



CENTER FOR TRUE HEALTH

Movie Technique

Mirror neurons—when you watch yourself in a movie, the brain acts as though you're doing it

- So when you imagine being in a movie, your brain really thinks you're doing what you're imagining.
- Pro athletes use this kind of visualization to help them achieve peak performance. See what happens for you and how it can help you make positive changes easily.

Self-hypnosis

- Pick a focal point and soften your gaze
- Count down 10 to 1
- Opening and closing your eyes with each count
- Feeling a wave of relaxation each time, from the top of your head all the way down to your feet
- Imagine yourself sitting in a movie theater
- See yourself on the movie screen, having made that change, seeing yourself having achieved a goal
- Once you get the movie exactly the way you want it, float into the movie, try it on, or some people are just in it
- Feel how good it feels

Do this at least a couple times a day for three weeks.