


# The Number One

Method To Relieve

**Anxiety &  
Depression**

— By Dan Perez —

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# THE WAY OUT

Nine Highly Effective Techniques to **Leave**  
Anxiety, Depression, and Anger **Behind**

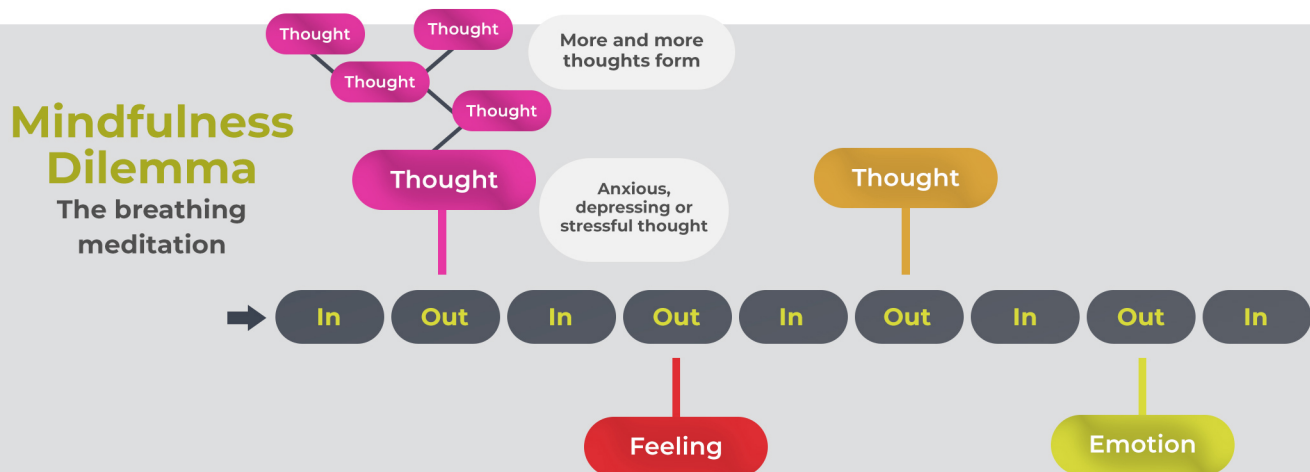
DAN PEREZ

Foreword by *Anthony Jacquin*

In my hypnosis sessions I teach a number of effective skills to my clients for managing anxiety and depression, and this is, first and foremost, the most powerful of them all. You can find more of these techniques in my book **The Way Out: Nine Highly Effective Techniques to Leave Anxiety, Depression and Anger Behind**, available in paperback, Kindle and audiobook at Amazon.

concentration. In modern mindfulness you might think more in terms of *focus*. Unfortunately, people suffering from anxiety focus on their troubling, worrisome thoughts (often about future events). Those struggling with depression focus on despair, unhappiness, and the imagined meaninglessness of their lives. In this version of mindfulness, we are going to change your focus to the present moment. When you focus on the *present moment*, you're not reflecting on negative thoughts or feelings. And it's easier to do than you might think. Initially, you are going to focus on your breathing. How does focusing on your breathing keep you in the present moment? Well, you're not breathing 30 minutes ago, and you're not breathing six months from now. You're breathing right now, so it's an excellent thing to focus on to keep you in the present moment.

Kabat-Zinn studied under Hanh and other Buddhist masters of mindfulness, and he combined the Eastern meditative practices with Western science to create a program called Mindfulness Based Stress Reduction (MBSR). According to the Center for Mindfulness at the University of Massachusetts, more than 24,000 people have taken advantage of the MBSR program the center debuted in 1979. The practice has evolved and been refined since then.



Now you can incorporate mindfulness into your daily routine to help you gain control of troubling thoughts and feelings any time they pop up. This can be life changing.

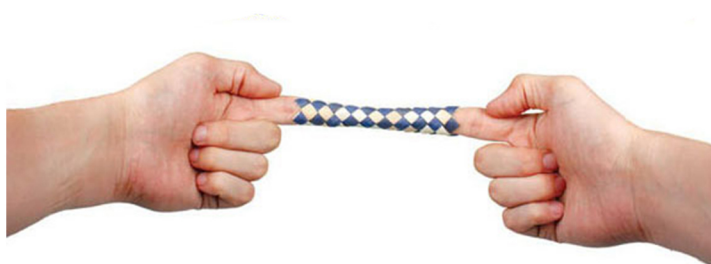
Traditional meditation utilizes something called a *mantra*: which is a word or phrase repeated over and over to aid

To do this, just close your eyes and think about your breathing. As you breathe in, just mentally say the word “in.” As you breathe out, mentally say the word “out.” Keep repeating this: “in...out...in...out.” Match it to the cadence of your breathing. So what happens when you get an anxious, depressing or angry thought that interrupts your focus?

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Often, a single worrisome thought will rapidly spawn other troubling thoughts in rapid succession, as illustrated above. And your impulse might be to fight that initial thought or try to push it out of your mind. This is unhelpful, and it never works. Let me explain why. Have you ever seen the gag toy called the Chinese Finger Trap?



The Chinese Finger Trap is woven out of flat reeds and designed so that when you put the index fingers of opposing hands into it, it fits snugly. But you try to pull your fingers out, the device tightens and traps your fingers. The harder you pull, the tighter it gets. To escape, you have to *embrace the nature of the trap*. You push in with your index fingers, which loosens the trap and allows you to slide it off with your other fingers. The idea I'm getting at here is:

**What you resist persists. What you embrace, you gain power over.**

Instead of fighting or trying to push out that anxious or depressing thought, what you want to do is *acknowledge* it instead. In your mind, or even out loud, you can say, **"There's that little anxious thought."** You can substitute any word you like for "anxious." You can say "depressing," "angry," "troublesome" or whatever best describes the thought.

Notice that I used the word "little" in that sentence. This is to encourage your subconscious mind to consider the thought to be small and easily gotten past. I tell my clients that I call all my problems "hiccups." I do this

because somewhere along the path of my hypnotic journey, I stopped getting hiccups. I might get a single one now and again, so it's "hic" that's it. This is why I call all my problems hiccups, I am constantly saying to my subconscious, "Hey, this problem is small and quickly gotten past." Now is that really true of all my problems? Absolutely not. But it does make me feel better about my problems. And it's how you *feel* that is important.

To paraphrase the Greek philosopher Epictetus, "It's not our troubles that actually give us misery; it's our *thoughts* about our troubles." This is why it's useful to encourage our subconscious to make our thoughts about our problems *feel* smaller than they are.

And that is step one of the three-step mindfulness process. **Acknowledge and diminish the thought.** "There's that little anxious thought." (Remember, you can substitute whatever you want for "anxious.")

Step two in the process and the most important step, is to **become nonjudgmental** about the thought. To be nonjudgmental you simply say (mentally or out loud) "It's not good, it's not bad. It's not important, it's not unimportant."

Let's examine that statement for a moment. If your troublesome thought is not good, but it's also not bad, and it's not important, but it's also not unimportant, then what is it?

It's *neutral*. And neutral is the root word for neutralize. When you make that statement, you neutralize the thought and it

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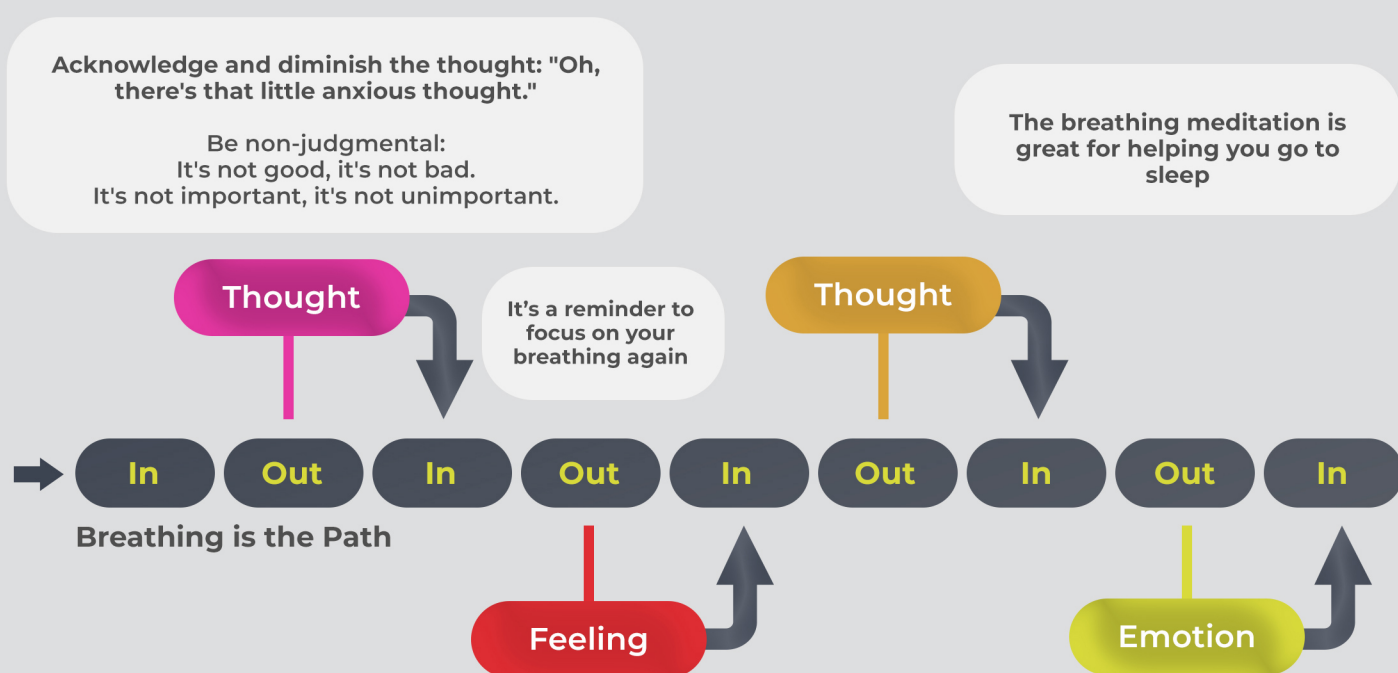


loses all its power over you. It can't get its hooks into you and stick around. It can't spawn a bunch more worrisome thoughts. In fact, as you proceed to the third step (see below), the thought will just dissolve into nothing!

Now, if the thoughts are coming thick and fast as they sometimes do, you can do what I call the Mindfulness Mantra. That is simply repeating step two over and over again. "It's not good, it's not bad. It's not important, it's not unimportant. It's not good, it's not bad. It's not

## Mindfulness practice

### The breathing meditation



The third and final step of mindfulness is to use that thought as a reminder to **focus back on your breathing**. Say to yourself (mentally or out loud): "in...out...in...out." Match it to the cadence of your breathing, as you did before.

What do you do if the thought returns a few seconds later? You just repeat the three steps again and you will neutralize it and be free from it again!

important, it's not unimportant." and so on. Those rapid-fire thoughts will just hit a wall of nonjudgmental-ness and they will slow down and eventually stop.

This is an enormously powerful process, and it provides a lot of relief to those with depression and anxiety. It's so useful I teach it to nearly every client. With this skill you now have the ability to master your own thoughts. Got good thoughts

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(family, friends, pets, etc.)? Keep them! But now you can zap those negative thoughts as they occur so you can feel better!

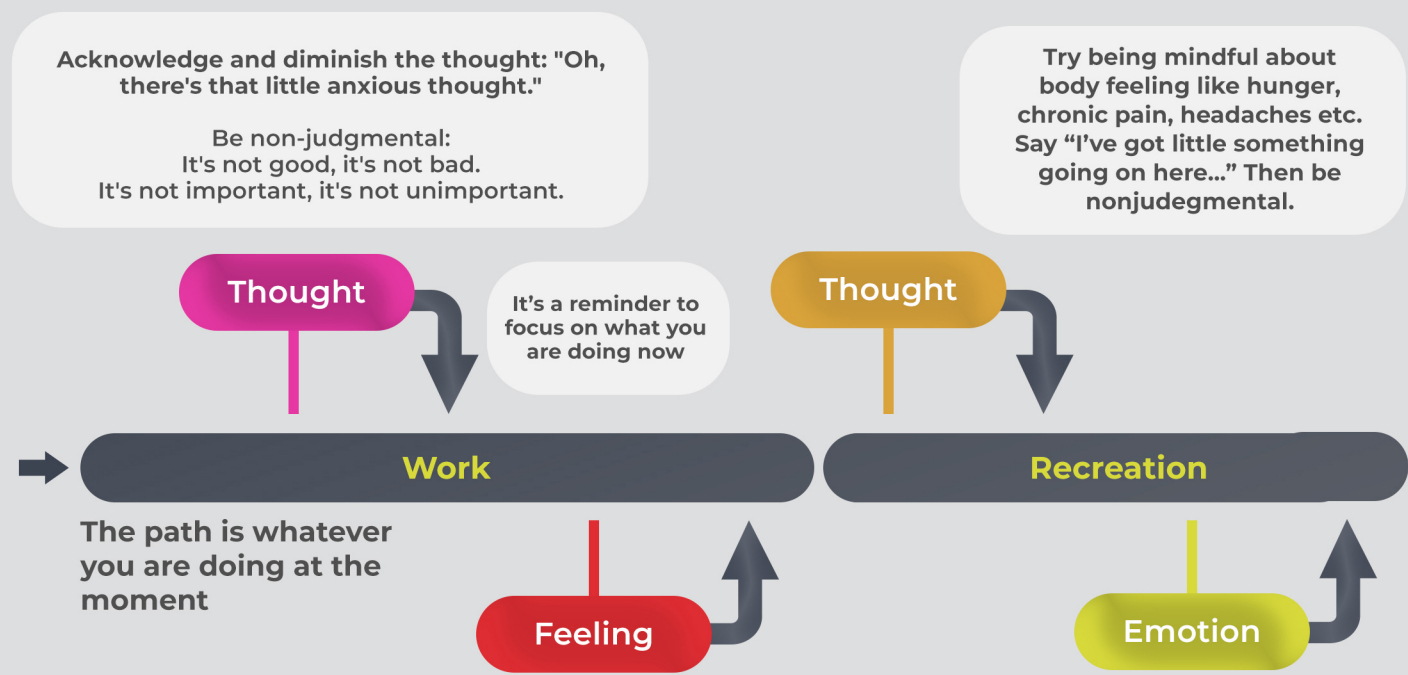
The mindfulness breathing meditation is great for sleep. If I wake up in the night and those pesky nighttime thoughts are keeping me awake, I just do the breathing meditation with

at that moment during the day. In the diagram, you can see the focus is work and recreation, but really it could be anything. Shopping, doing the dishes, walking the dog, etc.

The process is essentially the same. Any time you have a problematic thought

# Mindfulness practice 2

Be mindful all day long



my eyes closed and I am back to sleep within a few minutes. I strongly encourage you to used it to improve your sleep as well!

Let's expand the scope of being mindful. It's time to learn how to be mindful all day long!

Now, instead of the focus being your breathing, it's whatever you happen to be doing

during your day, you simply go through the three-step process. Remember, you don't have to do the breathing meditation to be mindful during the day. Here is an example:

Chris worries a lot about her older car breaking down. She gets ready to go to the store. As she starts the car, the engine hesitates a little but then catches. Chris

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thinks: *It's going to break down on my drive to the store.* She remembers to be mindful. *There's that little anxious thought about my car,* she says in her mind. *It's not good, it's not bad, it's not important, it's not unimportant. It's just a reminder that I am driving to the store.* Feeling better, she pulls out of the driveway and drives to the store. As she parks in the parking lot and turns off the engine, she thinks: *What if it doesn't start when I get back with the groceries?* She remembers to be mindful again and goes through the three steps, neutralizing that thought and focuses on her shopping.

Now you may think that you will have to be mindful nonstop all day. This is a common reaction when learning this skill. You might need to do it a lot initially, but the need will become less and less as your subconscious learns that giving you negative thoughts is a waste of time because you are constantly zapping them with mindfulness. And so you will get fewer and fewer negative thoughts.

The long-term effects of mindfulness are that your subconscious mind will realize this is a long-term strategy for you and it will refrain more and more from giving you the negative thoughts in the first place! I've been using this technique for about six and a half years at the time of writing this book, and my mind is generally free from negative thoughts all the time. So I don't have to be deliberately mindful nearly as much. It's a pretty good place to be. I do still use the breathing meditation if I am having any trouble getting to sleep or want to get back to sleep after waking up in the middle of the night. It's my go-to for eliminating insomnia.

Hypnotists know that the mind-body connection is strong, and this is especially true for people struggling with anxiety, depression,

and anger. Anxious people often have stomach issues and other physical manifestations of their anxiety. Depressed people often feel fatigued and lethargic. Angry people have blood-pressure spikes and their immune system is suppressed, making it easier for them to get sick.

Mindfulness can also affect certain body feelings. For example, you can use mindfulness to temporarily "turn off" hunger. I did this once when I was driving down to the coastal resort town of Galveston from Houston. I was meeting friends for dinner at a fancy seafood restaurant, but halfway through the hour-long drive, I was getting pretty hungry. I didn't want to stop and grab a bite on the way because that would have spoiled the dinner vibe with my friends, so I decided to temporarily turn off my hunger with mindfulness!

I also did some experimentation with this body feeling technique several years ago that led me to a significant discovery that benefits me even today. I was driving in rush-hour traffic and I started to feel a tension headache starting up behind my left eye. I thought: *I wonder if mindfulness can help me with this?* Because of my training, I knew I didn't want to say, "I'm getting a little headache..." To me, that might just be saying to my subconscious, "Bring on the headache." Instead, I used a trick from the world of Neurolinguistic Programming (NLP) and used vague language to describe the headache. Gesturing toward my eye with my left hand, I said, "I've got a little something going on here." (Notice I used the word "little" again). Because a little something going on is vague language, my subconscious was free to assign some other meaning to it besides being a headache.

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## MINDFULNESS

FOR HEADACHES\*



\*THIS ALSO WORKS ON TOBACCO AND CIGARETTE CRAVINGS, UPSET STOMACH, ETC.)

Then I became nonjudgmental about it, saying, "Whatever this is, it's not good, it's not bad, it's not important, it's not unimportant." At that moment my little proto-headache just vanished. I was quite impressed. Previously I had a little 30-second visualization I would do to get rid of a headache and it almost always worked, but this was the first time I had gotten rid of a headache in six seconds. I wondered if it would work that way again and it turned out that it did. Every single time!

Since that day about six years ago I have been 100% headache free. Every time one starts up, no matter when or where, I simply combine vague language with mindfulness and the headache is gone in seconds. I encourage you to try this technique with other body feelings like tobacco or food cravings and even an upset stomach and see if it helps!

If you'd like to learn more about mindfulness and its uses, I recommend books by Jon Kabat-Zinn and Thich Naht Han. Their books are readily available on Amazon. Good titles to start with are *Full Catastrophe Living* (Kabat-Zinn) and *Peace in Every Step* (Hanh).

Practice mindfulness often. Get good at it. Make it a life skill. When you do, you will have mastered an amazingly powerful tool to help you feel better!



Dan Perez is a Certified Hypnotist and Certified Hypnosis Instructor with 30 years of practical experience. He has helped thousands of people beat their problems and live happier, healthier, more productive lives. Are you ready for a positive change? **Call 800-481-5949** or **email danperezstudios@comcast.net** today!

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