

Emotional Detox Technique – Negative Anchor Collapse

Use this tool when you want to collapse / remove a negative or unwanted behaviour, or negative feeling that you have anchored into your life.

Sit in a comfortable position, with hands and feet separated from each other (no touching!). Your hands should be resting comfortable and flat on your thighs or chair arms.

1. Close and open your eyes...Inhale and exhale deeply.....Now create a safe space in your mind and allow yourself to feel whatever is disturbing or upsetting. What number is it from 1 - 10? Get in touch with the feelings and as you do...bring the feeling up as HIGH AS YOU CAN, and when you are the height of it, make a fist with your **right hand, squeeze the fist... count to 5** and, then, release the fist and let it lie flat on your thigh or chair.
2. Inhale, and exhale deeply and gently.....close and open your eyes.
3. Now picture in your mind as follows: You are having a great day, filled with a sense of well-being. Perhaps you imagine yourself doing something you really love, whether by yourself or with someone you care about. Connect with the feeling of happiness of joy. Your skin is glowing with health, your eyes are sparkling with confidence, and there is a big smile on your face -- because your heart is hopeful, your mind is peaceful and your spirit is playful. Bring that positive feeling up AS HIGH AS YOU CAN, and when you are at the height of

it, make a fist with your **left hand, squeeze the fist... count to 5** and, then, release the fist and let it lie flat on your thigh or chair.

4. Now inhale and exhale deeply and gently..... close and open your eyes.
5. Count to 5 and at the count of 5, **make a fist with both hands at the same time**. Count to five while you **squeeze both fists**. Relax both hands and let them lie flat.
6. Now try to get in touch with the unwanted emotions / feelings. Where did they go? If you can find some of the feeling, what number is it at from 1-10. It should be greatly reduced.
7. If you are not at zero, repeat the process until the feeling is 'zeroed' out.