



toby & kate
mccartney

NLP TRAINING FOR PEOPLE IN BUSINESS

mending your
broken heart

what is nlp?

NLP (Neuro linguistic programming) is really about what works. It's not a 'thing' it's a study. A study about you and how the conscious and unconscious patterns that you run in daily life affect the results you get. NLP is the 'user-manual' to your mind and the key to success.



how can nlp help me to mend my broken heart and overcome emotional pain at the end of a relationship?

"It's time to move on", "You'll be fine on your own" or "I never liked them anyway" is often the only advice people know to offer, but in fact there are more effective, practical ways to bring about immediate, radical change. The techniques described in this ebook have been used again and again to help people who have been in severe emotional pain or locked into repeating dysfunctional patterns of behaviour and again and again these techniques have been proven to work...

What most relationship books don't tell you is that mending your broken heart and overcoming emotional pain isn't solved simply by the power of positive thinking... The solution can be found at a deep unconscious level and that's where NLP comes in... You can't change your emotions by 'trying' to feel better or telling yourself it's going to be OK. Life just isn't that easy and if it was, there wouldn't be a relationship left in the world and we would all be a lot worse off. To change your emotions you must change your deep internal programming.

The basic mechanism of your emotions is association. When you are heartbroken, lots of unhelpful associations, or habits, in your life need changing and the good news is, I can show you how.

If you are heartbroken, and I am guessing you are because you have downloaded this ebook, it's not your fault – it's the natural results of your current internal programming. The only way to mend your broken heart and overcome the emotional pain is to tap into the power of your unconscious mind to change your emotions. I have taught NLP to literally hundreds of people over the last 10 years either in a one-to-one coaching environment or in a training room, and have watched the power of NLP change people's lives countless times. Now it's your turn...

Keep reading to learn how you can take those old negative emotions and within just 10 minutes feel so much better about life...

why nlp works so well so fast?

As I mentioned earlier, NLP isn't a 'thing' it's a study of what works. So rather than 'making something up' or 'guessing', NLP examines the structure of what already works. For example, do you have a song that makes you feel differently when you listen to it. Maybe it's a love song, or a rock song that makes you feel on top of the world... Mine is 'Don't stop believin' by Journey. I put that song on and I feel amazing, my emotions quickly move from the negative to the positive in the three and a half minute song...

So, changing how we feel, changing our emotions, happens very naturally. We do it hundreds of times a day through music, when we go on holiday or relax, when we play sports, and in many other contexts. If we change the context and our internal thought processes, we change the emotions. So, let's get to it, let's mend your broken heart now and free your mind to focus on your new desirable future.

Start Seeing Results Today: Use these fast exercises to change the way you feel about speaking and presenting. Your emotions are key here, and using your imagination with this will help you get great results. Before you do these exercises read through all the steps.



You might find it helpful to close your eyes whilst visualising.

step one

Part of being heartbroken is still feeling in love with your ex. This first technique helps you fall out of love with them freeing up your unconscious mind to search for new love.

Recall a time when you felt in love with your ex and notice what comes to mind. Do you have a picture? Is the picture black and white or colour? Where is the picture in relation to you? Is the picture framed, or panoramic? Are you looking through your own eyes, or can you see yourself in the picture? Are there any sounds that are important to you and if so are they loud or soft, high pitch or low pitch? and notice the feelings, where are they in your body, are they warm or cold, intense or weak?

Now take a physical step away and change your physiology.

Recall the same time from this new position, but this time change the picture. So if before your picture was colour, make it black and white this time, move the picture further away from you, change the sounds to sounds that you don't like, move the feelings down to your toes and imagine kicking them away, make the feelings weak if before they were strong. Make sure these negatives outweigh the positives above. For extra impact you can also imagine your ex talking like Donald Duck, or imagining how you felt when you were disinterested, or unattracted to your ex. Think of times when they hurt you, embarrassed you or offended you.

Recall other times you used to feel in love and run the same process. To make this stick, run this process several times a day for the next 7 days and notice how you feel differently.

step two

Eliminate jealousy and obsessive thoughts with this next simple technique. Again, this requires your imagination and a little practice, but once you can do it once, it's easy to replicate.

Whenever a picture that makes you jealous pops into your head, immediately move it away from you and make it small and dark. Imagine then laughing at it because it's so small and dark and inconsequential. The more you laugh at it, the shyer it gets and the smaller and darker it gets.

Do this whenever a picture pops into your head that would have resulted in you feeling jealous. Repeat this process over and over again until it becomes a habit. Eventually it will be impossible to think of an image that creates those old feelings.

step three

I hated school and really wasn't a very good pupil. I wasn't alone though and we had competitions to see who could cover the most ground by running away. One boy in my class got from Carlisle to Langholm by foot, that's nearly 20 miles away. He was the school champion... I on the other hand, wasn't a great runner and only made it a few miles. I remember my route. I would run through some thick woods which seemed to go on and on and were quite scary in the dark. I would get to this circular clearing, right into the middle and just stop and look up at the moon light. It seemed like such a peaceful place. I would often sit there in the middle and think about what life was like on one of the stars I could see. Hours would pass by and I would run back to school before anyone noticed I was gone... I often think about that clearing in the trees today, and take myself back there if ever I need some quiet time. The imagination is a wonderful thing... I go right back into feeling calm whenever I think about sitting in the middle of those woods, looking up at the stars.

There's a wonderful quick tool in NLP called 'The Circle of Excellence'. It's a little gift I would like to give you for downloading my e-book and it will help you to feel calm next time you see your ex or even think of them again.

so, here are the steps...

- Imagine you have a circle in front of you - it's your imagination at work here and you can imagine your circle to be just as you want it - perfect for you. A client of mine has his circle like the circle that's created on Star Trek when Scotty beams up the crew. Whatever your mind brings up for you will be just perfect. You can make your circle into anything you want.
- How does it look? Are there any sounds in it? Is there a temperature to it? In your circle you can add any positive emotion you choose. I want you to think of the first emotion you would like in there. I'll take calm as an example but perhaps you can choose the feelings you would most like to have next time you see or think of your ex.

Before you step into your circle with the feelings of 'calm', think of a specific time you felt totally calm. When you have a time, go back to that time in your mind and see what you see, hear what you hear and really feel what it's like to feel calm again now...

- As the emotion reaches a high, just step into your circle and imagine turning up those feelings. Really allow yourself to re-live those feelings and just before the emotion drops away (usually around 5 to 15 seconds), step out of your circle and make yourself aware of your current surroundings. Clear your mind.

- You can repeat this process with another specific time you felt this emotion, and you can even put similar emotions in with it. The more you put in, the more you get out so really allow yourself to re-live the feelings you choose to go inside your circle. Exaggerate these feelings and allow yourself to really feel these positive emotions in every vein in your body.
- You can test it too, to see if you have enough emotion inside your circle. Simply think of your ex and step back into your circle and notice if you can feel the new positive emotions. When your circle is full with positive emotions you could imagine folding it up and putting it in your pocket. It's always there for you to step into whenever you need it.

I ask my clients to stand in their circle whenever they see their ex, speak to them on the phone, or they feel they need that extra support to feel great again. If they struggle with visualisation, I use a hula hoop and they step into that with their positive emotions. Any negative feelings they have are quickly overpowered by their positive emotions in the circle. It works every time!

step four

The final step is to remember that you have everything to gain from here... Your future starts right now and from this moment on, it's written by you - no one else! Be as imaginative as you like and dare to dream. Let me know how you get on. x

To learn more visit www.tobyandkatemccartney.com

toby & kate
mccartney

NLP TRAINING FOR PEOPLE IN BUSINESS