

SEE IT GET IT

Context

See It Get It is essentially visualization and is one of the most effective tools that can help you and others accelerate their success. Visualization was not taught in schools, and many people have heard about it but not really taught how to do it.

Visualization greatly accelerates the achievement of any success in three profound ways –

1. It activates the creative powers of your unconscious mind.
2. It focuses your brain by programming its Reticular Activating System (RAS) to notice available resources that were always there but were previously unnoticed.
3. It magnetizes and attracts you to the people, resources, and opportunities you need to achieve your goal. It is the most underutilized success tool you possess.

Stop Scaring Yourself: Activity

This activity is designed to dramatically prove how most of the fear we experience is self-created by imagining catastrophic events in the future. Recognize and recall physical reactions during a guided visualization. Become aware and accept responsibility for negative images created.

First, deepen the level of awareness. Repeat this sentence with the words “I am afraid to...” It is important that you fill the blank with things you are afraid to do.

For example, do not say, “I am afraid of spiders” but rather, “I am afraid to touch (or to hold) spiders.”

Take about three minutes to jot down your responses to the questions in the activity form herein to follow.

Now draw your attention to the new sentence structure; and go back and repeat all your same “I’m afraid to’s,” but translate the previous sentence into the new structure.

For example;

“I’m afraid to touch spiders,” would become, “I’d really like to touch spiders, and I scare myself by imagining that if I did they would bite me, and I would get sick and die.”

“I’m afraid to tell my daughter how I feel about her new boyfriend,” would become, “I’d really like to tell my daughter how I feel about her new boyfriend and I scare myself by imagining she’d scream at me and tell me to mind my own business.”

Using “and” rather than “but” in the sentence because the use of “and” helps emphasize the simultaneity of the desire and the action. They are simply stated as two facts co-existing in time and space: they are not contradictory, as the “but” would imply.



Worksheet

I'm afraid to _____,

I'd really like to _____, I

scare myself by imagining _____ if I did.

Potential debriefing questions:

What did you learn about your fear?

Who created it?

Would you share some examples of what happened?

How do you think these insights could affect the way you live your daily life?