



BULIMIA SUCKS!

“INSPIRE YOUR SMOLDERING FIRE” TECHNIQUE

This is a technique for you to learn and use anytime you may not feel too confident about the enormous changes you'll be making. So, let's learn how you can pump up positive feelings anytime you wish.

I can do it; you can do it. We all can do it!

- Close your eyes and imagine a big movie screen right in front of you; you can see yourself, thoughts, and feelings. There's a big old-fashioned lever connected to what you see on the screen.
- Go Back in your mind to a really good experience when you felt super positive, having achieved something that made you proud. Feel what you felt then.
- Picture the image getting bigger and closer and more vivid as the positive feelings increase. Imagine the lever has a label on it that says, “I can do this,” and slowly move it up. To make it feel more real, bring the lever up.
- As you slide it up at the rate that fits the changes in your psychology and feelings. Allow that exhilarating positive memory to get closer and closer and bigger and brighter. Add color to it. Make it shine and look at all the details. Hear a voice in your head that says, “I can do this.” Enjoy this incredible sensation for a moment or two. Then pull the lever down to the initial position and let your body return to a more neutral state.
- Now check if the anchoring was successful. Stop for a moment and then grab the lever again, turning it up as you say to yourself, “I can do this.” You should go back to feeling as ecstatic as before.

Great, I want you to keep pumping up the volume when you aren't feeling positive about your recovery. Keep jumping into the image and telling yourself you can do this; you can change (Bandler, Roberti, & Fitzpatrick, 2013).



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