

CTRN

THE PHOBIA CLINIC™

Vanquish
FEAR & ANXIETY

In Just 24 Hours. Guaranteed.





**Vanquish
Fear & Anxiety**

W O R K B O O K

(800) 828-7484

www.CTRN.com

Testimonials

How Effective Can You Expect This Program to Be?

In a word. Outstandingly.

The following are just a few of the many reports we've received recently from graduates of the program you are holding in your hands. Copies of the original testimonials are on file with CTRN.

When you now engage fully - 1000% - in the program, as these individuals did, you can expect the same wonderful results they experienced:

“I have a BA degree in Psychology... : In three days I took back a freedom that had been gone for 15 years.”

I just completed your program on how to vanquish fear and anxiety in just 24 hours and was amazed at how simple yet effective it was. I have a BA degree in Psychology yet could never get a handle on my personal phobia.

My phobia with this one thing has always been a mystery to me as I have always been involved in thrill sports from surfing to wreck diving. Because of my formal education I am not a fan of pop-psychology and so ordered your program with a great deal of doubt.

Once I started it I found your approach of breaking negative stimulus links and building new ones made perfect sense to me. In addition I made a self discovery with the time line therapy that I'm sure would have taken years on a psychoanalyst's couch to surface.

At the completion of your course I gave myself a test of fire... The proof is in the success and it is obvious to me that your course is not snake oil but a very efficient means of speeding up traditional psychological approaches and sharing them with the client. I'm glad I put you to the test because in three days I took back a freedom that had been gone for 15 years.

*H.S. - Insurance and Financial Adviser
Oviedo, FL, USA*

“I no longer have those voices in the back of my head...”

I received your program in interest of eliminating [...] fear of publicspeaking, which I seem to do more and more within my position. [...] it seemed to make me much more confident and sincere in my speaking abilities. I had to speak in front of 450 people which generally left me in a state of shock but was able to produce whatever I needed to perform. [...] I no longer feel that I have those voices in the back of my head as I am speaking as if I'm maybe failing or not doing something right. I just seem to look out to the people and connect and did my bill. [...] After the event I had so many people come up to me and tell me, wow you really connected with your audience, you are a wonderful speaker!

*S.B. - Hotel Owner
Anaheim, CA, USA*

“It made [me] feel positive, empowered and informed.”

I purchased the program for my great niece. My niece has gone though the program first to learn all she can before she starts with her ten year old daughter who has a fear of choking after a traumatic incident. She called me today and told me that she was very pleased and feels very positive that this program will help her daughter overcome this fear. She feels she will benefit from it as well. It made her feel positive, empowered and informed and believes that she can guide her daughter through this fear to freedom with your program.

*S.H. -
Rockwall, TX, USA*

“I would recommend it to just about anybody”

This is just the most wonderful program I have come across in years. I have been dealing with a public speaking issue and I can feel that I'm just making leaps and bounds in my progress. The CDs are very fun to listen to, very easy to follow along with and the sense of humor is great, I love that. It's just very fun and down to earth and easy to relate to. This is a great program and I would recommend it to just about anybody who would be willing to overcome their anxieties and fear about things.

*C.R. - Dental Receptionist
Littleton, Colorado, USA*

“Anxiety, Tension and Nervousness of Years just Slipped Away”

I listened to the program over 3 days, listening to each CD twice. I was working outside and did the exercises and was completely amazed at the level of anxiety, tension and nervousness that had lived in my body... completely just slipped away as if it had never been there. It was like a wound that had been there forever, just was gone after one session. I've done other sessions since then and I've learned to memorize and work with the program and I highly highly recommend it... I think its absolutely fantastic.

S.S. -

Medford, Oregon, USA

“I noticed an immediate change”

I listened to the complete CD program, and am happy to say I am on the way to vanquishing fear and anxiety in my life! I noticed an immediate change in the way I think and feel about the events of my life, and can honestly say I feel better now than I have in over a year. This is, of course, a work in progress, but I now know that the best is yet to come, and I am on my way to complete happiness and contentment. Thanks so much for putting this program out there!

E.W. - Stay at home Mother of two

Naperville, IL, USA

“It's like magic”

I would like to thank you for the opportunity of using your program. I use the techniques outlined in the program to alleviate personal anxiety issues. The methods definitely worked. The techniques are simple yet powerful. I would highly recommend this program.

I.G. -

Mesa, AZ, USA

“A Surprising Increase in Well-Being and Confidence”

Thank you for the tremendous CD's. I developed some slighty phobia's recently following the death of my father. They included claustrophobia as well as fear of waiting. These both affected my ability to work since I am in sales and tend to travel on planes a lot. After listening to the CD's I have noticed surprisingly an increase in my overall sense of well being as well as an increased confidence to be able to handle these phobic situations as they occur.

G. K. -

Montvale, NJ, USA

Now it's your turn...

Absolutely anyone can achieve results like these. The only question is whether or not you'll

Give 1000% to this program.

Preamble and Disclosures

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You may make one copy of this Work Book for your own use only. The CD set and Work Book may not under any circumstances be copied, loaned or otherwise reproduced or distributed.

Please note the following:

You will be learning from an experienced professional who is not a doctor, psychotherapist, psychoanalyst, psychiatrist, psychologist, master of family/child counseling, or master of social work. None of the processes nor the advice you receive here substitutes for medical attention, and none is intended as – nor should be used as – a substitute for your physician's role in monitoring and treating you.

All Change That's Right Now, Inc. Practitioners are Certified Master Practitioners of Neuro Linguistic Programming, Hypnosis and Time Line Therapy®. Seymour Segnit is further qualified as a Certified Trainer of Neuro Linguistic Programming and Certified Trainer of Time Line Therapy.

You hereby understand and acknowledge that anything and everything discussed is merely a perspective for you to consider in conducting your affairs, and any decisions regarding your life are your sole responsibility. Should you wish to seek professional advice in this regard you should do so with an appropriately licensed, competent, qualified professional advisor. Change That's Right Now, Inc.'s liability is expressly limited to a refund of any fees paid.

Although the techniques taught in this program are noninvasive, some clients experience feelings of pleasant dreaminess afterwards. After listening to any of the materials you should take appropriate rest, exercise appropriate care and attention if driving a vehicle or operating heavy machinery, and avoid participating in any activity in which reduced alertness could be dangerous to yourself or others.

All client information is kept strictly confidential and is for our internal use only. We never share information with other companies, except at your request or with your express permission, or as required by law.

Any disputes under this agreement shall be governed by the laws of the State of New York in the United States of America.

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CD1

The Foundations of Change

Section 1 - Welcome

Introduction

Materials

This Work Book is designed to be used in conjunction with the three CDs which accompany it. In order to extract the maximum value from this program, you should have this book open while you listen to the recorded materials, and take time read its contents carefully. There is additional detail in this book which is not contained on the CDs, and vice versa.

CTRN Phobia Clinic™

This program is based on our extensive experience working with private clients at CTRN Phobia Clinic™, a division of Change That's Right Now, Inc., and on the excellent techniques of Neuro Linguistic Programming and Time Line Therapy®. The sole reason for inclusion of the specific techniques we lay out here is this: ***we know that they work!*** At Change That's Right Now™, we are dedicated to achieving the best results in the world, using the most advanced techniques we know - at very high speed.

Should you decide to work individually with one of our practitioners, you will have an opportunity to engage the skills of an experienced professional who may teach you techniques which are not contained in this home study program. However, as you will discover, this program includes step-by-step explanation of some of the most effective change techniques in the world, together with the refinements we have learned by carefully monitoring our personal clients' individual progress.

Neuro Linguistic Programming

Neuro Linguistic Programming (NLP) sprang from a project at the University of California at Santa Cruz in the 1970's. Richard Bandler and John Grinder's now famous project investigated why an elite few therapists were able to achieve dramatic results with their patients in a few hours, while the majority engaged in 'counseling' - often resulting in weeks, months, or even years of discussion and exploration, and all too often with little or no change. They carefully modeled the techniques of those successful practitioners, and our work is directly descended from that research.

Many psychiatrists and psychologists throughout the world have now embraced the techniques of NLP, and we regularly receive enthusiastic referrals from healthcare professionals. If you are currently seeing a doctor, a psychiatrist, a psychologist or other professional in relation to fear or anxiety, we recommend that you communicate your decision to undertake this program. Any decisions you take about your mental and physical health must be taken by you in consultation with your chosen medical professional.

Track 01 Welcome

Key Points

- ☑ This program is easy to complete . The exercises are short and enjoyable, the results are easy to monitor, and you should expect to see fundamental change with only 24 hours of dedicated work;
- ☑ However, the key ingredient in achieving change is **your active commitment**. That does *not* mean simply sitting back and listening; it means your involved participation in each exercise, followed by repetition until you achieve the changes you desire.

Notes

Track 03 Getting the Best Perspective

Key Points

- Learning to 'put events into perspective' is a crucial step in learning to manage your emotions better;
- Something you felt angry or sad about last week will seem inconsequential or even silly once you have processed it, learned the lessons, and moved on. Unprocessed, the negative feelings can linger indefinitely.

Notes

Track 04 24 Hour Program

Key Points

- Committing a full 24 hours of your time to work on this program is critical to creating the results you want;
- The work is straightforward and doable - it just needs to be done!
- See the page opposite for an outline of the entire 24 hour program.

Notes

24 Hour Program - Important Notes

24 Hours - What it means for you

As you will see, throwing yourself with great enthusiasm at the exercises you will learn on CDs 2 and 3 can only accelerate your progress. How quickly you complete process is up to you:

You could, for instance, spend an hour a day for the next 24 days. If you're looking for faster results, it is more than feasible to concentrate much of the work in the program in a few days, and to achieve significant results more quickly as a result.

Nevertheless, however much you accelerate your progress to achieve the result you are looking for, please continue with the process described below for at least the full 24 day period recommended - *to ensure that, through repetition, you engrain the new pattern.*

Record the date and time of each of the activities listed on the following page, along with notes on what you experience ...

What To Do - Activities

Do the following three times per day, every day for 24 days:

- ◆ once in the morning
- ◆ once in the middle of the day
- ◆ once in the evening

A: Build and Maintain a Powerful Positive Anchor (details on CD2)

B: Time Line Therapy for any negative emotions since last session (CD3)

C: Visualize a complete Success Scenario:

- How you immediately took responsibility and changed your state if you experienced feelings you didn't want;
- What positive future-focused things you learned each day;
- How tomorrow will be even better;
- Optional: Five things that were great about the day. (Your focus always needs to be on what is right and what you want.)

Track 05 What You'll Need

Key Points

- Pen and Paper
- This Work Book open whenever you listen to the CD
- Glass of Water
- Great Attitude!

Notes

Section 2 - Basic Concepts

Track 09 Permission to Go For It!

Key Points

- ◆ Please give us your permission to do what it takes to help you change!
- ◆ Please engage, carry out the program in its entirety, and reserve judgement until you have achieved the results you desire ...

Notes

Section 3 - How Fear and Anxiety Work

Track 11 Self-Scoring - Where you are Now

When you think about your past, out of 10, how strongly do you feel each of the following negative emotions?

10 means *'This dominates my life'*, and

0 means *'I feel nothing at all'* ...

Today's Date: _____

Anger out of 10

Sadness out of 10

Fear out of 10

Hurt out of 10

Guilt out of 10

How my life will be different when these scores are lower, or zero:

Track 12 The Focus and Physiology of Fear

Key Points

Some important tips for improving your Physiology:

- Avoid caffeinated products: no coffee on the day of any important event
- Drink plenty of water
- Exercise regularly
- Eat a healthy diet with plenty of vegetables

Notes

Your Old Physiology of Fear

Note below what happens when you adopt a 'physiology of fear'. What happens to your:

- Shoulders** .. are they .. Open or Hunched?
- Breathing** .. is it .. Deep or Shallow?
- Muscles** .. are they .. Tense or Relaxed?
- Posture** .. is it ... Symmetrical or Tilted?
- Stance** .. is it ... Upright or Crouched?
- Anything else you notice?**

Your Old Focus of Fear

Note below what you focus on as you think about fear:

- Do you have any images in your mind? If so, what are they?

- Do you hear any sounds? If so, what sounds?

- Are you saying any words to yourself? If so, what?

Section 4 - Summary

CD2

Anchoring

Section 5 - Introduction to Anchoring

Track 01 Introduction to Anchoring

Key Points

Anchoring is something you already do all day every day. Examples:

- ▶ Floor polish or the smell of a carpet triggering a memory of school;
- ▶ A waft of perfume or aftershave reminding you of a former partner;
- ▶ A 'certain look' that suddenly makes you 'feel like a child again';
- ▶ A special song that instantly takes you back to an occasion or era.

Notes

Track 02 State

Key Points

- ▶ Your response to a given stimulus (including interactions with others) will vary with state;
- ▶ Just as a child who is tired and irritable will respond differently to a given stimulus than the same child when happy and energetic, so our emotions are dramatically influenced by our mood or 'state' - which itself determines the response or actions we take.

Notes

Track 04 Stimulus Types

Key Points

External Stimuli

There are five principal types of external stimulus or 'triggers', each relating to one of the five senses:

Stimulus type **Examples and Modifiers**

1. Kinesthetic Touch; pressure against the skin
2. Auditory Alarm bells
 Songs
 Tone of voice, or inflection
3. Visual Your country's flag
 Symbols (political, religious, etc.)
 People's faces, a 'look' or expression
4. Olfactory Smells
5. Gustatory Tastes

Internal Stimuli

There are two principal types of internal stimulus:

1. Recalled Memories
2. Invented Imagination
 Internal Dialogue

Notes

Section 6 - Preparing for Anchoring

Track 05 Learning how to Anchor

Learning to anchor means developing a conscious way of creating a neurological link between an intense state or feeling and a unique stimulus

Example stimuli (which must be *unique* and *precise* to build a good anchor) include:

- ◆ Squeeze the knuckle of the middle finger of your right hand between the index finger and thumb of your left hand
- ◆ Pinch your left earlobe between the index finger and thumb of your left hand
- ◆ Apply a specific pressure to a specific freckle on your arm

Positive emotions to anchor (we will work with these):

- ◆ Powerful, Centered, Strong
- ◆ Calm
- ◆ Excitement
- ◆ Love
- ◆ Laughter

List any other great feelings you would like to include:

Hints and tips

- ☑ Precision is very important
- ☑ You must anchor only *intense positive states* - it's no use anchoring an 'OK' feeling ... or a negative one
- ☑ Ensure you apply sufficient pressure to trigger the anchor - but not too much

Make a note here of exactly how your "Non-dominant fist anchor" feels. For instance:

Where precisely is your thumb?

Inside or outside your fingers?

Where precisely are your fingers?

Nails or fingertips against your palm?

Track 06 The Keys to Great Anchoring

Use this Mnemonic to remember the keys:

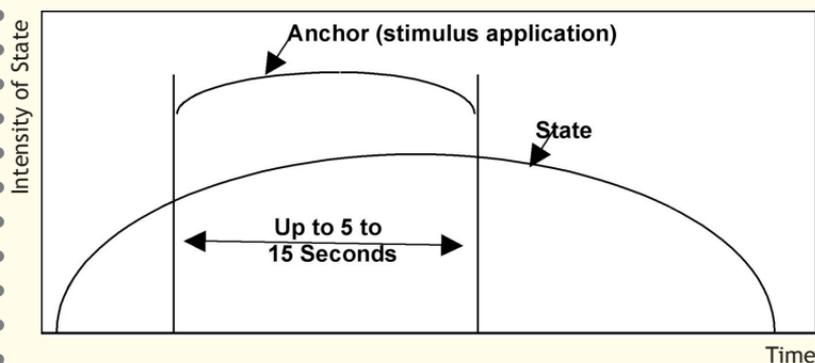
I Intensity of the experience

T Timing - capture at the *peak* of the feeling
(see the graph below)

U Uniqueness of the stimulus

R Replication - the stimulus must be easy to reproduce accurately, at will

N Number of times - you build a powerful anchor through *repetition*



Section 7 - Building your Resource Anchor

Track 07 - Building your Resource Anchor

Key Points

IMPORTANT: Be prepared to commit **at least 20 minutes** to this section. Don't start this if you are in a busy place, or driving your car!

Have the following resources ready:

- Glass of Water
- Pen and Paper
- Your absolute determination and commitment
- A quiet room where you can be certain you won't be disturbed

Notes

Methods of Anchoring

1) Automatic

The most powerful way to build your anchor is to squeeze your non-dominant fist when you are naturally feeling intense positive emotions. For instance, when you are:

- Intensely in love
- Collecting a prize
- Running
- Roaring with laughter when watching a comedy show
- Having sex!

2) Induced

However, for the sake of expediency, it is often useful to 'elicit' intense positive emotions by remembering previous occasions when you have felt them. To do this:

- Close your eyes
- Think of a specific time when you felt a given intense, positive emotion
- Imagine yourself floating down into your body on that specific occasion, and see the things you saw, hear the things you heard, feel the feelings of that positive emotion flowing through your body, looking all the time as if through your own eyes

It is also useful to 'adjust the picture' in your mind in order to intensify the feelings. Adjust the following:

- Make the picture brighter (or dimmer, if that feels better)
- Bring the picture closer and make it larger (or further away and smaller, if that is better for you)
- Adjust the contrast and sharpness

Anchoring Script

Use this script with each of the emotions anchored in the following tracks:

- ◆ Remember a *specific* time when you felt <very powerful/calm/excited/deeply in love/consumed with laughter>.
- ◆ Float back into your body at that time, looking through your own eyes.
- ◆ See the things you saw, hear the things you heard, and really feel the feeling of being <>.
- ◆ Now, breathe throughout your body so that the feeling spreads into every cell.
- ◆ When the feeling is **at its peak**, squeeze your non-dominant fist **for 10 seconds**.

Track 08 Anchoring - Powerful, Centered, Strong 1

Key Points

STAND and close your eyes for this exercise

Place your legs firmly on the ground, feeling the power of the earth rise up through your body

Remember a specific time when you felt powerful, centered and strong ...

Notes

Track 09 Anchoring - Powerful, Centered, Strong 2

Key Points

STAND and close your eyes for this exercise

Remember a specific time when you felt powerful, centered and strong ...

Notes

Track 10 Anchoring - Calm

Key Points

SIT or LIE DOWN and close your eyes for this exercise - whatever feels most calming to you: you want to learn "Your Physiology of Calm"

Ensure you are somewhere quiet and undisturbed

Remember a specific time when you felt totally calm and peaceful ...

Notes

Track 11 Resource Anchor Development

Key Points

- ◆ There is virtually no situation where you aren't better off working from a standpoint which is calm, centered positive. However ...
- ◆ For situations where you feel this anchor is inappropriate, you can anchor a different set of emotions (with a different physical trigger)
- ◆ Triggering your anchor stimulates your brain to release chemicals into your bloodstream which will improve your mood in the most natural way possible

Notes

Track 12 Anchoring - Excitement

Key Points

SIT or STAND and close your eyes for this exercise
Remember a specific time when you felt excited ...

Notes

Track 13 Pattern Interrupt

Key Points

- ◆ Learn to interrupt negative 'stories' or behavior, or patterns of your own, and others (only where you have sufficient rapport!)
- ◆ Develop pattern interrupts as positive internal dialogue. For instance: "Nothing tastes as good as healthy feels ..."
- ◆ NEVER interrupt good patterns - encourage and nurture them

Notes

Track 14 Anchoring - Love

Key Points

SIT or STAND and close your eyes for this exercise

Remember a specific time when you felt totally loved ...

Notes

Track 15 Anchoring - Laughter

Key Points

SIT or STAND and close your eyes for this exercise

Remember a specific time when you were filled with laughter ...

Notes

Section 8 - Using your Resource Anchor

Track 16 Using your Resource Anchor

Key Points

- When **building** your anchor, 10 seconds are sufficient to encode the feeling. However ...
- To **use**: **hold the anchor as long as needed** to ensure the positive feelings overwhelm the negative
- IMPORTANT**: when building your anchor, ensure you are anchoring
 - the **FEELING** (seeing through your own eyes),
 - *not* the **MEMORY** (seeing yourself as part of the scene)

Testing your Anchor

Thinking of a current problem, how strong are the feelings (out of 10)
... before you fire your anchor?

Follow the precise instructions on the CD to fire your anchor

How big (or small) a problem is it now (out of 10)
... after you fire the anchor?

Notes

Section 9 - Anchoring Summary

Track 17 - Anchoring Summary

Key Points

- ◆ Remember: to build a fully resilient anchor, work hard on anchoring positive emotions both automatically and through elicitation.
- ◆ Continue to make significantly more positive 'deposits' than you make 'withdrawals'.

Notes

CD3
Time Line Therapy®

Section 10 - Introduction to Time Line Therapy®

Introduction to Time Line Therapy®

Time Line Therapy® is another extremely powerful technique which, when used alongside anchoring, provides a powerful process for release of the underlying causes of fear and anxiety.

Time Line Therapy® was developed by Dr. Tad James, and its principals are explored in his book *Time Line Therapy and the Basis of Personality*.

PLEASE NOTE:

1. THIS PROCESS IS FOR YOUR OWN PERSONAL USE, AND MUST ONLY BE ENGAGED IN CONJUNCTION WITH THE ACCOMPANYING CD, WHICH IS CONDUCTED BY A CERTIFIED PRACTITIONER OF TIME LINE THERAPY®. IT WOULD BE TOTALLY INAPPROPRIATE TO TEACH OR USE THIS PROCESS WITH OTHERS.
2. Please complete the exercises in the order laid out. It is important to release anger from your past before you release fear or anxiety.
3. The first time you felt any of the negative emotions in these exercises was probably before you were six or seven years old.

Section 10 - Preparing for Time Line Therapy®

Track 04 The Unconscious Mind

Key Points

Your unconscious (sometimes known as 'subconscious' or 'other than conscious') mind is responsible for:

- ◆ 'Life support' activities - like breathing, your heart beat and your immune system
- ◆ 'Learned' activities - like talking and walking
- ◆ 'Conditioned' activities - like emotional responses to stimuli
- ◆ Monitoring sensory inputs (sights, sounds, feelings, tastes, smells)
- ◆ Storing your memories
- ◆ Generating your dreams
- ◆ Filtering or 'deleting' unwanted external stimuli

Notes

Track 05 Trust - Your Unconscious - Mind

Key Points

- ◆ Learn to trust the first thought that comes to mind in response to a question. Leave out conscious judgment.
- ◆ Exercise - Answer the questions from the CD totally spontaneously. Take the very first answer that springs to mind:

Question 1 _____

Question 2 _____

Question 3 _____

Question 4 _____

Notes

Section 11 - Time Line Therapy® for Past Events

Track 10 Time Line Therapy® for Anger

Key Points

SIT and close your eyes for this exercise

NOTE:

- ▶ Please complete the exercises in the order laid out. It is important to release anger from your past before you release fear or anxiety.
- ▶ The first time you felt any of the negative emotions in these exercises was probably before you were six or seven years old

Notes

Time Line Therapy™



Track 12 Time Line Therapy for Specific Past Events

Key Points

- SIT and close your eyes for this exercise
- ▶ Use Time Line Therapy exercises to release the negative emotions from specific events
- ▶ Replay this track as often as you need to help you gain perspective on events immediately after they occur

Notes

Section 12 - Time Line Therapy® for Future Events

Section 13 - Time Line Therapy® Summary

Track 15 Time Line Therapy® Summary

Key Points

- ▶ Each of the shifts in 'position' reflects a change in temporal or spacial perspective
- ▶ For past events: there is no merit in holding onto negative emotions. Repeat Time Line Therapy® as often as it takes to vanquish fear from your past overall and from specific events, and to develop a platform for calm, centered decision-making about the future.
- ▶ For future events: similarly, unwarranted levels of anxiety often act as a barrier to your best performance. Over time, you will find that your neurology will repattern your feelings automatically. And you can and should back this up by repeating Time Line Therapy® every time you feel a twinge of anxiety about any future event.

Notes

Section 14 - Program Summary

Program Summary

Here is a final reminder of the steps outlined in the 24 Hour Program:

Do the following three times per day, every day for 24 days (you can make faster progress by compressing these activities through hard work - but repetition is always the best way to ensure success):

- ◆ once in the morning
- ◆ once in the middle of the day
- ◆ once in the evening

A Build and Maintain a Powerful Positive Anchor (CD2)

B Time Line Therapy® for any negative emotions since last session (CD3)

C Visualize a complete Success Scenario:

- How you immediately took responsibility and changed your state if you experienced feelings you didn't want;
- What positive future-focused things you learned each day;
- How tomorrow will be even better;
- Optional: Five things that were great about the day. (Your focus always needs to be on what is right and what you want.)

Now you have completed the program, we suggest you then continue at least once per day, indefinitely. After all, these techniques work in all areas of your life, and there's always some area for improvement. Once you get into a routine, this exercise will just take a few minutes of your day, and its benefits will be incalculable.

Track 16 Program Summary

Key Points

- Maximize the effects of what you have learned here through committed, spaced repetition:
- Invest at least 24 hours of your life learning the exercises and you will overcome fear and anxiety for good
- Once you know the processes, build your Resource Anchor and run Time Line Therapy exercises until they become second nature
- Thank you for completing this program, and for TAKING RESPONSIBILITY! Your determination is the absolute guarantee of your success ...

Notes
