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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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In this month's Clear Thinking...

** New Launch: Train Online with Uncommon Knowledge

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Hi

Wherever in the world you are, you can now train online with Uncommon Knowledge.

Over a year in the planning, the Knowledge Lab is our 'virtual university' and the first course is 'Hypnosis Unwrapped Online'. You can read about it here: <http://www.uncommon-knowledge.co.uk/go/lab.html>

(There is a 25% early-bird discount available now, and with places limited to 25 we recommend you move quickly if you are interested. In a week's time we advertise the course to nearly 100,000 people and we expect all the places to go pretty much immediately.)

Participants who join us in February will acquire more practical knowledge of hypnosis and its central role in psychology than 99% of practising hypnotherapists, psychologists and psychotherapists.

<http://www.uncommon-knowledge.co.uk/go/workshop.html>

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1: Top Tip: Dealing with a bully

Some bullies, of course, will not be open to reason, but it's good to at least try to confront their behaviour as it might just get results.

If you ever need to confront a bully or wish to help someone else, it helps if you avoid bringing emotion into it any more than you have to. If you mention how you feel, people will simply tell you that you are 'wrong' to feel a certain way. Talk in terms of what you 'think' rather than what you 'feel'.

How to confront a bully

- Firstly: Keep non-emotive and stick to the facts. Remember to discuss one point at a time with them, rather than trying to deal with every time they wronged you all at once.
- Tell them you want to talk to them privately. However, if possible make sure someone else is present – preferably a neutral person you can rely on as a reliable 'witness'.
- Tell them what has been bothering you. Don't accuse or bring emotion into it.
- Tell them why you think the behaviour is a bad idea.
- Tell them what you want them to do instead in future.
- Tell them why this will be better for both of you.
- Seek agreement with them that things will change.
- If they renege on their agreement, remind them of this meeting (remember you have a 'witness') and ask them what's changed since the meeting and why they haven't stuck to their agreement.

So for, example, if the bullying person shouts at you in front of other staff members, you might do the following.

- Ask to speak to them privately with one witness: "I want to speak to you about you shouting at me in front of other staff members."
- Tell them why you think the behaviour is a bad idea: "When you do this, it makes us both appear unprofessional to other staff and clients."

- Tell them what you would have them do instead: “I think it’s going to be much better in future if we agree that you speak to me in the office in private if you have anything to say to me.”
- Tell them why this will be better for both of you: “This will make us both appear more professional and keep our working relationship intact.”
- Seek agreement with them that things will change: “So can we agree to do it this way in future?” (And if not. get them to tell you exactly why not.)
- Remember that bullies are looking for an emotional reaction from people – not calm problem-solving responses.
- Keep eye contact. Don’t smile too much or look away too often, as this can indicate submissiveness.
- Change your emotional response to them

Now some victims of bullying may say: “This is all very well, but when I am in the situation with this person, I just panic and can’t think properly.”

This is a valid point. A way around this is to use your imagination beforehand to prime your instincts to respond with calm during these times.

So the more you imagine speaking to the person like this while feeling deeply relaxed, the more natural it’s going to be to naturally and automatically feel calm when it comes time to confront the bully.

You need to prepare emotionally as well as plan what you are going to say. It may help to work with someone skilled in the use of hypnosis to change your instinctive emotional response to this person.

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2: Book Review: How to Develop a Brilliant Memory

How to Develop a Brilliant Memory Week by Week: 52 Proven Ways to Enhance Your Memory Skills Dominic O’Brien Duncan Baird Publishers (2005)
ISBN: 1844831531

The other day I was about to deliver a basic workshop on hypnosis at a university when I noticed a familiar looking tall and elegant figure waiting to enter another lecture theatre, presumably as a speaker. It was Dominic O’Brien, eight times World Memory Champion.

He didn't remember me, but why should he? I had been just one of many in the audience at a memory conference years before. At that event he was given a list of all the attendees' names, which he quickly scanned through. Then he asked us all to stand – all one hundred and fifty of us. He proceeded to recite each name, in order as it appeared on the list, and we each sat down as we heard our own name. Not one mistake...

You can read the rest of this review online at <http://www.uncommon-knowledge.co.uk/go/memory.html>

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3: Inspiring Quote: Pressure

“The finest workers in stone are not copper or steel tools, but the gentle touches of air and water, working at their leisure with a liberal allowance of time.”

Henry David Thoreau, US author and philosopher, 1817 – 1862

“In the world there is nothing more submissive and weak than water. Yet for attacking that which is hard and strong nothing can surpass it.”

Lao Tzu, Chinese Taoist philosopher, b c.500 BCE

However firmly it is applied, pressure in itself does not always yield results. A gentler approach over a longer period of time will often produce the most enduring and permanent results.

The gentlest, most benign methods of attacking the toughest situations can appear laughably weak at the outset, but may well prove unbeatable in the long run.

What about you?

Have you ever been pressurised to do something and only felt more resistant because of that pressure?

What would have worked better to persuade you?

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That's all for this month -
we hope you enjoyed it and we'll see you next month!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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