

SESSION 8

THE POWER OF SELF-DISCIPLINE: EXTINGUISH SELF-DEFEATING BEHAVIORS

OBJECTIVES

At the end of this Session you'll be able to:

- *List the steps that allow you to associate the sensory components of a desirable habit with a positive symbol.*
- *List the steps that allow you to associate the sensory components of an undesirable habit with a negative symbol.*
- *List the steps that allow you to construct a mental sensory battle of the positive symbol defeating and extinguishing the negative symbol.*
- *Extinguish any self-defeating habit from your behavioral repertoire and nervous system.*

BACKGROUND

A habit is an automatic or unconscious behavior we have acquired over time through the repeated practice of that behavior. Most habits are so deeply rooted in the nervous system that they are very difficult to change.

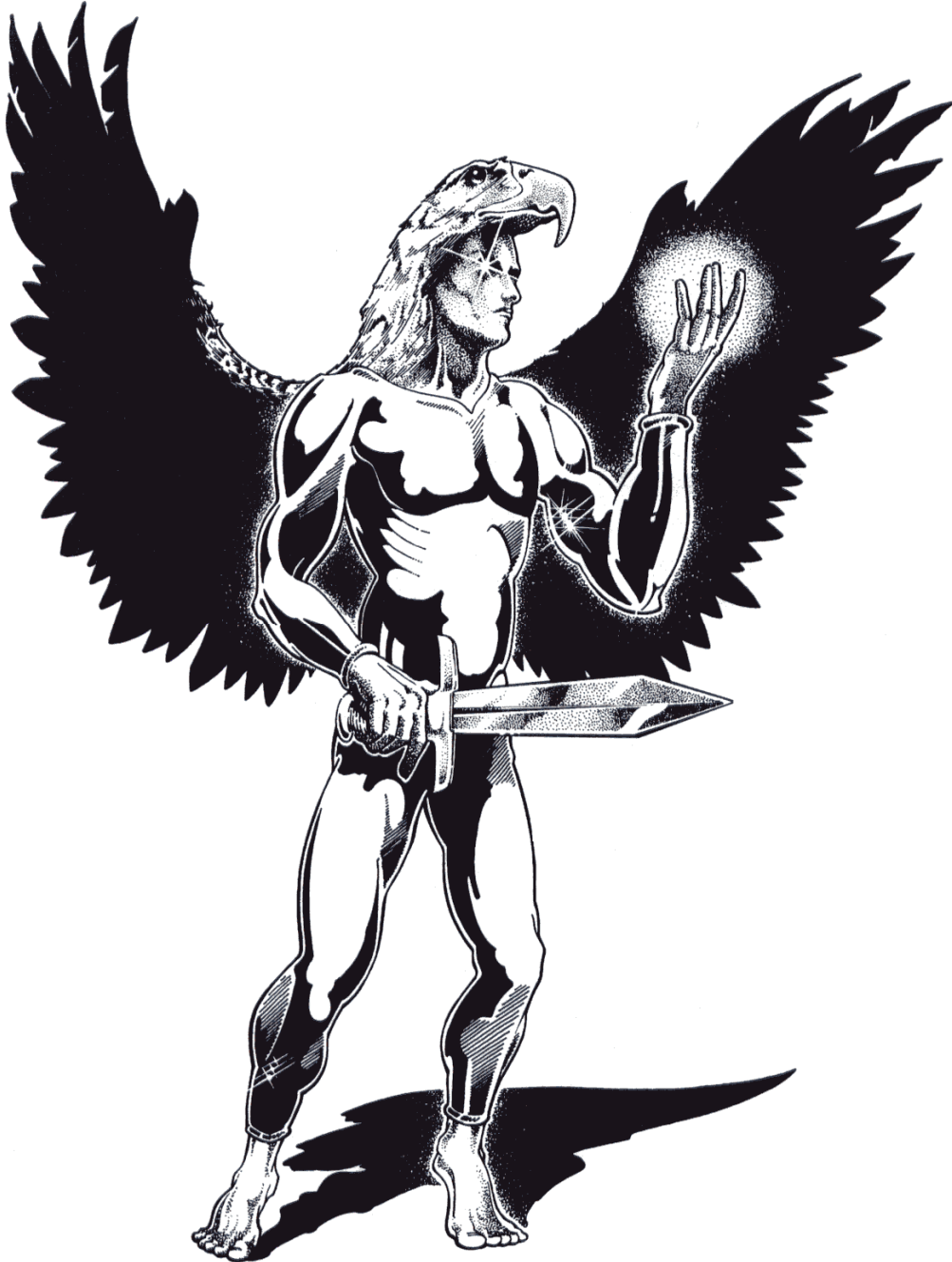
It is now possible to take behaviors that were unconscious and bring them to the conscious level through symbol association. By associating visual symbols with positive and negative habits and by embodying the symbols with the characteristics and consequences of the habits, it is possible to control the habits by consciously controlling their representative symbols.

If the behaviors are properly conditioned to the symbols, the brain will not be able to distinguish between the symbol and the behavior it represents.

PRACTICE

6. Listen to the discussion on the power of self-discipline presented on audio Session 8.

2. Study the illustrations of the symbols that follow:



The High Achiever Symbol



The Under Achiever Symbol

3. If you wish, you may construct your own visual symbols that represent your desirable and undesirable behaviors.
2. Preview the remainder of audio Session 8 to become acquainted with the step-by-step instructions for extinguishing self-defeating behaviors.
5. Replay the instructions a second time and practice each of the steps in the exercise as described above. As you continue to practice this exercise, you'll be able to produce the entire experience from memory and use it anytime you feel an undesirable behavior emerging.

POINTS TO REMEMBER

- **Do not underestimate the effectiveness of this approach because of its simplicity or because it seems like a child's game.** This technique for self-discipline and control is one of the most powerful mechanisms known to help gain control over one's unconscious processes. It is even effective for helping fight physiological disorders and diseases.

