

Exercise 13 – Reconnecting Positive Experiences

The same procedure can be utilised to re-connect you with some positive and joyful experiences with your life. Unlike the processing of the Negative Emotional Charges, which dissipates the negativity until there is no emotional charge remaining, this process heightens the positives and re-stimulates the positive feelings we originally had from the experience.

The procedure is very similar. I have chosen to re-create each process step by step as opposed to creating a table as I want you to follow it closely. It's very important that nothing is missed out and that every step is carried out. If it appears repetitive, it's because this is one of the ways TIR works, as the very repetition that seems boring and tiresome is helping your mind to access the positive event.

Step 1. Identification.

Choose your situation.

Write it down. It should be a situation that has a definite start and finish. This should be an event that has happened to you in the past that you have good memories about. I use the birth of my daughter or my first solo flight regularly. It can be other events such as a pleasant afternoon spent with someone special or even a sporting event that holds pleasant memories.

It can be an event or an experience with another person. You must identify an event though. It must have a start and a finish. A good example could be 'the birth a child'.

Step 2. Focus

Find an incident/ event containing (insert your chosen situation)

Consider this for a moment. Write down your answer.

When did it happen?

Consider this for a moment. Write down your answer.

Where were you at the time?

Consider this for a moment. Write down your answer.

How long does this incident/ event last?

Consider this for a moment. Write down your answer.

Step 3. Reconnecting to the Positive Emotion

Go to the start of this incident in your mind, closing your eyes if it helps to focus on the beginning of the incident. Do not move on to the next step until you have found that exact moment.

What are you aware of at the beginning of the incident?

Consider this for a moment. Write what you were aware of at the beginning of the incident.

Go through the incident from beginning to end in your mind until you have considered the full incident. Closing your eyes whilst you do this can help.
When you have done this, write down what happened.

Take a moment to breathe. The next stage is to go through Step 3 of this exercise again.

You should keep going through Step 3 until you have fully re-connected with the emotions and are satisfied with how you feel about this experience.

Unlike the Negative Emotional Charge processing which reduces the negative emotions connected to an event; running through the positive version increases the strength of the positive emotions and re-connects you with them.

At this point you may be fully in the moment and enjoying the positive feelings. If this is the case, you might consider this a good point to stop the procedure. If you feel that there may be even more positive feelings in there, continue.

You may decide to go through this many times, because, if your feelings continue to be positive, you will be enjoying the process immensely.

With positive emotion sessions we don't scrub off negative charge but increase the Positive Emotional Charges. It builds up good feelings within us.

In positive scenarios, you can keep your notes as these contain 'positive events and emotions' and it's beneficial to always keep the 'good stuff' in mind.

Step 4. Closing the session

Ask yourself:

Do I feel re-connected with this incident?

A positive response will mean that the procedure has been successful.

Once you've completed this exercise, say to yourself: **This is the end of the session.**

As with the session dealing with a negative incident, you might want to follow the session with a walk, take a long bath, go for a swim, or whatever you usually do to relax. This will further enhance the feel-good aspects of the exercise and allow you time to reflect.

You may notice additional insights and realisations over the next few days. These positive sessions are extremely enjoyable and rewarding.

You really can give yourself a daily feel good experience of all the good things that have happened to you by the improved remembering exercise. This will give you more energy, more confidence and ultimately make you happier.

Pretty cool, right?