

This is another TRANZ TALK for you to practice, so you can make your life happen on purpose!

If you are a Hypnotherapist you can use this Tranz Talk for your clients.

There will also be a pdf tranzcript download for your convenience.

This Tranz Talk is called:

Worrying louses up your life and disposition

Throw "worry" out of your vocabulary. Worrying never accomplished anything except to create a lousy disposition in the person doing the worrying, but surprisingly, people are programmed to feel noble if they are worry warts. They think only uncaring callous individuals can go through life without fretting about the possibility of war, the problems of their parents and children, or the likelihood of a tasteless entree at a dinner party.

Some people actually seem to find delight in dreaming up pretty new things to worry about.

Such people are just as irrational as the act of worrying itself. Let's face the truth: worrying does not make sense, and people who do so are deliberately choosing to make themselves miserable doing something that can never be of any benefit to either themselves or the person, place or thing of their concern.

Next time you find yourself tempted to worry, stop and try to determine your honest motivation. Does a voice deep in your subconscious tell you you wouldn't be a good person if you didn't get upset at ceratin situaitons?

After all, you can remember how your own mother paced the floor when you stayed out past curfew. What kind of a parent would you be if you didn't do the same?

Actually you know that if a disaster has befallen your offspring, it doesn't matter whether you stare out the window and make yourself a nervous wreck or get a goodnight's rest. The situation is out of your hands. That being the case, why shouldn't you choose to get some sleep?

Logically, if a tragedy has occurred, you'll handle it better if you're rested and alert, not frazzled out from fretting.

Dump the idea that a god daughter should worry about a mother getting a divorce or losing a job, that a good aren't should worry if his kid skips school and refuses to do his homework, that a good wife should worry if her husband is an overweight, overworked, candidate for a heart attack, No person in your life has a right to obligate you to worry about a problem he creates.

Accept the fact that worrying only makes a bad situation worse, and that whatever happens will happen, whether you worry about it or not. You can still be a good caring person without bothering your brain with annoying anxieties. Take the time you would ordinarily spend worrying and use it constructively to help the situation causing your concern.

Couldn't a mother in the throes of a divorce benefit more from your companionship than you tears? Couldn't a child use a helping hand more than harassment? Couldn't an overweight husband profit more from low calorie foods than from fussing, fretting and concern?

Why not eliminate worrying from your life, and replace it with worthwhile actions? You'll be a more worthwhile person if you do.

PUT POSITIVE EMOTIONAL POWER IN YOUR LIFE:

1.Practice emotional control: When tempted to worry, deliberately choose to relax instead.

2. Practice introspection: Ask yourself what really causes certain feelings.

3. Practice understanding. Analyze other peoples' motivations for worrying

Dare2Fail

Just!n Tranz