
(Arms on the right).

(Then arms to the left) and say your own part.

...in the past resulted in hypersensitivity to chemicals, food and energy output which lead to isolation and avoidance behaviors

...in the past resulted in uncomfortable symptoms which led to unhelpful behaviors. (more general)

Step 4 - Choice

The choice step empowers you to choose a new strategy as you declare a new commitment to rewire your brain

Both hands on temples - “But now I know”

Move arms down to form an X in front of chest “these symptoms are the result of crosswiring in my limbic system”

Then thumbs toward your chest (pointing at self) - and then moving around your head - on the sides -

“And I choose to rewire my brain”

Step 5 - Higher Self

Higher self position has an expansive perspective

You look inside with love and compassion at yourself and your limbic system

You recognize that your symptoms do not represent who you are

3 parts while on higher self.

Pivot to face choice positions - congratulate yourself on wisely choosing to rewire your brain

Pivot to the past - thank your limbic system for the work it has done - it did the best it could to protect you.

Pivot to choice - what is your new choice moving forward.

Example - Step 5 - Facing Choice/Past

1. Face choice - “Way to go Stacey. Great choice! I love you and am so proud of you.”
 - a. Use hands if you can
2. Face past - “Thank you so much, limbic system, for protecting me in the best way that you knew how.”
 - a. Hands together over heart. After the statement, move hands down to sides.
3. Still Face past - “It’s okay - you didn’t have all the information. You have been working overtime. You can relax now.”
 - a. Move hands down and out

Options for this step

1. Approach is to address firmly but compassion and kindness as if talking to a 3 year old
2. Another - using break up language. It's not you - it's me.
3. Military terms - the war is over. You can stand down now
4. Relaxation terminology - you've been working too hard - time to relax.
5. Phrases like its not your fault - you didn't know.
6. Its okay - I got you.

Just need to tell it:

Relax - stop stressing - and change its routine.

Step 5 - Higher self

After you face choice, and then past - face choice again.

“Stacey, what state are you choosing now?”

Step 6 - Choice

Back to choice

State your proclamation with the gesture you chose.

Now do all 6 steps.

Aim for 100 repetitions of 1-6 before adding the next ones in.

<https://www.youtube.com/watch?v=MFzDaBzBIL0>

Get ready for steps 7,8 - activity

Sit comfortably, close your eyes, imagine holding $\frac{1}{2}$ lemon in your hand.

Imagine color, temperature, texture, weight.

Now imagine bringing it to your nose - smell it

Imagine to your mouth - take a bite. Savor the taste and continue to chew it. Feel the juice of the lemon in your mouth. Keep chewing. Now imagine spitting the lemon out.

Did you salivate? Experience how your mind can create a physiological reaction.

You will draw upon the power of your memory/imagination.

Getting ready for step 7,8

The positive emotions they evoke and brains sustained attention on them is what is important.

Focus on them - in an elevated emotional state for an extended period of time.

Memory or future visualization

Look up words that evoke positive emotions if having trouble

Can have a difficult time accessing positive memories/emotions - this is normal. May feel like working a muscle that hasn't been used in awhile.

The threat mechanism is overactivated - so limbic interprets everything through a lens of threat.

Many hunkered down in full protection mode for a long time! So positive feelings may be hard to come by.

Unpracticed at feeling or experiencing joy, hope, trust, happiness. These are not important when in survival mode.

If trouble - not have to be real or accurate - just need to be positive!

Rewrite parts of own memory or imaginary ones. (Great positivity and detail)

Try to avoid feeling of loss or negative emotions.
Gently acknowledge it and redirect to something positive.
Focus on the sweet spot with no negative associations
Use the golden scissors - or photoshopping and cutting away any negative parts of a memory.
Visual images for positive states - check internet on positive emotion and click on images. Use these to help create own visualizations.
Speak words of positive emotion during the memory, visualization.

Even if you don't feel it right away - the words will have an impact. Brain does not know the difference between real and imaginary memories.

Be imaginative - have fun. Use make believe ...the skies the limit/
The brain is a pattern recognition system. It will search for previous patterns.

With consistent practice of steps - over time - have greater access to positive emotions and memories.

Then you make actual positive memories as you go that you can use.

Emotions:

- ▶ Grateful
- ▶ Happy
- ▶ Open
- ▶ Connected
- ▶ Passionate
- ▶ Vibrant
- ▶ Euphoric
- ▶ Proud
- ▶ Calm
- ▶ Loving
- ▶ Adventurous
- ▶ Trusting
- ▶ Fulfilled
- ▶ Optimistic
- ▶ Peaceful
- ▶ Capable
- ▶ Comfortable
- ▶ Excited
- ▶ Empowered
- ▶ Radiant
- ▶ Centered
- ▶ Relaxed
- ▶ Spontaneous

Memory (Step 7):

- ▶ Focus on positive feelings
- ▶ Avoid references to illness or past trauma
- ▶ Pick a new memory if it evokes loss
- ▶ Describe your memory in detail
- ▶ Give the emotion a color, texture or movement

Bring the emotion to life by feeling it in the body.

You may experience flat affect and struggle with positive emotion.

Act as if you are experiencing the positive emotion - tell your brain what it is - and just go with it.

- ▶ “Act as if” even if you are not feeling the emotion
- ▶ Use the present tense
- ▶ Repeat the memory no more than seven times in a row
- ▶ Create a library of memories
- ▶ Anchor the memory with three deep breaths

Future (Step 8)

Adjust if you get
Bored.
Repeat no more
7 times in a row

- ▶ Bring the emotion of Step 7 with you
- ▶ Visualize a new state of wellness
- ▶ Use the present tense
- ▶ See yourself as completely vibrant and healthy

No negatives

Future (Step 8)

- ▶ Focus on the positive feeling
- ▶ Imagine it spreading through your body
- ▶ Do not focus on limitations
- ▶ Take three deep breaths

Higher Self (Step 9)

Bring palms to
Congratulate se
And why

- ▶ **Congratulate
yourself for
your efforts**

Memory: What do you feel, sense, notice. Energy - positive emotions. INTO your body - into every cell - every neuron. Invading them with unconditional love, excitement and gratitude. Invite the feeling into the head - down the face, eye, nose, lips, my ears, etc...Gently invite this energy down the neck, this sense of unconditional love, excitement and gratitude.

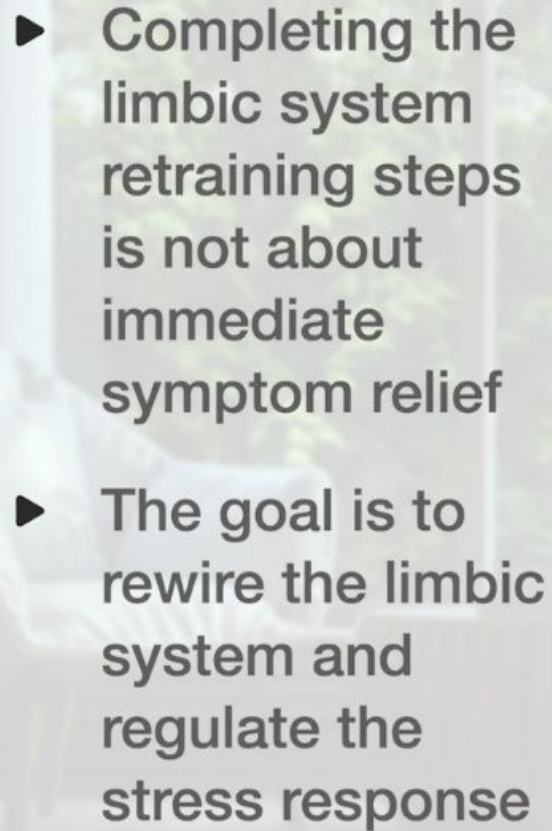
.....

Write your memories before next time
See sheets of paper

Please practice four full rounds of the DNRS Retraining Steps (1-9) using the memories and future visualizations you created.

You will continue to build a library of memory and future visualizations that you can work with throughout your recovery process. To supercharge a positive emotional state, you can use the same memory and future twice in a row.

Remember to think of your challenge prior to starting (you will learn more about this in Pillar 4).

- 
- ▶ **Completing the limbic system retraining steps is not about immediate symptom relief**
 - ▶ **The goal is to rewire the limbic system and regulate the stress response**

Symptoms will fall away as we get stronger healthier pathways
Full round about 15-20 minutes



Mirror Neurons

cells that fire when
we perform or see
others perform



Mirror Neurons

- ▶ To learn through imitation
- ▶ To empathize with others
- ▶ To dissolve the illusion of separation

Buddy Practice Guidelines

- ▶ Share successes with each other
- ▶ Avoid talking about symptoms or illness
- ▶ Do one full round of the steps
- ▶ Congratulate each other
- ▶ Share something you are grateful for at the end
- ▶ Buddy practice does not count as part of your daily, one-hour full rounds of the DNRS Retraining Steps.

Tip 1

Create a list of positive memories and future visualizations:

- ▶ Ask friends and family for ideas
- ▶ Look at photos
- ▶ Listen to inspiring music
- ▶ Avoid erotic visualizations as they produce adrenaline and stimulate the nervous system.

Tip 2

Journal your changes along the way:

- ▶ Include positive changes in your symptoms, thoughts, emotions, or behaviors
- ▶ Journaling is a way to see progress and help you stay motivated to continue practicing. Especially on days you don't feel like doing it.

Tip 3

Avoid substituting other practices for the DNRS program.

- ▶ Many other practices can be beneficial for your overall health and wellbeing, but they may not accomplish the neural rehabilitation results that are possible with DNRS.
- ▶ DNRS is designed specifically for people with limbic system impairment.

Tip 4

Adjust your routine.

- ▶ This will help your brain move out of its regular patterns.
- ▶ Sing rather than say your Proclamation
- ▶ Incorporate music or movement into your DNRS Retraining Steps

Tip 5

Create helpful conditions for your practice of the DNRS Retraining Steps.

- ▶ Stand while doing full rounds
- ▶ Speak the steps out loud
- ▶ Use the gestures and movements
- ▶ If challenged in public, repeat the steps silently to yourself
- ▶ Focus with complete, undivided attention

Tip 6

Recognize and overcome
resistance behaviors

Tip 7

Maintaining motivation to complete the retraining steps each day.

- ▶ Engage in DNRS support services
- ▶ Set up a reward system
- ▶ Pair your limbic system retraining steps with a daily habit
- ▶ Check in with an accountability partner

What people are saying about Pillar 3

Do half in the am and you are half done!

Then fit them in in 15 minute snippets - be creative/

Pillar 4 Incremental training

- ▶ How do the principles of learning like focus, association and repetition apply to incremental training?
- ▶ What is incremental training?
- ▶ How do I combine incremental training with the DNRS retraining steps?
- ▶ How do I implement incremental training?
- ▶ What does it mean to “tuck” challenges into the future visualizations?

- ▶ How does understanding the Psycho-Cybernetic Mechanism help me implement DNRS?
- ▶ How can I be most successful with incremental training?
- ▶ What are people saying about incremental training?

With focus and repetition the brain can make new associations with seemingly unrelated things.

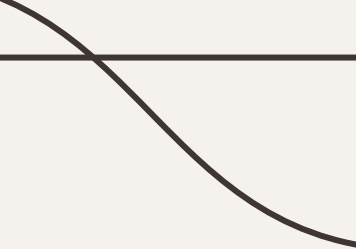
The association doesn't necessarily have to make sense.

Apple and lion - how are they alike? Seem very different. But could think of many if tried hard.

How is 1 better than the other? To keep making associations - ask different questions. How is the lion a parent of an apple?

Carry/protect/take it home

Making new associations - using imagination. Focus on these and repeat frequently enough - every time you think of a lion - you will think of an apple.

-
- 
1. Think of an object (#1) and write it down.
 2. Think of a different object (#2) and write it down.
 3. Now imagine all the possible ways that

#1 and #2 are alike:

#1 is better than #2:

#1 is the parent of #2:

Making new associations is about using your imagination. If you focus on these new associations and repeat them frequently enough, over time you will have made a new association in your brain between these seemingly unrelated items.

Principles of learning

Normal and necessary to change some of the associations that the brain has made due to limbic system impairments.

Initially made these associations in a protective response that became maladaptive.

Ex. Because of severe multiple chemical sensitivities.

Perfume/chemicals made her feel sick for days/weeks. Within several feet - had debilitating effects. Brain started to associate all scented products as threatening. Causing a heightened immune and nervous system reaction. Soon was consciously associating any scent with illness. Became fearful of anything scented.

Required that changed her fear response to scented stimuli.
Avoidance not working. Need to change brain's unconscious relationship with the scents.

Remembered grandmother wore perfume. Loved her dearly, loved her smell.

When afraid of scents - remembered and felt her love for her grandmother.

Changing her association was part of healing.

Perfume -- loving grandmother. New link in her brain. Focus and repetition - the old association changed.

As repeated the process - weakened the stress response and strengthened the new pathways. Using this and other tools - healed.

Brain can develop associations it didn't initially have - especially with injury.

Not uncommon for various stimuli to produce pain.

We become fearful of anything that causes pain. So may see new associations.

Before limbic impairment - didn't avoid light, sound, emf, chemicals. Now you do. Unconscious threat association with sensory stimuli. Did not scan the environment. Did not avoid social/energy expenditure.

While these associations may have served you with symptom management in the past - with neural plasticity in mind - we know any association coupled with fear - strengthens negative neurocircuitry.

Change the negative association with triggering stimuli to a positive or neutral one. Don't have to believe the new is true - just go through the motions can help.

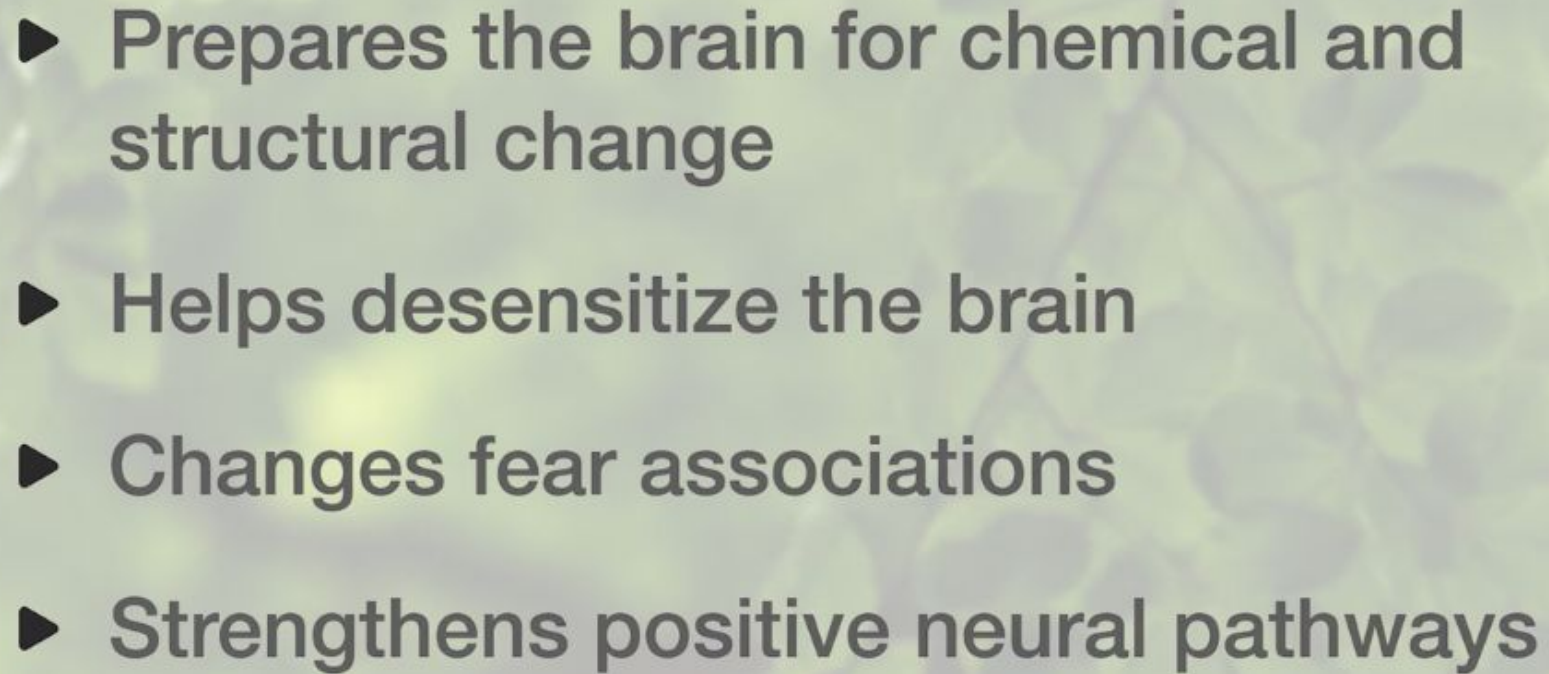
Then we build new neural pathways.

Neurons that fire together wire together.

More frequently you repeat a neurocircuit in the brain - the stronger it becomes.

Incremental Training

Intentional and essential part of the DNRS rehabilitation process
Goal: Prepare the brain to make positive chemical and structural changes so that in time - you can reengage without limitations.
Desensitize the brain,

- 
- ▶ Prepares the brain for chemical and structural change
 - ▶ Helps desensitize the brain
 - ▶ Changes fear associations
 - ▶ Strengthens positive neural pathways

- ▶ Introduce small challenges to create a mild stress response
- ▶ Gradually increase challenges over time
- ▶ Move the brain into a slightly heightened neuroplastic state

Incremental challenges will:

- ▶ Decrease firing of fear networks
- ▶ Help change fear associations
- ▶ Change the chemical set-point from CAN chemistry to DOSE chemistry
- ▶ Engage the prefrontal cortex



Incremental Training

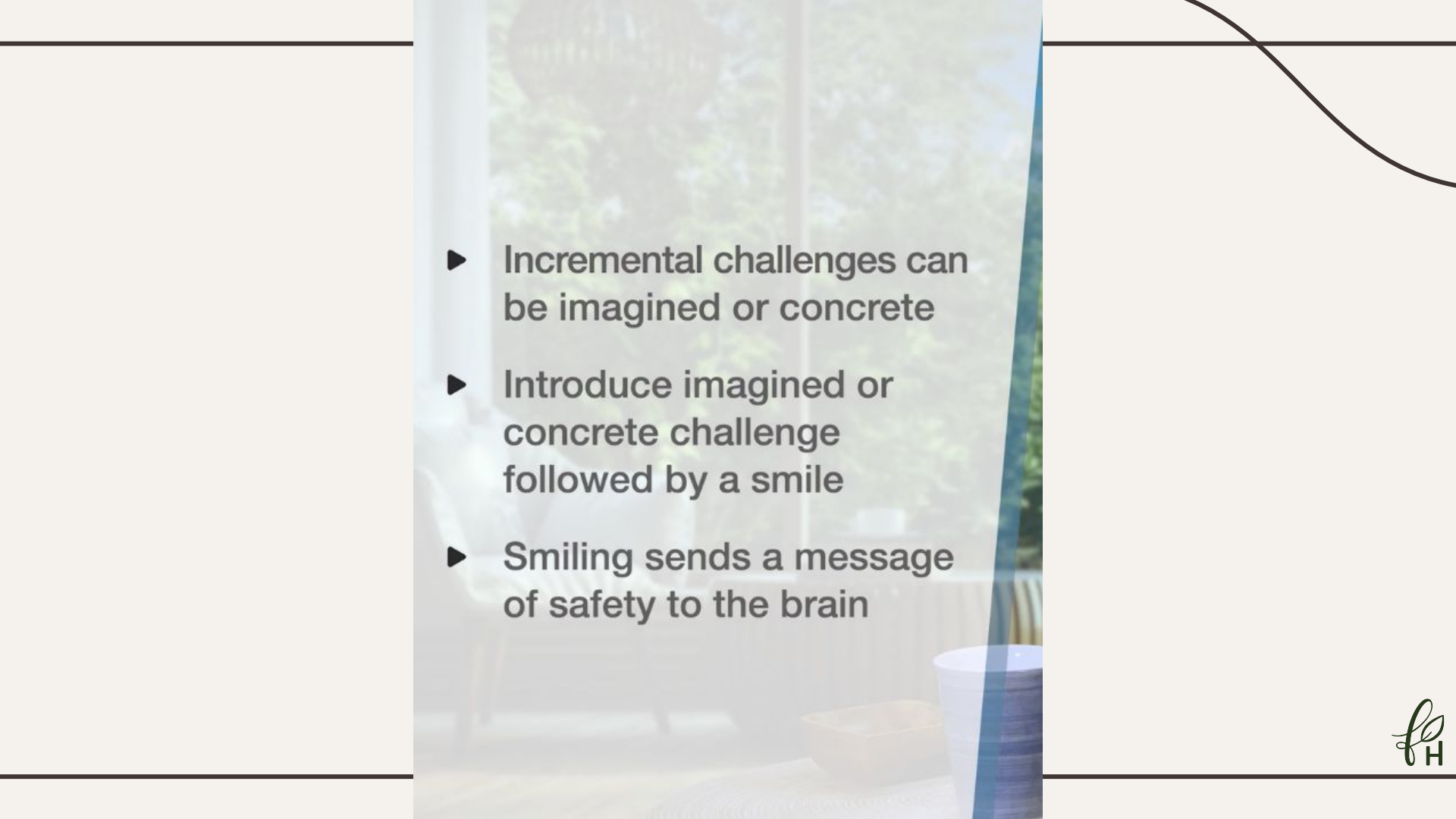
Approach incremental training with a healthy, informed attitude and an awareness of environmental influences on the brain

Incremental Training:

- ▶ Create new positive associations
- ▶ Recognize limiting beliefs
- ▶ Determine what you want to train on
- ▶ Have fun and be creative with incremental training



Introduce an incremental training challenge at the start of each full round of the DNRS Retraining Steps

- 
- ▶ Incremental challenges can be imagined or concrete
 - ▶ Introduce imagined or concrete challenge followed by a smile
 - ▶ Smiling sends a message of safety to the brain

STUCK

FUTURE

MEMORY

HIGHER
SELF

CHOICE

AWARE

PAST

- ▶ **Saying stop creates a pattern interrupt to old neural brain patterns**
- ▶ **Instructs your limbic system to stop firing threat signals**
- ▶ **Work toward 1-2 concrete challenges each day**

Can work on one or more challenges at the same time

Don't need to keep the same one day to day -

Depending on health issue - picture 1 thing.

POTS - see yourself standing up longer....

CFS - start by imaging physical exercise/exertion

MCS - being around those with chemicals

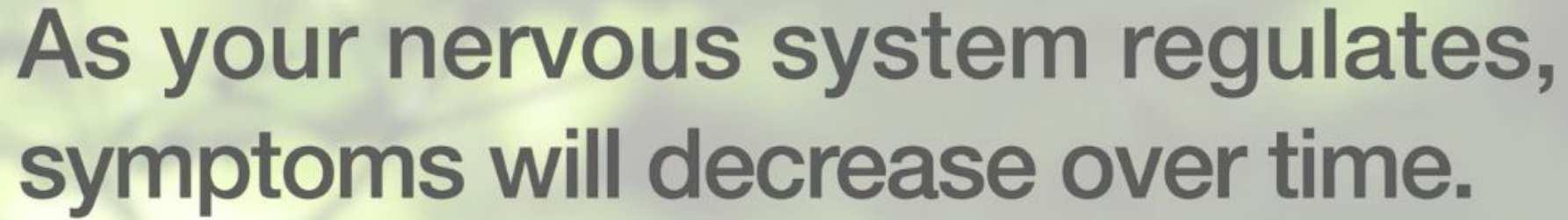
Fibro - Do an activity that causes small amounts of pain - work towards exercise

Anxiety - the event that causes anxiety

Depression - not necessary to think of trauma, etc..

This exercise will assist you in creating a personal strategy for incremental training.

1. Imagine your ideal state of optimal health (read your Proclamation).
2. Brainstorm a list of things you would like to do.
3. From your list, prioritize 1-2 things you can start with that will help you move towards optimal health. These are the first challenges you will start incrementally training with.
4. What are some positive associations you are going to make with these challenges?



**As your nervous system regulates,
symptoms will decrease over time.**

Training Zone:

- ▶ Unique to you
- ▶ Increase the level of challenge over time

Incremental training

Measured

Intentional

Repeated

Explore your beliefs around that stimuli

Ex: Food reactions - do you fear foods? How much energy do you spend on this?

Depending on responses to the questions - maybe start the training around your beliefs and associations to the foods.

Not need to do each and every food - as you work on smaller number of foods - your body can readjust to all.

Maybe you are sensitive to many foods.

Maybe goal is to eat anything - go on holiday and not worry.

Goal: eating potatoes

Step 1: Begin to create a new and positive association with food and continue to do this throughout the entire rewiring process.

Try to let go of fear and replace with new positive association.

Potatoes remind me of my moms garden, g-ma big family meals.

Step 2: begin incremental training by imaging a baked potato. Imagine what you will put on it. Smell it. Imagine taking a bite. Savor the flavor.

If triggered - start full round.

Positive state while doing rounds.

Do this until it is not triggering anymore.

Step 3: prepare a baked potato - or be in proximity to someone eating one.

Make sure it is in your presence. May need to hold uncooked one first.

If triggered - do full round of training steps.

Continue - increasing exposures until no longer triggered.

Step 4: Prepare a potato for yourself. Start with a small bite. Could even hide it in a food you usually eat - or distract brain while you eat it.

Follow this with an immediate round.

Continue to slowly add more bites over time.

Do this until no longer triggered.

Step 5: prepare potatoes in a variety of ways. Variety will teach your brain you can eat any form.

Step 6: go to a friends house/restaruant and eat potatoes. Be present and enjoy atmosphere. Triggered - smile and remind self you have been eating these. Or remove and do a full round.

Practice in various environments

Step 7: Full meals at restaurants or others house. Continue until no longer challenged.

Step 8: Plan a day trip or outing with friends or family - eat out.

Incremental training for anxiety

ANxious all day long - and heightened by various stimuli

Goal - feel calm throughout day

Step 1: begin to separate self from feeling of anxiety. Remind yourself - I am okay. Even if my thoughts are moving quickly - or I am experiencing physical symptoms. Understand this is your brain running a pattern. Reframe anxious thought/feelings as white noise - don't need to listen or give them attention.

Step 2: Begin training by turning attn briefly towards feeling of anxiety. Follow with full round. Focus visualization on creating calm/peace.

If anxious in the am - do a round right away. Include visualization with state of calm/peace.

Continue until no longer triggered by the fact that anxiety is present. But that you can acknowledge it and let it fade in the background.

Step 3: Step into the curious observer - notice if there is a time of day it increases. Even if always there - likely times it heightens. Do DNRS steps to rehearse success before that situation occurs or in the midst.

If random and unpredictable - use that as a time to do rounds.

Step 4: Create a heightened neuroplastic state by imaging situations that cause slight anxiety. (attending an event...) followed by rounds.

Step 5: Choose something you would like to do that may create anxiety (going to a new class, meeting friends). If triggered doing the activity - excuse self and do rounds. Continue incrementally training with these activities until no longer anxious.

Step 6: Once anxiety reduced or periods of calm - plan longer events, trips or outings.

Incremental training POTS

Starting point - need to be reclining most of the time

Goal - dance with friends.

Step 1: begin to create new and positive associations with activities that include sitting/standing.

Step 2: Imagine a number of situations that are upright and doing something fun or important to you but presently challenging. Once triggered at all - do rounds. Do visualizations that include activities where you are standing with ease.

Continue until no longer triggered.

Step 3: Come up with fun activity you can do while sitting upright. Begin with sitting in a chair moving to music. Triggered - do rounds. Elevate emotional state. Continue to challenge yourself to do this longer and longer periods.

Step 4: Work towards standing through all steps as soon as you are able.

Stand greater and greater lengths of time. Until you do it with ease.

Step 5: put on music and dance from standing position. When challenge - move around. As soon as triggered do full round.

Step 6: Invite friends/family dance party at your house. DNRS before and after party.

Step 7: arrange to go out dancing and have fun.

Incremental training - fatigue

Currently -unable to do daily household chores.

Goal - have sustained energy in the day to do what you want.

Step 1: begin to create new and positive association with activities that expend energy.

Step 2: Imagine a situation where you are doing something fun or important - but challenging right now. Once triggered - do rounds. Visualize doing these activities with ease.

Step 3: Begin with short walk - or small HH chore. Once triggered immediately do round. Repeat until ready to move on.

Not push through - training!

Step 4: Longer walk or several chores. Triggered - do rounds.
Repeat until ready.

Step 5: Final - go out for lunch and shopping. If at any time - find
a place to do rounds.

Progressing with training: time , distance and amount.

Anxiety - increase amount time you are in anxiety provoking situation.

Walking - increase distance you walk

Sensory stimuli - increase level of exposure over time

Energy - increase number of activities you do

Make positive association with the challenge - smile and laugh way through.

Laugh - smile and distract the entire time.

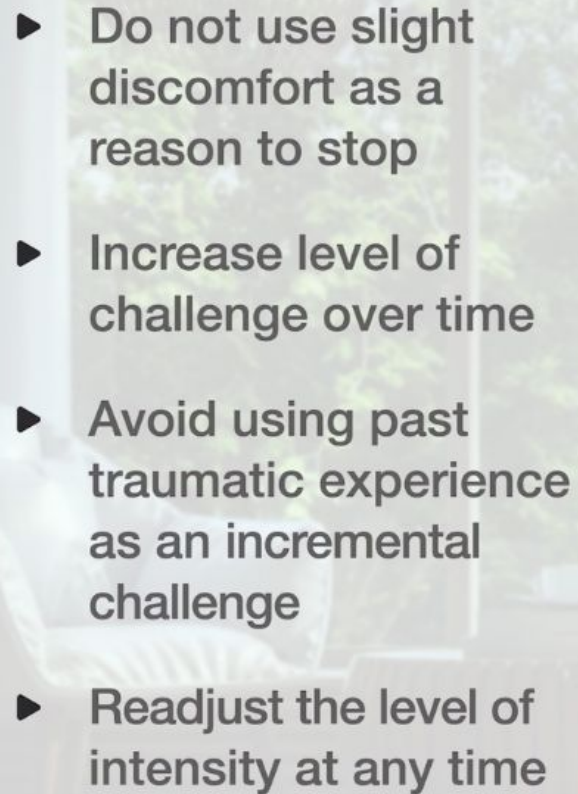
Walking - put on favorite music and sing.
New food - in company of friends and focus on them - or watch
video while eating - so brains attn is elsewhere
More relaxed while being intentional.
1-2 challenges initially but can add on as you go.

This exercise will help you plan a step by step strategy for incremental training that is unique to your situation.

From the list you created earlier, you have established the current challenges you would like to start with for incremental training. Now, determine your first step with incremental training with these 1-2 challenges.

As you progress, what do you think your next incremental training steps with these 1-2 challenges might be?

As you progress during your DNRS recovery process, you will continue to choose challenges for your incremental training. As you get more comfortable and experience some progress, you will find the best incremental training strategy for your brain.

- 
- A person is sitting in a white chair in a room with large windows. The view outside the windows shows lush green trees. The scene is brightly lit, suggesting daytime. The person is wearing a dark top and light-colored pants. The overall atmosphere is calm and serene.
- ▶ Do not use slight discomfort as a reason to stop
 - ▶ Increase level of challenge over time
 - ▶ Avoid using past traumatic experience as an incremental challenge
 - ▶ Readjust the level of intensity at any time

If no longer triggering - increase level of challenge or do other challenges.

Avoid using past trauma as challenges.

Avoid pushing self through - try training yourself through it.

During step 8 - during the future visualization - tuck in an aspect of the incremental challenge you started the challenge with. You will see yourself thriving in every way in that challenge. Not entire focus!

Social anxiety....incremental challenge is going out to eat. Tuck in the image of yourself enjoying lunch out with a friend.

MCS - challenge shopping - imagine self trying on new outfit in store.

Chronic Fatigue Syndrome “Tuck-in”


- ▶ Preparing your favorite meal
- ▶ Walking along a calming river
- ▶ Sight-seeing at an ideal vacation spot

Chronic Pain “Tuck-In”

- ▶ Walking in your favorite park
- ▶ Using a stationary bike

Electric Hypersensitivity Syndrome “Tuck-in”

- ▶ Finishing a phone call with your best friend
- ▶ Writing someone a special letter
- ▶ Purchasing and picking up a new laptop

A person is sitting in a chair, looking out a window at green foliage. The scene is dimly lit, suggesting an indoor setting. The text is overlaid on this image.

**Changing habits
before your brain
is prepared can
activate a stress
response.**



Psycho- Cybernetic Mechanism (PCM)

PCM

Self regulating feedback system - like a thermostat that monitors regular habits.

When changes are too big or unfamiliar - the PCM may slow your progress - causing you discomfort or compelling you back to old familiar habits.

Why we do incremental training in small ways....slowly in small steps over time to expand the habits familiar to the PCM.

Gradually get new pathways.

Trying not to activate the F/F/F - by introducing things unfamiliar.

Ex - introduce new foods slowly....until PCM deems it safe to eat everything.

Also why we do future visualization.

When visualize - create new positive patterns of thoughts, emotions and behaviors with formally challenging situation.

We do this to get the PCM used to it.

Incremental Training Tips

If you experience symptoms 24/7, just bring awareness to any current symptom before starting each round of the DNRS Retraining Steps.

Recognize that unplanned challenges throughout the day can be a great neuroplastic opportunity to rewire your brain.

You don't need to incrementally train for each condition or every symptom you experience.

Incidental training - things that come up unexpectedly in the day that you are not working on currently.

Compare it to playing soccer.

Offensive and defensive plan is essential to winning.

Incremental training is offensive plan

Incidental training is defensive plan where you respond to moment to moment changes in the game.



Training on one
condition or
symptom often
results in a
decrease in
other symptoms
and conditions

“Success or progress of recovery is not based on my symptoms or ITs, but what I am able to do differently. Let me be clear. I didn't say what I think I am able to do, but what I am actually able to do and have done, because I realize I can do more than I think I can.”

“Training for a marathon took another three to four months from that point. Through all this training in order to get faster and further, I knew I needed the following; time, consistency, meaning running a few days a week, every week and gradually and safely increasing my training, where I would experience some discomfort, but not pushing too aggressively that damage was done. And the willpower and motivation. Because there were many times I didn't feel like running or it felt too hard or I was too tired.”

“Also worth noting, if I was training correctly, I would continually feel like it was challenging and there would be discomfort each week. It's actually in the most discomforting moments of running, like going one more mile than last week's long run or going 10 seconds faster on an uptempo run, where the true change would happen.”

Severe MCS - container with face cream (essential oils for fragrance)

Began using that before rounds - to look at before rounds. Then opening it and smelling it - before a round. Then put it on. Took time. Careful to do incremental in a way that made her a little uncomfortable but not full blown MCAS response.

Favorite: walk with dog on bayfront. Candle shop. Rounds in the car - go for a walk - just by the shop. Then rounds right there. Went in for 5 seconds - then rounds. Then could go in before long - and linger in there.

Chronic fatigue. Could talk self out of doing exercise (POP).
Trampoline. WOuld get on 1 minutes, 2 minutes, more.
Take a nap and then Go for walks - few minutes - then keep
increasing

Don't be afraid to start small.

MCS - look at a picture of a perfume bottle/deodorant/gas station. Or think word fragrance. Bring into mind - until the moment you feel a few symptoms/emotional trigger - then right into the rounds.

Then - buy a stick and look at it in person. Then smell it. Then use it.

Started not avoiding (had moved out to avoid all triggers).

Did it incrementally! Bit by bit.

Avoidance not answer. -----

Find ways to rewire and change associations.

Easy to make associations with things that are negative. That all things are the same and dangerous.

Food sensitivities - great with incremental training - start foods missed most. Heighten positive attachment - pick food missed/loved the most

Work with scents - choose one that had positive emotions for him. Pair with positive. Triggering now - but in the past enjoyed/have good memories.

Concrete challenges 1-2 times a day.

Drive car again. (electrically sensitive). Came up with a plan ahead of time.

Day 1,2,3 - drive 1 minute. Stay in elevated emotional state - no body checking. Distracted self.

Next 3 days - 2 minutes. Then bottom hill.....

Get rid of belongings/pictures from mold. Put them in a bin - figure it out later.

Used those for incremental training.

Pictures were fun - happy. Laughing.

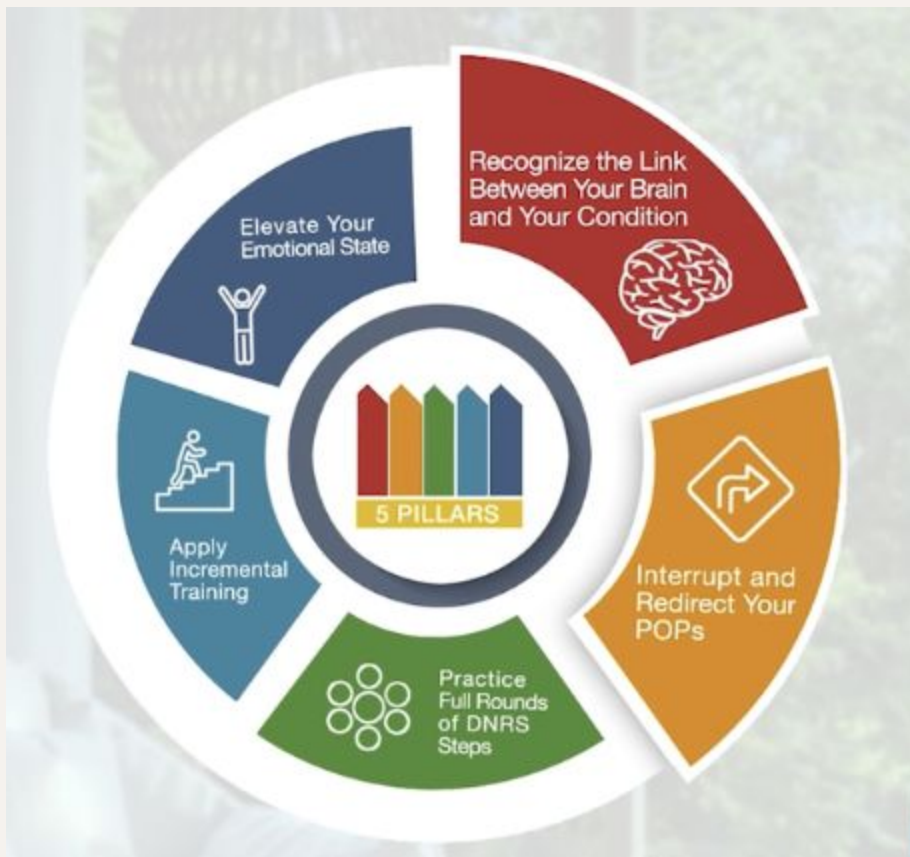
Go hiking. Time to training with a food - make it fun.

Better second time around. So if tough 1st time - know it will be easier the next!

EMF sensitivities.

Some results right away - mostly mood (anxiety → calm).

Negativity improved.



Please answer the questions below to help you digest, retain, and apply the content in Pillar 4.

1. What are 3-5 insights you gained from Pillar Four?

2. Why are these insights important for you and your continued health?

Plan to regularly review your insights and learning in the days and weeks to come for maximum retention.

Children?

Meant for 18 and above but teens can easily do it

Kids - parents can go through the program and then do the rounds with your children.

Coaches can be helpful to set the parents up for success.

Activities

Funny videos

Light hearted videos

Activities

Post it notes

Visualizations

