

Think Thin[®]



Action Sheet / Week 9
Taming The Inner Critic



Week 9

Introduction

*In this week's lesson we learn a new technique to help take conscious responsibility for and control of our negative thoughts. Realizing that we can play an active part in creating our own reality by reprogramming our **Reticular Activating System (RAS)** is incredibly empowering!*

Welcome to Week 9!

What happens when you have a negative thought or something bad happens? Do you fall into a whirlwind of *yukkiness* that feeds on itself? How do you set yourself up for each day and how does this set the tone for the rest of your day?

Here's the science behind why this technique works so effectively in changing subconscious thoughts and negative thought patterns:

The **RAS** is a bunch of neural fibers at the base of the brain responsible for the functions of breathing, sleeping, and making sure your heart beats. It is also the gatekeeper of your thoughts that are delivered to your conscious and subconscious mind.

The thoughts we are aware of come from the conscious mind, which processes about 40 bits of data per second. The subconscious mind, which controls around 80% of our thoughts, processes approximately *40 million* bits of data per second! The RAS automatically pulls information from the programs stored in the subconscious mind, many of them established way back in childhood.

A great example of how the RAS works is when you're out in your car and realize you can't remember the last 20 minutes of your journey because your mind was elsewhere. Through repetition over time all the information you need to drive has been stored in your subconscious mind and is available to your RAS, allowing you to drive without thinking about it. In the same way, we can reprogram the RAS to filter through the thoughts we want and those we don't to help achieve our goals by focusing on the end result every day.

- Listen to the Week 9 Audio Lesson at least once.
- **Buddy homework:** Carry around a notebook and pen this week to jot down your negative emotions.
Work together on the RAS reprogramming exercise at least once each, more if you have time.
- Keep using the **Push The Food Away** exercise either alone or with your buddy. It can be challenging but this Echo Tapping is what typically brings the most dramatic shifts.
- Continue to work on the Week 8 materials if necessary.
- **Water! Sleep! Morning Meditation! Neuro-reconditioning mp3s!** Keep right on it! :-)

Join me next week for

Week 10: Resistance to Exercise

Lots of love,

xo Brittany