

Life Mastery 2



Session 4 / S.W.A.P

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S.W.A.P.

S.W.A.P.

The S.W.A.P Shift is a variation on several similar Shifts that you will learn which helps us alter the way we see our world. By learning to alter our ‘reality’, we take control of our *world* and consequently, take control of our thoughts, feelings and behaviors.

S.W.A.P. is an acronym where we ‘swap’ a *bad* ‘Story’ for a better one. The letters stand for the key words ‘Story’, ‘Work’, ‘Another’ and ‘Proof’ as described below:

- **What Story have I written?** (What beliefs do I have about this situation)?
 - **Does this Story Work for me** (Does it serve me; bring me joy, peace or strength)?
 - **If not, write Another Story** (Write a *better* story).
 - **Look for Proof that the new Story is true** (We see what we are looking for).
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The Shift

‘S.W.A.P.’

This Shift is used for helping yourself and others:

- Create virtually any State you choose (your ‘State’ is a result of the Stories you have written and *this* Shift will help you write new ones).
- Create a general sense of wellbeing (if your new Story supports this)
- Overcome Stress, Fear and Anxiety (if your new Story supports this)

When using it to assist others, this Shift involves dialog, although most of the time you will be ‘asking questions’ allowing *them* to do more of the talking.

Vocal style: Conversational

Music: Soothing or Uplifting

Set Up

As a reminder, one of the first things you need to do before attempting a Shift is to figure out what State you are in and where you need to ‘go’. And you do this by considering the following simple questions:

- 1) How am I feeling today (mentally and emotionally)?
- 2) How would I *like* to be feeling?

It is at this point that you will determine which Shifts to apply. If you decide on the S.W.A.P. Shift you will move to Step #1 below.

Keep in mind, if you are highly agitated, distracted or unable to fully relax for some reason, you may wish to start out with a ‘calming’ Shift such as *Focused Breathing* in order to at least bring yourself down to a more manageable State, which will help other Shift techniques to be more effective.

Step #1

What’s your Story?

Think about your ‘Story’. Try to figure out what thoughts or Stories are currently causing you pain or distress. Recognize whatever is upsetting you, it is based on a ‘Story’.

If you aren’t upset, but rather, just want to take yourself to a higher level, you can use the S.W.A.P. Shift to achieve this as well.

Once you believe you understand what your Story is, move to Step #2 below:

Step #2

Does it Work for You?

Remind yourself that there are two sides to every ‘Story’...including yours. In fact, there are an infinite number of sides to every Story... then ask yourself if the version of the Story that you’ve chosen to believe in and focus on is helping you to feel the way you wish to feel... is it bringing you joy or peace or strength?

Then think about how it makes you *feel* when you focus on these thoughts. Does focusing on these thoughts really serve you or your goals?

Once you realize that your current Story isn’t serving you, move to Step #3 below:

Step #3

Write Another Story

Remind yourself that there are an infinite number of sides and variations to every ‘Story’ and that chances are pretty good that if you try hard enough, you could come up with a *new* ‘Story’ that may be just as ‘true’ as the one you currently have, only the new Story might better serve you, helping you feel the way you wish to feel.

Write a new Story... one that makes you feel much better and closer to the way you wish to feel.

After you’ve written a new Story, move to Step #4 below:

Step #4

Find Proof that your new Story is true.

Remind yourself that we see what we are looking for, and that chances are if you look hard enough you will be able to come up with some kind of Proof that this new Story is true.

Keep thinking of more and more Proof that supports your new Story.

At the end of the session you will do an exercise that will help you further develop this Story and the way it makes you feel, but for the time being just enjoy the way you are now feeling.

Below is an example of the 4 Steps we've just listed (*in Action*) and how you would use this process to help others (**and as always, you can just replace the 'them' with 'you' to use it on yourself**):

Step #1 (What's your Story?)

You: "Can you tell me what you're upset about in a simple statement?"

Subject: "Yes, I'm afraid I'm going to lose my kids in this custody battle."

You: "So your Story is that 'you are going to lose your kids' is that right?"

Subject: "Yes."

Step #2 (Does it Work for You?)

You: "You've heard the saying that there are two sides to every Story... so with that said, is it remotely possible that this Story isn't entirely accurate? If I asked enough people could I find someone with a different version of this Story...perhaps one where you don't 'lose' your kids, or any number of other scenarios?"

Subject: "Yes, I suppose."

You: "So if there could be more than one version of this Story... is it possible that some of these 'other' versions could make you feel better than the one you have now?"

Subject: "Yes, I guess so..."

You: "Does *your* version make you feel the way you want to feel?"

Subject: "No... it makes me feel terrible... it fills me with fear... I can't sleep or eat or think straight..."

You: "Would you agree that the pain this Story is causing you may be as bad as the actual outcome you're concerned about... and as such, believing in, and focusing on your Story is probably making things even worse. Would you agree with that?"

Subject: "Yes, I would."

Step #3 (Write Another Story)

You: "Since we've determined that *your* Story isn't serving you, and chances are there's more than one version of this Story anyhow, lets figure out *another* Story, one that may be just as true as the one you have, but let's make sure it's a Story that *does* serve you... one that helps you feel better about the entire outcome, and better about your life right now. I'll help you get started:

In our new Story, you not only don't lose your children, you get them for the perfect amount of time... not too little, not too much... its just right. Lets make it about 'quality' over 'quantity'... okay, now you add to this Story..."

Subject: "Well... I guess it's possible that I won't lose them, I mean, I haven't done anything wrong, so it is possible that although I probably won't get to be with them as much as I am used to, that the time we do spend together will be really high quality time... because I won't take them for granted anymore or they me, and because when we're not together it will give us more time to plan special activities and time to anticipate them so they will seem even more special... and since they have school and I have work I couldn't be with them every minute even if they lived with me full time... so actually even if I only get them every other weekend and Wednesday nights, it might

wind up being nearly as much as I see them now... especially if I totally focus on them when we *are* together... and either way, the children will be safe and fed and healthy and happy so that's a good thing...

You: "This sounds great... can you now simplify what you've said into a simple statement that will be easy for you to remember? Start with the words 'My Story is...'"

Subject: "Okay... My Story is... I will have just the right amount of time with my kids and the time we have will be better than ever."

Step #4 (Find Proof that your new Story is true)

You: "Excellent... now all you need to do is start finding Proof that this new Story is true so it will be easier and easier to believe in... and the way you do this is by 'looking' for Proof because we see what we are looking for. You can even begin now by thinking about the times when you've had special moments with your children and realizing that out of the countless hours you've had together, some stand out as being more special and rewarding than others... which means if you emulate those moments you could recreate them in the future. You can also research custody on the internet in which case you will find that it is very rare for a father to 'lose his kids' and that you are almost guaranteed to get them for at least part of the time, etc.

And in a moment, I will give you some assignments that will help you find even greater Proof and build an even better Story.

So how are you feeling now? Perhaps you would like to do a nice Focused Breathing activity that will leave you feeling calm, peaceful and refreshed...

Step #5 (Assignments)

Before releasing your Subject, recommend that in order to sustain and build upon the positive feelings you've created that they do the following on their own:

Begin immediately thinking and behaving as though their *new* story is *true* ... when they speak to others about their situation, speak as though it is true as well. As they do so, begin looking for proof that their new Story is true as well.

Begin taking action on this new Story to make sure it comes to fruition... begin creating a list of all the fun and exciting things you can do when you're with your children and get them involved in creating this list as well. Begin scheduling activities in advance and making plans that you can all look forward to.

Summary:

As mentioned earlier this is one of several Shifts that will teach you and your Subjects how to take greater control of your States by taking greater control of your Reality. Its simple and its powerful... now all you need to do is master it. And you do this by applying it every chance you get until it becomes second nature for you.

Assignments

Take on as many of these assignments as possible (remember, it isn't what you learn that will help you master this process, it's what you DO).

Continuing Assignments:

Continue enrolling others into your Support Community.

Continuing Assignments:

Continue sharing the lessons you've learned thus far with as many members of your Support Community as possible.

Continuing Assignments:

If you are involved in our Life Coaching & Mastery course or hoping to one day become a certified Life Coach, continue logging the hours you spend learning these coaching techniques and separately logging the hours you spend coaching others with them.

Continuing Assignments:

Practice applying the 'Loving What Is' Shift to your own life throughout the week

Continuing Assignments:

Do the 'Loving What Is' *assignments* for yourself (as listed above under Assignments).

Continuing Assignments:

Practice applying the 'Loving What Is' Shift with members of your Support Community throughout the week

Continuing Assignments:

Continue applying the 'Focused Breathing' Shift to your own life throughout the week

Continuing Assignments:

Continue applying the 'Focused Breathing' Shift with members of your Support Community throughout the week

Assignment #1:

Practice applying the 'S.W.A.P.' Shift to your own life throughout the week

Assignment #2:

Do the 'S.W.A.P.' *assignments* for yourself (as listed above under **Step #5** Assignments).

Assignment #3:

Practice applying the 'S.W.A.P.' Shift with members of your Support Community throughout the week

Optional Assignment:

‘Think about your Thinking’: For the next week, pay attention to your *conscious* ‘thoughts, Stories and Self Talk’, notice throughout the day the kind of things you *tell yourself, think about* and *focus on*, then experiment by replacing any *negative* ‘Focus, Thought, Self Talk or Stories’ with more *positive* ones and see how differently this makes you feel and behave.

Optional Assignment:

‘Pay Attention to what you Pay Attention to ... Notice what you’re Noticing’: For the next week, be aware of what you are ‘looking for’ in your circumstances and in others, next, experiment by *looking for* new more positive things in each of these scenarios and see how this changes what you ‘see’ and consequently how you feel and behave.

Optional Assignment:

For the next week, pay attention to the difference between ‘what is happening’ and your *interpretation* of what is happening. See if you can remove your interpretations from the equation and see things for what they ‘really’ are. This is nearly an impossible feat, but just see how close you can come to pulling it off.

Optional Assignment:

For the next week, pretend that it’s all just a game... and view each challenge that comes along as you would if it were only Hide-N-Seek, and would all work out in the end.

Optional Assignment:

For the next week, begin figuring out how you can eliminate the things in your life that wouldn’t really matter if you knew you had only a year to live, and begin focusing more on the ones that *would* still matter.

Optional Assignment:

For the next week, refuse to look at anything negative that happens as being a catastrophe, see it instead as nothing more than an inconvenience... or better still as a catalyst for something wonderful.

Optional Assignment:

For the next week, do everything in your power to keep from judging others... accept that their behavior is appropriate for their perceptions and programs. And whenever you get the opportunity, ASK them to describe ‘what they see and how they feel’ so you can too can see inside of *their* Glass Box. Make sure you paraphrase what you’ve heard.

Optional Assignment:

For the next week, any time you feel yourself slipping into fear or self-pity, pretend that you are a ‘wild animal’... then go about your day as they would and just refuse to give it another thought.

Optional Assignment:

For the next week, take every single dark or negative thought as it occurs and immediately replace it with a better, more positive one, and then act upon it.

Optional Assignment:

For the next week, practice replacing your vacation-hells with vacation-heavens. Then once you've affectively climbed aboard the Bright Train, practice returning to NOW and appreciating the moment.