I can do that

Today was the day you wanted to turn everything around, get a grip on things, not cave in again or become angry. But you just don't have enough energy, you're done in, exhausted.

What if you could beam yourself into another frame of mind?
No matter where you are at the moment, whether in the train or bus, at home in front of the television, or at the office – think what it would be like if you felt you could always access the energy you need. Maybe in a totally different situation – for example, at your uncle's birthday party when you calmly say, "Why don't you pipe down with all those stupid jokes!". And everyone looks at you in astonishment because nobody has ever said that out loud, although many of them have often had exactly the same thought. Or when you calmly and confidently tell your daughter she has to be home by 10 pm, because that's what you want and no discussion.

Take the first situation you can think of – no matter how far back it was when you were in command of the situation. Then concentrate and think yourself back into that precise moment and how you felt – use all your senses to do this. Were you inside or outside at the time? What colours could you see all around you? Was it warm or cold? Daytime, the evening, or night-time? What was the light like? What were you wearing? Were you alone or with others? Who was there with you? Think back to what was said, the topics of discussion, the noises, and sounds. Remember the touches, the feeling on your skin. Was there food and drink? Remember the smells and scents, the taste on your tongue. And the good feeling in your body – where can you feel it? Are you sitting differently now? Are you smiling? Can you sense the feeling of confidence in your breathing? Is your spine straighter? Can you feel your feet standing more firmly on the ground when you think about it?

The more time you allow yourself to think back, the more impressions will perhaps come to mind. But maybe everything will come back to you all at once – it might be different at different times. There will also be some things you don't remember. Enjoy bringing back to life old, positive experiences for as long as you want. And while doing so, be aware what affect the memory of them has on your body and mind. Does it conjure up a quiet smile on your lips? Does your body become a little more relaxed? Now try and re-enact the small movement of your body reminds you most that your body can do what you want it to. Is it that you are standing straighter? Has your breathing become deeper? Has an image of your daughter popped into your head? Is it the thought "my uncle's stupid jokes really get on my nerves!", or is it the feeling that your feet are rooted firmly on the ground?
Try this out a few times. Trust yourself. Your body has all the information you need to know stored away and you only have to give it certain messages to help it bring them back again.

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