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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

December 2007

Sent only to subscribers

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In this month's Clear Thinking...

1: Master Series: Every day hypnosis

2: Article: Give a dog a bad name

3: Inspiring Quote: Talent

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20% off our new Double CD 'Powerful Reframes'
for Clear Thinking subscribers

http://www.uncommon-knowledge.co.uk/personal_development_products/cds/reframing-techniques.html

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Dear Subscriber

We're sure you know that famous quote by wotsisname that goes: 'We do not see the world as it is, but as we are.' Please don't write in to help us out here, we're not trying to identify wotsisname - or wotsername. We're just reminding you how the frame through which we form our view of the world is a personal construct.

It doesn't usually seem like that, of course. How we 'see' the world always seems to us to be an absolutely objective and realistic view of 'how things are'. Our own judgements seem to us absolutely rock solid and reliable. Even if someone tells us that there is another way to look at things, we find it hard to believe them.

It takes some kind of jolt to help us break out of our preconceived notions about ourselves and the world and see the many possibilities that our 'frames' hide from us.

But where does such a jolt come from? Do you have to wait for life to dish you out with a slap in the face, or is it possible to loosen up the rigidity of our ideas in some more comfortable way?

Well, we're delighted to bring you the good news that it is indeed possible, and we have bottled the process and are selling it on a high street near you!

More prosaically, we have put together a new training CD: 'Powerful Reframes - how to create and communicate uplifting ways to see the world'.

We're making Powerful Reframes available to Clear Thinking subscribers at a massive 20% discount. This means that for £27.96 you can equip yourself with some cutting edge training in creating and communicating new ways of seeing so that your clients (and you yourself) will benefit quickly.

The CD includes a simple 'reframe-creator' system to apply to any limiting belief, shows you how to communicate a reframe without getting into an argument, and demonstrates how to maximise your chances of a reframe being accepted.

You can't really afford to be without it. You can place your order right here:

http://www.uncommon-knowledge.co.uk/personal_development_products/cds/reframing-techniques.html

And speaking of reframes, our contents list this month

could not be more appropriate. Our Hypnosis Master Series essay on 'Every day hypnosis' is essentially about the value of 'seeing things differently' and making sure you can do so in the shortest possible time. And our article on labelling is an object lesson in the power of frames. Our closing Inspiring Quote may not seem to be obviously about framing - but perhaps you should look closer?

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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Want to find out what we do in the 'real world'?

Come to an Uncommon Knowledge Hypnosis Workshop. These inspiring and instructive Workshops take place regularly in Brighton and in Kingston (London).

Put the dates in your calendar today!

Brighton: 12 and 13 January
Kingston: 19 and 20 January

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

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1: Master Series: Every day hypnosis

So you get up in the morning and you feel just awful. You had too much to drink last night, the baby kept you awake, or you just didn't sleep well.

Now you've got the whole day to feel bad.

Or do you?

Here's the first way you can use hypnosis today. Go and have some breakfast – something with protein in it to keep you going longer, then sit down and do self

hypnosis for just ten minutes. Do it in the bathroom when you get to work if you have to. And notice – I said sit down, not lie down – you don't want to fall asleep again – especially if you're in the bathroom at work.

Towards the end of your session, imagine yourself on a big rollercoaster to get your excitement levels up, so you come out of trance nice and bouncy and ready for the day.

So let's assume that next you start work, and that email that you haven't answered in weeks is still sitting there in your Inbox glaring at you. You have no idea how to solve the problem it presents. No matter – you resolve to make it the focus of your post-lunch hypnosis and move on...

Read the rest of this essay online at <http://www.uncommon-knowledge.co.uk/articles/uncommon-hypnosis/everyday-hypnosis.html>

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2: Article: Give a dog a bad name

'Give a dog a bad name and hang him.' Once we have labelled someone, our – and even their – expectations of their behaviour from then on seem to be almost wholly determined by that label.

This can work in a good way. For instance, children who are struggling to learn, if labelled as 'gifted' or 'advanced', can begin to find themselves 'fitting the label' (see 'Teaching Tale' from <http://www.uncommon-knowledge.co.uk/newsletters/hypnotherapy.pdf>)

If we label someone as 'difficult', or 'competent', or 'manipulative', or 'decent', and if that label is stamped hard, then we can bend any future observations of the behaviour that person exhibits to fit the label. And sometimes we have to do quite a lot of bending in order to excuse ourselves the effort of updating first impressions. What's more, labelling can happen in an instant – and stick. I learned this

through a bizarre personal experience.

Years ago, on my very first day working on a psychiatric ward, the shift was drawing to a close. We were waiting for a psychiatrist to turn up to our 'handover' meeting – a time when the incoming staff are briefed by the outgoing staff about new patients or general considerations on the ward. As we waited, there was a knock on the door. I opened it to a man in casual dress. I automatically assumed (and therefore of course labelled him in my mind) that he was a relative of one of our patients. I confidently and cheerfully (but authoritatively) told him he must wait in the visitors' room until we had finished our handover meeting – idiot that I am/was (it's OK, that label is non-adhesive)!

He tried to protest, but I was having none of it and he meekly wandered off to read a magazine in the visitors' room. I explained to the other staff that a patient's relative was waiting and I was assured that our meeting would be short once Dr X turned up and we could get on with it.

After twenty minutes waiting around, a nurse got up and went to look for Dr X. He found the psychiatrist waiting in the visitors' waiting room...

Read the rest of this article online at <http://www.uncommon-knowledge.co.uk/articles/labelling.html>

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3: Inspiring Quote: Talent (or what you really have to do to escape a label)

“It's pretty nice if you're talented, but it will only take you so far. Work takes you a lot further.”
Natalie Goldberg, US author and writing coach, b1948

“Everyone has talent. What is rare is the courage to follow that talent to the dark place where it leads.”
Erica Jong, US author, b 1942

Once a talent has been discovered it requires a lot of

nurture, through hard work, practice and diligent application. There are many talents that are left to lie dormant.

Everyone has talent but some people never discover theirs. Others only take them so far, stopping at the dark place.

There comes a point where it requires courage to take talent to its peak through criticism and rejection.

What about you?

What is your particular talent? Have you applied it to its best? Is there more work you could do on it? Dare you take it to that dark place?

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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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