

# Love By Breakup Program on Confidence

[video transcript]

Hi, welcome to the Love by Breakup program. I am Ton Bil, the author of this program and the book Love by Breakup.

Are you interested in connecting with yourself, having a natural confidence in what you are capable of, feel worthy of everything you receive and dream about for yourself?

That is what today's module will focus on. Though the topic of Love by Breakup is typically the process we go through after a breakup, it also applies to other sorts of loss. And yes, you can substitute “breakup” with divorce, separation or “the relationship that I used to be in” if you like.

In this video you will learn the following:

- > how to feel better around very unpleasant thoughts and feelings
- > how to grow your inner awareness as a main step for your personal growth
- > how you can trust the process even when it feels a little strange sometimes

More information you'll find on my website and the link is in the information part below this video. You can also get more parts of the program, and the transcript of this video, when you sign up.

When you use this material, you must be aware that what I offer to you is for information purposes. It can not replace the services of medical professionals, in case you may need these. What I offer is based on personal experience and age-old wisdom. You can trust, it is the very best thing I've come up to, so far.

It is a bad idea to use this material when you need your attention somewhere else, like

when you're driving or flying an airplane. OK? Instead, take some distraction free time, because this is something you do for yourself. It deserves your full attention and love.

## LET'S GET PRACTICAL

To get the most out of it, you may want to take notes, or do a certain exercise or practice that I suggest. In fact, if you have a diary on paper or online, I suggest you use this or start one. Lose scrapnels of paper are not so good. Better have some permanent document, or a notebook, for what you are going to learn. It will be a resource for you to go back to from time to time. You may want to pause the video now, to prepare for your notes later on. ||

## DO YOU TRUST THE PROCESS ENOUGH?

Like I said, you may want to take some time for doing new things, I mean: exploring new ways of working with your mind. For you may know these true wise words: *"If you keep doing what you've always done, you'll keep getting what you've always gotten."* Or to put it differently:

Imagine you have a friend who wants to get in better shape, and she goes to the gym. After going there 2 or 3 times she's complaining to you: *"I've been doing this gym thing, and I'm looking at myself in the mirror, and I don't see or feel anything that has changed. I guess it's just a hype, people saying exercise is good for fitness. In fact, I'm feeling a little tired after I come home from the gym, and ... "*

Well, this is not you, this is your completely unrealistic friend. What would you hope for her? That she quits the gym and keep telling people that exercise is just a hype? Or that she would give it a little bit more trust and effort, and may see the results over time?

This is why fitness coaches are always looking for the first little win, with their clients. To give the person this nice experience of: *"Oomph, I'm getting a bit of positive result out of this."* But coaches know, that this takes time and effort, and they try to explain this to their first time clients. In fact, not only do you put some trust in your coach, you even put more trust in yourself as a coachee. By telling yourself: *"I'm going to change a few things that I've always done, I'm going to do something new, even if it maybe feels a little bit strange at first."*

For instance, we'll be GROWING YOUR AWARENESS. And some users of this program, may at first glance consider this to be uncomfortable, unattractive or ineffective.

Here's how this works, and why your coach still suggests you to try this on.

Because we'll be giving attention to unpleasant thoughts and emotions that you may have. That may seem unattractive at first, but we'll do this as a way of healing. Now, some users may say: I've learned from the Law of Attraction that paying attention to anything negative, is growing the negative stuff in my life, and certainly not healing it!

Yes, there is a paradox here with the Law of Attraction: and let us solve this paradox. Did you hear about The Law of Attraction before? Remember it goes like this: *Everything that you focus on, you attract in your life.* Right?

So, someone could say: *Don't focus on unpleasant feelings or unhappy memories, you will attract more of it into your life.* See what they mean?

However, you may already guess it is a little more subtle than that. If you focus on something unpleasant that is already in your mind, you can do that with either of two attitudes. One is: THIS SHOULDN'T BE. And the other is: THIS JUST IS.

Now, the "this shouldn't be" is worded with negativity: "should NOT". And our mind - as you may know - can only work with positives.

Let us very briefly see how this works. Ready? "Now, relax a little and think about being on a boat. Alright? Now, there is a thunderstorm coming your way, the wind is getting stronger, and already the waves are growing higher. Do you feel it? OK. Now listen to the next instruction: don't think about the thunderstorm. Do not think about what you see on the horizon there.

OK?

Now answer to yourself: what were you thinking of when I said you should NOT think about the thunderstorm?

I don't know for you, but 99 out of 100 people were thinking of a thunderstorm, coming their way. This instruction of "do NOT" apparently does not work. Your mind only knows POSITIVE. This means that an attitude in our mind like THIS SHOULDN'T BE, does not help us in any way. With the very resistance that we encounter the thing that is, we also keep it alive in our mind.

By the way: the other 1 out of 100 persons thought about their grocery list or something. They will think of a thunderstorm later on, when they are at the grocery store. I'm not kidding. These things happen.

But we will approach what is in your mind with a different attitude. We will approach it kindly acknowledging it with: THIS JUST IS.

And if you listen well, this is not thinking about something that you either want or don't want, it is not about wishing. It is about knowing, acknowledging truth. The more we are in line with truth, and the more we can be with what is going on in reality, the more our life

will unfold as it is meant to be.

You see, we take a step away here of beliefs about things outside of us, and with that step we come closer to what is going on inside us. If you are afraid of losing your religion, that is not what I'm talking about. What I'm talking about is getting to know yourself better, and to come in a position of choice, of making your choices a reality.

What we do when we focus like this, is we GROW OUR INNER AWARENESS. This is the fastest and surest way to STRENGTHEN OUR MIND. We'll be using this process more often, because it is healing, it is freeing, it is joyful, and powerful. In fact, your mind holds all the powers to grow and develop as a human being. We just need to give proper attention to it, and keep training it. Like an athlete who keeps training will get at her or his best. Isn't that true?

You know: it is not accidental that **growing your awareness**, is at the core of all old wisdom.

If you have some 25 minutes of uninterrupted time to benefit from the next part, you'll be fine. And even if you get interrupted, you can always come back to this video.

Ready?

## YOU ARE ON A SHIP

Make yourself comfortable. Close your eyes and imagine you are on a cruise ship on your life's ocean. You have been through hard times. Now the ship is in calmer water, but you don't feel well. Walking the corridor you look at the names written above the doors of the huts. They go: [left column only]

Mr. Self-doubt	Self-confidence
Mr. Disconnect from best self	Connecting with best self
Mrs. Worry (she is the widow of the late William Worry)	Calm mind
Mrs. Doubting my life future	Trusting my dream
Mrs. Low expectations of outcomes	Working on realisation of wishes
Mr. Procrastinating	Small action steps to confidence
Mr. Doing what drains my energy	Doing what gives energy
Mrs. Low self-esteem	Self-worthiness

Mrs. Stuck with no perspective	Cherish a vision for myself
Mr. Limiting self-beliefs	Empowering self-beliefs
Mrs. It will be hard or unattainable	It'll be fun and easy
Mr. Keep the focus on me and my miserable ship	Focus on me and the vastness around me

Imagine how you think: *Wow, these are weird names, are these all passengers on this ship? This is certainly not the nicest cruise to be on!*

Well, I can imagine this feels gloomy, awkward and depressing maybe. Is this where you'll spend your time on? When will there come a harbor where you can hop off this boat?

You run into the captain and she or he tells you: *"There does exist another boat, that has a more positive vibe with the names of passengers. It is on the same route as we are, but we lost sight of it, because of the storm. ...Nnno, we're both not going to visit a harbor soon."*

Now, close your eyes for a moment, while imagining you on your own boat. What is written above the door of your hut? What feeling or thought is dominating your mind, when you are on this boat?

Go back to the list. Is it self-doubt, for instance? Or worry? Or procrastination? Maybe you feel stuck? What is it that troubles you the most?

Try to give words to it. What exactly is so uncomfortable? So you may think: "I am doubting my capacity to deal with what has come in my life." Or something like: "I feel stuck, and I fear my future." Use your own words.

You can pause the video, to give yourself some time to feel what it is. ||

OK, got it? Do you have words to describe it?

Now open your eyes for a little moment and write down for yourself, the content of what is on your mind.

You can pause the video to write down what is annoying you, pushing you out of balance. ||

Close your eyes again and pay attention to this annoying feeling or thought.

Now, evaluate your inner state. How strong is this annoying or uncomfortable feeling or thought? Give it a number, 0 to 10. 10 being super-intensive, dominating your mind, getting in the way of everything else. 0 being lowest intensity, totally out of mind.

There's no right or wrong number, anything goes that corresponds with the intensity of your feeling or thought.

OK, given it a grade?

Now open your eyes again and write this grade next to the sentence you had written there.

Done?

## TIME FOR HEALING

Read your sentence out aloud to yourself, and tell to yourself the intensity number. So, I'd maybe say: "I'm procrastinating, I'm uncertain about what to do next, and this is an 8 on a scale 0 to 10."

You can pause the video to read this out to yourself. ||

Honestly, as I'm sitting here and working with you, I can tell you I've been procrastinating a lot in my life. It sometimes was a 10 out of 10, and I had no one to help me with healing this suffering.

Whatever it is that you have written down there, let us acknowledge that it is there. That it is causing us to suffer. Is that right?

And let us also acknowledge the fact that it is IN US. It is there in our mind. So, it is a little part of who we are AT THIS VERY MOMENT in time. Just make this fully aware: the unpleasant feeling or thought we are talking about, is a part of you.

Aversion towards it is not going to help us. Aversion being something like pushing it away, it is like "this shouldn't be" that we already talked about.

If we would try to fight and battle this feeling or thought, we would fight and battle a piece of ourselves. This can only mean that we would cause new suffering, inside ourselves. We would have a loser and winner, or two losers. Just imagine...

Let's not even try to do this again. It has never worked, and it never will. It is insane to fight an inner state and believe that it will lose its power. Distraction can help, maybe. But no healing takes place when we don't give attention to what is hurting. Attention is a very powerful medicine. It is what mothers give to a child that is hurting, because it has fallen on his knee. "Oh yes my child, I see what happened, you fell on your knee. It is hurting. Yes, it is. Now everything will be OK, shall I plant a soft kiss on your knee?"

Mother acknowledges the child, accepts the hurt, she gives careful attention, and there the child goes again, running back to its play.

### **NOTE:**

***It is recommended to take the second half of this lesson with this video (15 minutes): <https://www.youtube.com/watch?v=ZARFK-1uowU>***

So here is our next step: we are going to give careful attention to what is hurting.

Take your notes again. And write down why this sentence of yours is so true. Let me give you a couple suggestions, what I would write down below my sentence "I'm procrastinating, I'm uncertain about what to do next, and this is an 8 on a scale 0 to 10."

I would write:

"I've spent 2 weeks on this one little thing. I've been playing online games instead. I don't know how to deal with the next steps. I'm not sure about the next steps. I'm trying to distract myself, but the task keeps coming back to me, staring me in my face. The later in the evening, the more uncomfortable it becomes. And then I postpone the solution to the next day. This is what I do. It is very unpleasant. It makes me very uncertain about my life."

Now, remember I'm not going to fight a battle. I'm not going to make myself feel guilty. I'm not writing down "this should not be". I just acknowledge what is going on. I'm looking the Truth in her eyes and I say to her: "Yes, however sad, this is TRUE for me."

Don't forget, we will be very kind to what comes up, we will not fight it, we are acknowledging what is true for us now.

So, now pause the video, and write down for yourself, how and why your sentence is TRUE for you. ||

## SHINE SOME LOVE ON YOU

We are going to practice Love to ourselves. And by doing that, we free ourselves from part of the burden of unpleasant emotions and thoughts. We make space for our breath. We will do this by using the so called Emotional Freedom Techniques, also known as "tapping". We will work with the mind and the body at the same time, in a very gentle manner. We are going to speak words to ourselves, literally, while tapping on some acupuncture points on our body.

This combination of cognitive psychology, and age-old Chinese energy work has given *me* great results in recent times.

The first time I heard about it, I was quite skeptical, because it seemed to me a kind of "wishful positive thinking" and "fluffy". To my amazement, it worked for me.

From what I lately read about it, its effectiveness has been proven and partly understood by Western scientists. It's related to how our body regulates stress, by hormones that are produced in a brain structure, called amygdala. Essentially, by tapping on our body, we signal to our amygdala that we are safe, and there is no need to produce this stress hormone. And that is how our anxiety or any other strong uncomfortable feeling or thought gets reduced.

This acupuncture thing works on this principle, and so it is not so esoteric after all, and hey, we don't use needles on ourselves, just a very gentle tapping with our fingers.

Now, since I have been educated with western science, and have been practicing all kinds of techniques like this tapping, and meditation and so on, I know that I'm going to give you something worthwhile. If this is the first time you encounter such a thing, it may seem a little weird. But as you may know for yourself, WEIRD is not equal to either BAD or GOOD, it's just a label that we use for something we are not accustomed to. Right?

## TIME FOR TAPPING

What you will see me doing is tapping with my fingers on certain spots on my upper body. And in a minute, we'll be doing this together, and you can follow my example.

Here are these spots, just to make you familiar with it.

- > Side of the hand. I use four finger tips to tap on it, gently and relaxed.
- > Eyebrow. I use two fingers to tap on the beginning of the eyebrow, next to the nose.
- > Side of the eye. Again two fingers on the edge of the bone there, close to the eye ball.
- > Under the eye. Again on the bone, in the middle.
- > Under the nose. The bone is a bit deeper under the skin, but you don't have to tap stronger.
- > On the chin. In fact, in the dimple.
- > Collar bones. Several fingers, or even flat hand. On the boney parts left and right.
- > Under the arm. It's on the ribs. One hand width below your arm pit. That's it.

> Top of the head. Very gently. Either fingers or flat hand.

That's it. 1 on the hand, and the other 7 on our head and upper body.

Now here come the words, combined with the tapping. In stead of the more precise example of procrastination, that I used earlier, I will now use words that you can repeat after me, no matter what exactly your issue is. So it is more general, to give you an idea of how I use tapping for this negative thoughts and feelings of mine.

Here goes. Repeat after me and connect with this feeling or thought that you have with every sentence spoken.

Even though I have this unpleasant feeling, this uncomfortable thought, I am open to the possibility of being kind to myself at every time.

Even though I don't like this feeling at all, I'm open to the possibility of accepting what I am feeling.

Even though this feeling is present in me, I'm open to deeply love myself and everything that is in me.

Keep repeating after me.

(Eyebrow) This unpleasant feeling.... This feeling...

(Side of eye) This thought... This recurring thought...

(Under eye) This low mood that I have...

(Under nose) These things playing around in my mind...

(Chin) All these things coming back time and again...

(Collar bone) All this uneasyness that I feel repeatedly...

(Under arm) It is all part of who I am...

(Top of head) It is a part of me which I don't like...

(Eyebrow) It is part of what is going on in me...

(Side of eye) It is coming and going...

(Under eye) I am open not to resist it when it is there...

(Under nose) I am willing to feel OK with it...

(Under chin) I am open to letting it go...

(Collar bone) It is safe to let it go...

(Under arm) I am safe when I experience this feeling or thought...

(Top of head) And I am safe when I don't experience it...

Now close your eyes, and take a deep breath. How are you feeling right now? Can you give it a number again, between 0 and 10.

Do you have a number?

If it is lower than before, you feel more at ease now, right? If you want, you can now repeat the process with the same sentence and feeling, to decrease it even more. Or you can rinse and come up with another unpleasant feeling or thought to work on.

Now, people who have done this tapping, sometimes report a number higher than the one they had before. This means they have done a very intensive practice, to which they were not accustomed. In itself this is not bad. It is probably the rough start of a process by which

the numbness of feelings is melting away. Emotional Numbness is one of the effects of suppressing or ignoring feelings and worries for a long time. Now when this numbness starts to melt, these uncomfortable feelings come to the surface and can be quite strong. As long as you can handle them, you are on the right path. But when you would feel you need professional help, don't hesitate to get it. OK?

Once you get familiar with the process, you can work out other words for yourself. Or we can do this together, as a guided tapping. You can contact me through the website.

A guided tapping can be more upsetting, and more intense. There is quite some old psychological stuff underneath our most unpleasant feelings. Even a thing as innocent as procrastination can hide deep trauma, for instance of never being good enough.

We will finish our common lesson here.

## CONCLUSION

Let's wrap up what you have learned in this session:

- 1 how do you access your feelings and thoughts that need healing
- 2 how do you grow your awareness of them
- 3 how do you start healing them with your kind attention
- 4 how you can work with yourself, walking the path step by step

Now, there are other steps that we can take. I was thinking of

> Refocusing Attention, > Power Poses, > Gratitude Journaling, > a method of investigating limiting beliefs called The Work, > Making brisk walking a meditation and physical exercise at the same time, > and so on.

So you can now subscribe to the program and get access to all of the material that has been and will be released. Go to [www.lovebybreakup.com](http://www.lovebybreakup.com) and sign up there. Do it now before you can even forget.

See you there.

Be well.

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