

humantold

Living “As if”

This activity is about using the strength of action or behavior to precede and thus influence our thoughts and feelings.

Start by tomorrow morning, as soon as you get up, as soon as you are reminded of your problem in some way, repeat the miracle question:

- "What would I be like if a miracle had happened, if I was magically rid of my problem?". "What would it be like if my problem had just vanished? What would I be doing? What could I do that I don't do now?".

Allow something to come to mind or several. Choose the smallest, least significant thing that you would be doing if your problem had gone, that you don't already do.

Choose something definite, some act or behavior, something that could be measured or noticed, not just an attitude.

Then during the day, act 'as-if' your problem is gone. And put the 'as-if' change into practice, actually do it, that small insignificant thing. All day keep doing it, and the next day choose something else, some other small insignificant thing, to do as well.

Keep doing those things 'as-if' you did not have the problem. Adding or at least continuing a behaviour each day. Try this for a week straight and reflect on the experience.