

The Black Box Solution For Overcoming Negative Thoughts & Feelings

WORKSHEET

How To Use This Workbook...

1. You can print out this Workbook or save it on your computer or other electronic devices. And you also have a Notes section at the end of this Workbook to add even more thoughts and comments to help you make the most of this lesson so it helps you develop your **aptitude** as much as your **attitude**, both tangibly and intangibly, so you **apply** them more effectively to help you **achieve** what you want to.
2. Enjoy making the most of these tips, thoughts and techniques and remember the No.1 rule of learning anything: It's about TAKING ACTION and IMPLEMENTING so YOU ACHIEVE RESULTS! So...all you need to do **now** is to decide the following: **WHAT ACTION ARE YOU GOING TO TAKE WITHIN THE NEXT 24-48 HOURS TO MAKE THIS HAPPEN!?**

Now For The Good Stuff...!

This psychological exercise is great for dealing with distractions in your life that hold you back. You need to find somewhere quiet, soothing and comfortable for this exercise.

- Sit down, relax and close your eyes
- Take a few deep breaths, breathing in and out slowly
- Imagine you're sitting outside in your favourite chair at your favourite place or one of them
- As you look around you can see your favourite view. Use all your powers of imagination along with your senses
- Then come back inside and see a desk, again using your imagination and senses

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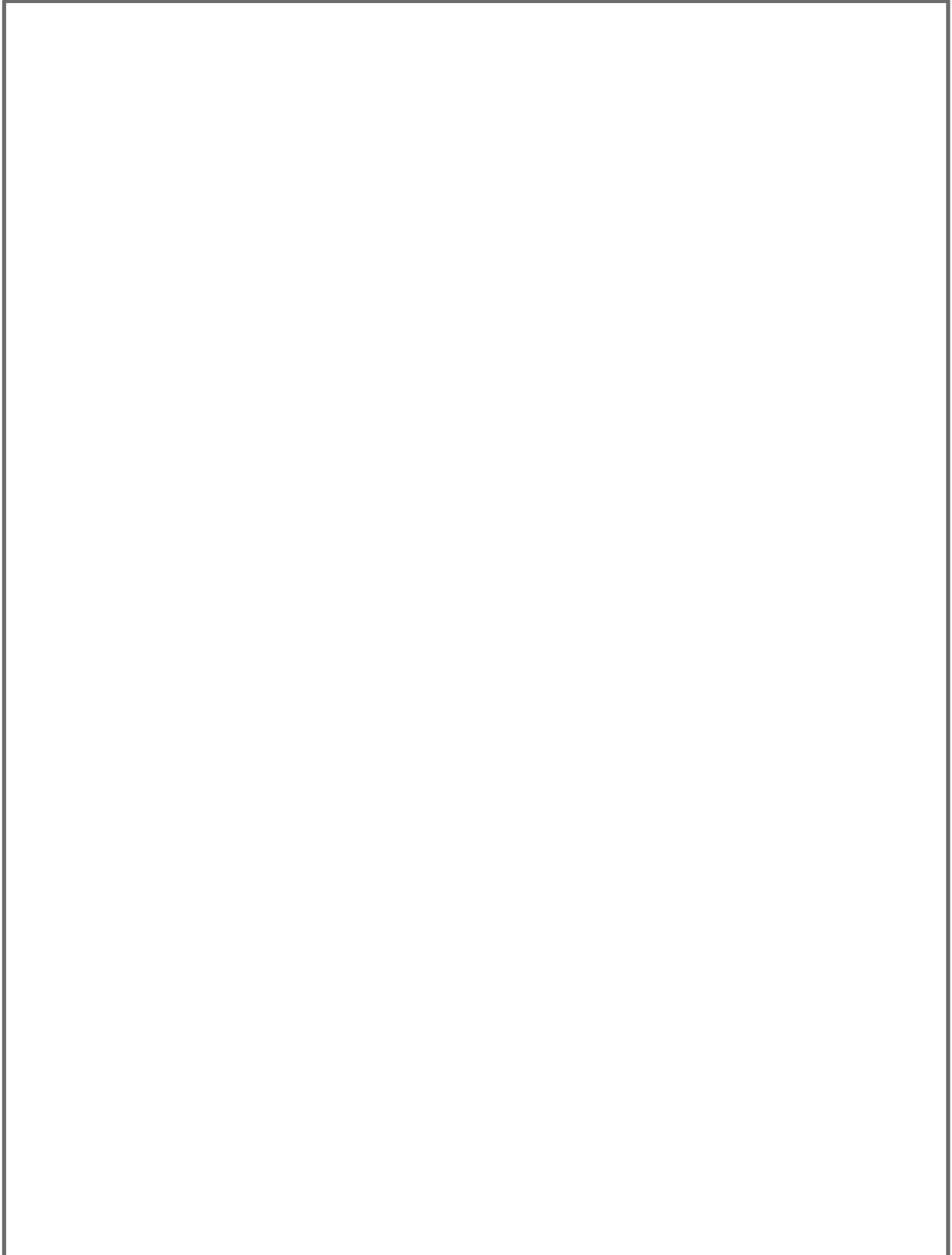
- There is paper and a pen on the desk
- Write down on the paper the thought, the feeling or the experience that's upsetting you, unnerving you or undermining you, seeing the words as they appear in your handwriting on the piece of paper
- When you've finished, put down the pen and see what you've written. Pick up the paper and fold it in half
- Turn around and notice a Black Box behind you with a slot for posting notes
- Put the paper in the Black Box
- Turn around to enjoy the soothingly wonderful view again and then open your eyes

To test your feelings towards the distraction and issue, follow-up by doing the following:

- Close your eyes and return to that favourite armchair looking at the view
- Open the Black Box and retrieve the paper
- How do you feel when you read what is written
- Turn back and enjoy the view
- Open your eyes

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NOTES...

A large, empty rectangular box with a thin black border, intended for the user to write their notes. It occupies the majority of the page's vertical space below the title.