

# DEPRESSION



&

# NLP



# Depression & NLP

Let's look at how you can be more optimistic in your life and overcome sadness or depression.

We're going to look at research done by Albert Ellis. He did a lot of research on emotional behavioural therapy.

That research was added to by Professor Martin Seligman, who elaborated on it in his book 'Authentic Happiness'. I recommend this book for a great read.



By building optimism what I mean is, recognizing our pessimistic thoughts and then actually challenging them, because often things are not quite as bad as we thought.

## Changes We Can Make

### **1. Start to become aware of your thought processes.**

Imagine the things you say to yourself are being uttered by somebody external who really wants to make you unhappy.



## **2. Distract yourself from the thought.**

One of the great ways of doing that is having an elastic band on your wrist and pinging it when you are doing something you don't want to do, to say stop it to yourself.

That will bring your attention away from that thought.

Distraction is an amazing technique. If you've got to perform any task that you don't want to do, but you've got to do it, distract yourself and take the emotion out of it.



### **3. Dispute the beliefs that you have around your thinking.**

Often we act like a mind reader. We have things that we believe in our mind which no one else is even aware of.

We can get into disputes when we're arguing with other people and often were very good at it. So we can get quite good at it when arguing with ourselves as well.

**There's a process and it's referred to as the **ABCDE**. I want you to write this down.**



**A** stands for **adversity**. That's the first thing that is the problem.

**B** stands for your **belief** around that problem and what do you immediately think when it happens?

**C** stands for the **consequences** of that belief because often our beliefs don't serve us well.

**D** stands for **disputing** that belief and using logic and external thinking to see if it really is the truth.

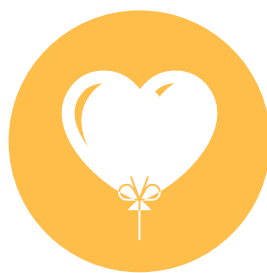
**E** stands for **energization**. That energy is what occurs when you dispute the thought successfully.



Negative thoughts can pull us down and make us feel depressed.

If you manage to say, actually that's a silly thought and it's not real, you will feel more energetic and uplifted.

**By effectively disputing the beliefs that follow an adversity you can change your reaction from one of dejection to one of good cheer and feeling well.**



So during the next few times when you start to feel a bit depressed and your thoughts are negative.

I want you to just stop and actually listen to what you're saying to yourself and dispute it.

Argue against it and then recorded it in your diary, because once you've started to do this, it will become a pattern, and it will be a way for you to deal with negative thoughts throughout the rest of your life.

**It's an amazing tool.**

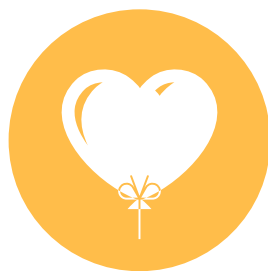




**So let's look at an example;** I had an adversity. I gave a presentation and I came away feeling it wasn't very good. I went over time and I didn't cover all the topics I was going to cover. So in my mind, I'm feeling really depressed and fed up about it.

The belief I then have is, I am a really bad public speaker. I always make a mess of everything I do.

Nobody got anything from it. And there's no point me doing it again because I'm not good at it.



The consequences of that feeling is, I feel really down about it. I probably would turn down opportunities in the future to speak because I feel I'm not good enough.

If I did speak I would end up feeling nervous and apprehensive because my mind has told my body that I'm no good.

The body will react to that and probably if I was to do it again, I'd end up making a lot of mistakes because I've now got the belief that this is the only way I can do presentations.

**So I have to dispute that.**



I've got to say the truth is; I've not had a lot of experience in the past. People did say that they benefitted from it.

The slide pack was really good. And yes, I did stumble a couple of times, but I think I've still managed to get the message across. PLUS nobody's perfect the first time they do a presentation.

Maybe if I can let go of my ego, move on and learn from it, I will know that I'll be less nervous and better at it the next time.

**Thinking like this makes me feel much better.**



So by disputing, we want to look at the evidence.

The evidence shows that my negative belief was incorrect.

And so I would say to myself, where is the evidence that it was so bad? OK, I did stumble but the positive evidence is that some people said they thought it was great.

So why don't I focus on that instead of focusing on the negative comments?

Then we can look at alternatives.



I can ask myself, what other ways can I look at this problem that is less damaging to myself?

What are other ways I could take positive out of this experience?

Am I willing to learn from it instead of seeing it as a failure or thinking I'm not good and I'm never doing it again?

Also don't make it personal. Don't just make it about you. If someone else did the same thing you would probably be more forgiving, so be more forgiving with yourself.



And also look at the implications of your reactions, the ripple effect that it has not just on yourself but on the people around you when you start to moan about it and feel depressed about it.

Think about this, are you going to carry it around with you for the rest of your life?

Ask yourself about the usefulness of your thinking around that belief. Is it helpful to stay in that negative frame of mind, in that negative situation?

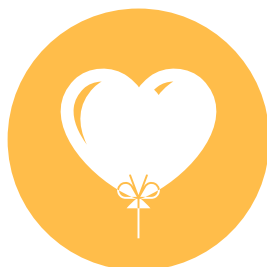
Of course, the answer is no, anything like that, we need to learn from it and move forward.



I hope you found this useful. Remembering your **ABCDE** anytime you start to get some negative feelings or negative thoughts.

**Negative feelings come from negative thoughts.**

Stop that thought and then dispute it. I hope that you find it useful and it works for you.



**This Ebook is a collaboration between Anne McKeown, Master Coach at [2mpower.co](http://2mpower.co) & Global Healing Exchange**

