EXPERT HYPNOTHERAPIST TRAINING

How To

Cure Depression



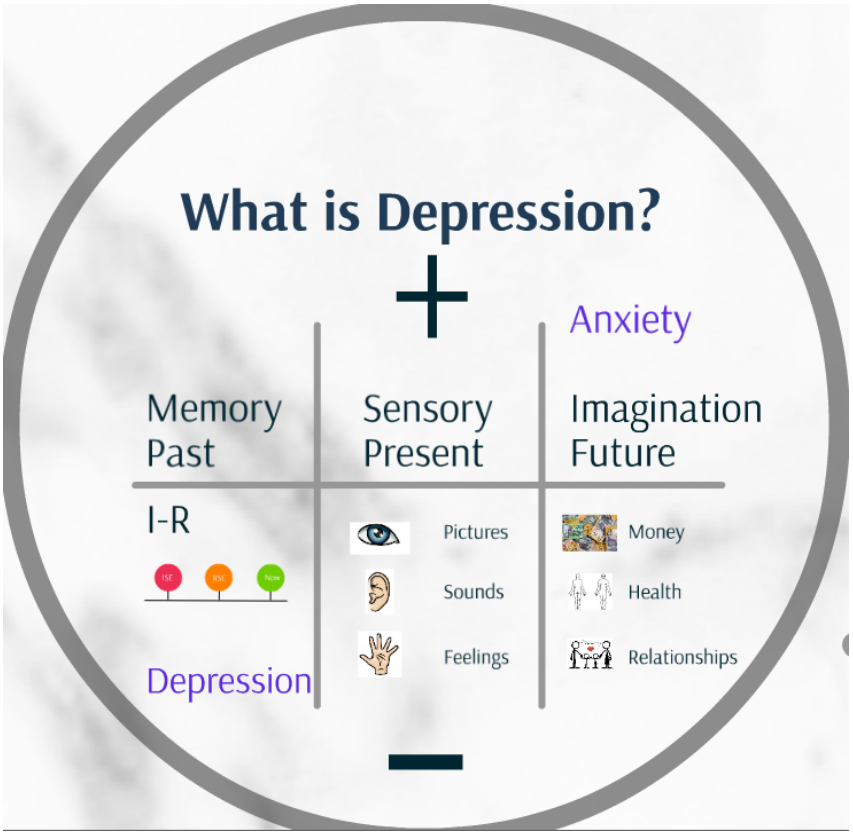
After seeing over 4,000 clients since 2010, a lecturer at the Academy of Hypnotic Science, so many paid speaking gigs, speaking on hypnosis on Australia's Hamish and Andy Show, becoming Australia's top hypnotherapy practice builder, training students all over the world and doing everything that I can to grow this industry in my own way, I take great pleasure in delivering to you my own findings in curing depression with hypnotherapy.

This eBook is my own experience and I have found these tools to be valuable for my clients and my students all over the world. Thank you again for being part of our community.

If you are a GP, counsellor, psychiatrist, psychologist, or even life coach, expert, NLP master, social worker, have personal experience with depression, I get it, some of this eBook will overlap with what you already know and some may contradict it. But stay along for the ride and I promise you a thorough breakdown on what tools have worked best for my practice.

Life is meant to be enjoyed. If you can help more people to do that, then that sounds like a good idea to me.

OK, let's get straight into it.



The world can't agree on a definition for depression. GP's, psychiatrists, life coaches and clients often disagree with each other. The DSM-5 which represents a decade of work from hundreds of international experts and the basis of all of psychiatric diagnoses has been opposed with claims of being political, non scientific, a house of cards and even the director of the national institute of mental health in the US said, "I don't do DSM. I'm not involved. And that maybe tells you more than anything.". Experts can't agree on depression.

I've helped clients with depression by only **changing 3 things**.

1. **Their view of the past,**
2. **Their balance between workload, health and relationships and**
3. **Their goals for the future.**

Often depression gets categorised as Major depression, Melancholia, Psychotic depression, Antenatal and postnatal depression, Bipolar disorder, Cyclothymic disorder, Dysthymic disorder and Seasonal affective disorder (SAD).

The problem that I've found with these labels and my clients is that the label doesn't usually lead to a cure or contribute more value. Those labels don't get people to change their self talk, their diet, their goals and strategies or lead to the client no longer being depressed. Instead, those labels lead to a label for life and addiction to prescription drugs.

I believe that there is a better way than to end the conversation with a label. I have this belief because of more than 4,000 clients who I've treated. In our treatments, we focus on these three points because they work.

1. **Their view of the past.**

The past is full of chaos, miss-steps and lessons. When a person has experienced the loss of health, relationships, career, property, money or even the death of a loved one, it's perfectly normal for that person to grieve. I'm not saying that you should stomp on their recovery. Of course you should hold space for them to speak. It's very healing for that person to be heard.

However, there is no need for that person or client to believe that the emotional pain will last forever. Circumstances can change and the brain can be rewired. When we see the past as a teacher and not as a failure or a loss, then in time, grief can be processed and normal happiness levels can be available.

2. **Their balance between workload, health and relationships.**

Too much stress can be overwhelming. When people are sick, have a terrible diet, have erratic sleep patterns too often, are constantly arguing and battling their family and peers, plus they over prioritise their money goals at the cost of health and relationships, then it can be extremely overwhelming.

Something needs to be done to bring Money, Health and Relationship goals back into a balance of priority. Think of a 3 legged stool. Those legs are Money, Health and Relationships. If Money falls over, the person has survival stress and the stool falls over. If Health falls over, the person has energy issues and can't function, so the stool falls over. If Relationships fall over and don't feel both Safe and Resonant, then their accountability, support mechanisms and companionships can't function and the stool falls over.

3. **Their goals for the future.**

The future is uncertain and requires faith to continue. I'm not talking about faith in religion, however if faith in god drives you forward, then that works well. I mean faith only in the sense that we have no evidence of what tomorrow will bring. Clients need to make plans and assume reasonably that those plans will work. They also can assume that some of those plans will need to be revised and fixed.

Of course strategy is important. No amount of faith in the future can help if clients aren't paying attention to the resources around them, such as experts, tutorials and the help of others to achieve their goals faster and more accurately.

High Energy



Let’s define Depression and Anxiety.

Using our **S.Y.S.T.E.M.** method that stands for **Socialise**, **Yearn**, **Strategy**, **Trance**, **Explore** and **Mobilise** we run our sessions to a formula.

Once we get to the **Strategy** part of the session, I explain **Anxiety** and **Depression** on a **Spectrum**.

Anxiety is like **Too Much Energy** looking at the **Future** and **Depression** is like **Not Enough Energy** looking at the **Past**.

A person with depression can often move between anxiety and depression. They can go from snappy, cranky, controlling and having an adult tantrum to sad, nostalgic, lonely, hopeless, ruminating and generally feeling useless, back up to snappy again.

The problem here is that calming down from anxiety and cheering up from depression can sometimes be like existing as the ping pong ball between the paddles of anxiety and depression. They often only leave depression to become anxious and in turn only leave anxiety to become depressed.

Low Energy



Low Energy while thinking of **The Past** doesn't have to be **Depression** and **High Energy** while thinking of **The Future** doesn't have to be **Anxiety**.

In fact, high and low energy are both naturally fairly natural states of mood. High Energy doesn't become Anxiety until someone is trying to control something while their control is being blocked somehow. When people are high on energy while thinking about the future, that's generally considered a pleasant state of goal setting and achievement until their only pathways forward become blocked. It's best for an anxious person to take a break and to temporarily give up on achievement until they can reach a more calm state of mind and body.

The same is true of low states of energy while looking at the past. Often low energy can be a very pleasant form of peace until label, comparisons or separation is present. When a person reaches a state of depression, it can be an excellent practice for them to start journaling and processing what they are thinking and feeling. Having someone to hold space for them to speak also helps to heal the hurt and to allow them to naturally latching onto their natural sources of dopamine again.



Both **Memory** and **Imagination** live in the mind as **Internal Representations**.

The **Past** is **Memory** and **Imagination** is the **Future**.

Some people say that because **Past Hurt** and **Future Stress** both live in the mind, that means that **Hurt** and **Stress** aren't real. But the experience is very real.

Also, this doesn't mean that the **Internal Representations** (IR) of the **Past** or **Future** are **Correct**.

A client can experience **Real Hurt** from an **Untrue Internal Representation** of **The Past**.

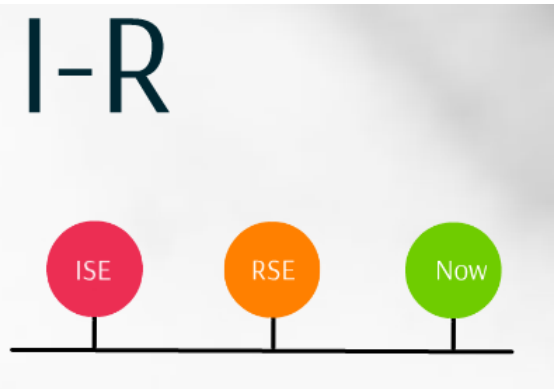
They can also experience **Real Stress** about an **Untrue Internal Representation** of **The Future**.

What if a client **believes** that they're hated by someone who doesn't hate them?

What if a client **believes** that they will lose their house, when in reality they will keep it?

Are they still suffering just because what they believe is an Untrue Representation? Yes, of course they are suffering. And probably quite badly.

Internal Representations of the Past



Although some Internal Representations of the Past are actually true.

Some are **True** and **Pleasant**.

Some are **Untrue** and **Pleasant**.

Some are **True** and **Hurtful**.

Some are **Untrue** and **Hurtful**.

This shows that how **True** or **Untrue** the internal representation of the past is has **Zero Effect** on how **Pleasant** or **Hurtful** the Memory is to the client.

So how do you **Cure Depression** if you can't change the past and **Truth doesn't change the pain**?

You can help your client to **Gain a New Perspective** on their Past. Of course, even if your client agrees with the new spin on reality, you still have to deal with your clients **Habits of Flipping Back** to the old perspective. This can be done with NLP and Hypnosis.

Initial Sensitising Events



Initial Sensitising Events, or **ISE**s are the initial trauma or incident that caused your client to become depressed in the first place.

ISEs can trigger phobias, agoraphobia, insomnia, anxiety, depression, eating disorders, guilt, addictions or anger.

They could be caused by sexual abuse at any stage of life, car accidents, relationship break ups, the death or separation of a loved one, loss of career, loss of mobility, loss of function, bullying or failure.

In hypnotherapy, we often draw on modern day strength to metaphorically heal a past weakness. This could mean getting the client to Internally Represent their adult body defending their childhood body from abuse or their adult sophistication or resources fixing a childhood problem caused by insufficient sophistication or resources at the time.

Be aware that some ISEs also result in brain damage. It's best to liaise with a supervisor and a medical doctor to organise an MRI for your client if you believe that there may be brain damage.

Re-Sensitising Events



Re-Sensitising Events or **RSE**s are the events in their past when your client went through the same experience as their **ISE** again or went through an experience that reminded them enough of their **ISE** that it triggered another painful experience.

There is **Acute Sadness** / **Depression** and **Chronic Sadness** / **Depression**. **Acute**, for our purposes, means lasting **Less Than 3 Months** and **Chronic** means lasting **Longer than 3 Months**. When we talk about depression, we mean **Chronic Depression**

RSEs can often worsen the depression and give more evidence to your client that the world is a hostile, unfriendly place. The more **RSE**s your client has had in the past, the more likely your client is to experience new **RSE**s in the future. This is because the brain is like a filtering system. The environment around your client is filled with so much constant information, that the brain is forced to chose which information is important enough to pay attention to.

Once a brain has been programmed to only focus on the negative, painful or depressing Internal Representations, the more perspective and work it's going to take to get them to escape their past habit and to move from depression to joy.



With the weight and baggage of a traumatising **ISE** and plenty of **RSE**s, the client has probably been heavily anchored lots of triggers to remind the brain to reload its depression or anxiety program.

Triggers can become so generalised, that any discussion about men, woman, money, health, safety, travel, change, loneliness, workload, politics, ideology, ethics, group identity, the future, the past, relationships or even treatment could trigger another **RSE**, depending on what your client reacts to.

If you are going to pivot here into actually treating your client, then it's important to build lots and lots of rapport and trust. Your client needs to feel as though you respect them, even as you remain the authority figure. Download our free eBook called 'How to Give Results to Clients without being Mean, Confusing or Weak' to grow your client rapport muscles. And buy our online course called, 'How to Cure Super Resistant Clients who only want to Tantrum'

Sensory Present

What is a **Symptom** of **Depression** or **Anxiety** and how do you know if your client is experiencing one?

Everything that your client experiences must be experienced through their five senses. Taste and smell are technically senses, but those two don't tend to be the senses that **Anxiety** or **Depression Symptoms** communicate through.

Self talk comes through the **Auditory Channel**, but often isn't one of the main senses that **Symptoms** of **Depression** comes through.

This leaves **Pictures** and **Feelings** as the main **Symptoms** of **Depression**.

Internal Representations of **Pictures Being Too Close** or **Too Far Away** are common examples of **Symptoms of Depression**.

Also, **Physical Muscle Tension in The Body**, the Stomach Muscles Locking Up and **Preventing Breath** or muscles being **Too Tight** are other common examples of **Symptoms of Depression**.



About 40% of people are visually dominant. This means that they experience their Depression and Anxiety symptoms from either **Past Memory** in **Pictures**, **Present Overwhelm** of fatiguing light or overload or **Future Imagination** in **Pictures**.

Often your client needs to either close their eyes for a few minutes to allow their eyes and mind to relax or they need to do **an Internal Representation** exercise to **change the picture** in their mind.

The **Largest** part of the brain is the **Visual Cortex** along the top of the brain. Simply by closing their eyes, they are doing a lot to reset their energy and to change how they feel in the moment.

When performing a **Visual Internal Representation** exercise, there are several aspects to change about the symptomatic picture in their mind. They can alter the **size**, **distance**, **brightness**, **colour**, put the imagine **in a frame**, allow the image to **escape a frame**, change from **colour** to **black and white** or back again.

Changing the pictures distance from near to far is usually the quickest way to relieve Visual Symptoms of Depression or Anxiety. This gives people a little bit more space to recover from Visual claustrophobia. Often our problems just seem too close. So move them back a little and give the client some breathing space.



About 20% of people are auditory dominant. This means that they experience their Depression and Anxiety symptoms from either **Past Memory** in **Sounds**, **Present Overwhelm** of noise overload or **Future Imagination** in **Sounds**.

When performing **Auditory Internal representations** exercises, there are several aspects to change about the symptomatic picture in their mind. They can alter the **volume**, **pitch**, **pace** and **content**.

Altering the **pace** so that the pace is **slow and rhythmic** is the fastest way to give your client relief from **Internally Represented Auditory Symptoms**. In the same way that you would put a baby to sleep, rhythm is your number one tool at sooth the nervous system into a trance or state of calm relaxation. The nervous system enjoys predictable rhythms that match the pace of breathing.

Changing the **Content** or **Self Talk** in the mind is another way to help the client to feel calm and to break the habit of feeling depressed or anxious. If you can help your client change their internal self talk from **Counterproductive**, **Focus on what they dislike**, **Long winded victim stories** or **non specific positives** into **Accepting Reality**, **Envisioning a better Future** and **Specific Strategies** for moving forward, then you can help them to feel much more in control.



About 40% of people are kinaesthetically dominant. This means that they experience their Depression and Anxiety symptoms from either **Past Memory** in **Feelings**, **Present Physical Stress** of Physical fatigue or **Future Imagination** in **Feelings**.

Often your client needs to either let go of their stomach so that their lungs can breathe or they need to physically relax or sleep to recover their energy.

Again, the body likes rhythm. The body loves to both **Exercise** and to **Sleep.** In the same way that we have night and day, male and female, left and right, we also physically have fight or flight, awake or sleep, active or at rest.

Exercise is a great way to wake up the brain and the body so that they can get things done. Meditation or hypnotherapy CDs are great ways to create peace for your client.

Download our free eBook called '[Get it Done vs. Let it Go]' to learn more about how you can help your client with their rhythm.

Imagination Future

People worry about Money, Health and relationships. Clients are often over measuring their results in the same way that somebody checks the fridge 10 times in 10 minutes to see if any new food turned up. Or in the same way that somebody checks their letter box too many times per day anxiously waiting for a delivery. Or in the same way that somebody checks their watch too many times waiting for a painful, stressful or boring event to be over.

The problem here is not that the client is measuring too much. The problem is that they are measuring the wrong thing. If they could stop measuring **Outputs** and start measuring **Inputs**, then they would feel more in control and make more progress.

Again, symptoms of Anxiety and Depression are sensory, so when the client tries to get their dopamine hit from Consumption instead of Production, they are giving away their control.

Consumption is simply receiving. People consume food, consume compliments and consume money to make themselves feel better. When you can encourage your client to take creative steps to get their dopamine hits from Production, then they can always be in control of how they feel.



You can't directly control how much money that you or your client has. Obviously the solution is to Spend Less and Earn More, however, again that's not always something in their power to control.

Expenses can go up, their business may not be returning enough money or their job may not be paying enough.

Download our free eBook called, 'Crush Self Sabotage' and 'How to Achieve Success in Hypnotherapy' to get our financial strategies around money, marketing and business.

Although, fixing money problems isn't always fixing the right issue. Often money worries has nothing to do with actual money. Instead the problem is fixation on money.

When a client learns to contain their money steps inside of particular times of the day, then the rest of the day they have permission not to worry about money at all.

The next part of the solution comes from doing relaxation steps or listening to hypnotherapy tracks. Try these with your clients.

Relaxation Disc 1

Relaxation Disc 2



Again, we always separate our solutions into 2 parts.

1. **External**. Any inputs that the client can reasonably influence and
2. **Internal**. **Any Internal Representation Symptoms** in **Pictures**, **Sounds** or **Feelings** that cause the client **Anxiety** or **Depression**.

The 5 measurable areas where your client can contribute to health are; **Breath**, **Sleep**, **Hydrate**, **Eat Clean** and **Exercise**.

Any serious health disorders require medical attention, however, those are just the fighting of illness and should be left to the people in those fields. The creation of health is different from fighting illness. If the only steps needed for health were to do better with Breath, Sleep, Hydrate, Eating Clean and Exercising, then the only other thing to do is to stop worrying so much about health.

To **stop worrying** about health, we work on our clients **Internal Representations** in **Pictures**, **Sounds** and **Feelings**.

Again, we use these hypnosis tracks to assist clients to release and to relax to create a sensation of calm and joy. Try these with your clients.

Relaxation Disc 1

Relaxation Disc 2



Relationships

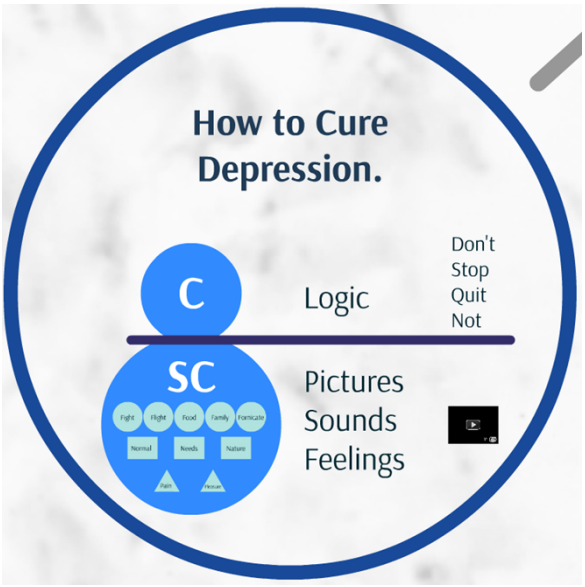
To understand relationships, it's important to see the word as both a Verb and a Noun.

The Noun – **Relationship** – almost sounds like there is a third party between the two people. It's fixed and has a power of its own.

The Verb – **Relate** – sounds very much like the individual has control over how they chose to relate to the other person.

All relationships need to have two elements.

1. **Safety**. Abuse in a relationship will almost always cause Anxiety or Depression. Physical abuse requires the client to put their own safety first. This almost always requires a separation where the client doesn't put them self in harms way. Verbal abuse isn't much better. When a client feels relaxed and safe around their tribe, then they can build their next and recover their energy from the demands of the day.
2. **Resonance**. The Marko-Polo effect is where the client calls for a response from their tribe and they receive attention back. If your client doesn't have a tribe, family or peers to call upon, or if their tribe, family or peers simply neglect the client, then they need to find people who they have a natural rapport with. A lack of resonance from their tribe isn't healthy for their self esteem.

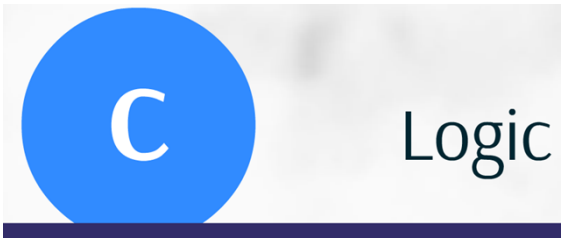


The human brain is habitual. It must be because, if it wasn't, the size, energy and oxygen requirement for the conscious mind to do everything live without the capacity to form habits would be so huge that the human head would be meters wide, making it impossible for a bioped to give birth to their babies head.

Habits make it possible for us to function. Even when you hop out of the shower and dry yourself with the towel, you're doing it the same way that you did it last time and the same way that you did it before that. You've done it so many times that you've developed habits and forgotten how often that you've used a towel.

The brain can run on as little as 60 watts of electricity, which is amazing considering all of the skills that we're capable of.

Depression is full of habits. By understanding those habits, you can decrease and eliminate the symptoms.



The conscious mind loves to work with logic. It can solve puzzles and invent some really great stuff. But we can misunderstand the role of the conscious mind and try to make it do the heavy lifting and behaviours of the day. The conscious mind is not strong enough to perform our habits. It's basically a great problem solver, but it's not supposed to solve problems that exist in the world of habit.

Mood, hunger, motivation, etc... all exist in the realm of feelings.

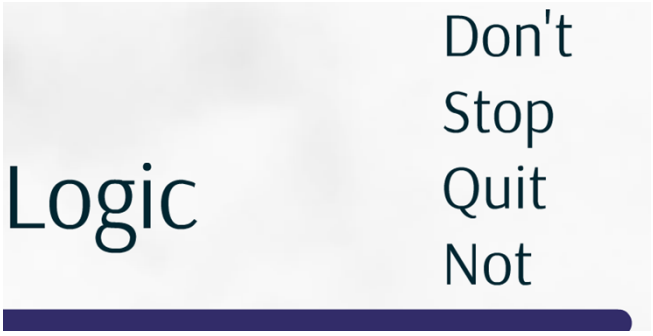
You don't **think** hungry, you **feel** hungry.

People don't **think** depressed, they **feel** depressed.

It's only by getting out of the realm of the conscious mind and into the realm of the subconscious that people can begin to change their habits and to make permanent life changes.

So what is the conscious mind for and how do we use it?

We're supposed to use our conscious mind for solving puzzles, reviewing information, looking for contingencies and playing a better game.



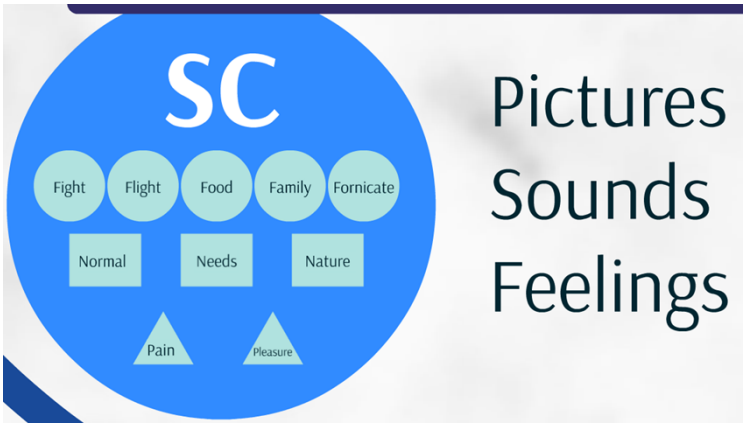
We use words like **Don't**, **Stop**, **Quit**, **Not** or other negations when we're using satire, being funny, describing something's opposite, however the subconscious can't process negations at all.

For example, if you said to a five year old girl at bed time, "Sweet dreams.", the chances are that she might have sweet dreams.

However, if you said, "**Don't** have those nightmares that make you wet the bed. You know the one about those vampires and zombies that are so fast, tall, scary and angry that they'll come and get you.", then she's almost guaranteed to have a bad night.

That's because the subconscious mind **doesn't understand negations** at all. This applies to depression when people keep talking about wanting to "**Not** have depression". The subconscious doesn't know how you want it to become programmed because it can't apply sensory data to a negation.

It's like if I asked you to give me a hand full of '**Don't**'. How would you do that? What does '**don't**' look like? What does it sound like when you drop it on the concrete floor? What does it feel like in the hand? Many people with depression have never tried to describe the opposite of depression. What would that **look**, **sound** or **feel** like?



How does the subconscious process information and needs?

We've broken up our coding system into 3 layers that we describe in the **E.G.O acronym**.

The **EGO acronym** stands for **Essential**, **Gate** and **Orientation**.

Essentials are the **5 F's** that all people desire.

They stand for **Fight**, **Flight**, **Food**, **Family** and **Fornicate**.

Fight is our essential instinct to be safe by removing predators from our environment. This is more present in Alphas and Territorial characters.

Flight is our essential instinct to remove ourselves from environments where the predator is too high of a risk to fight.

Food is our essential instinct to maintain fuel

Family is our essential instinct to socialise for company and safety and.

Fornicate is our essential instinct to reproduce.

Gates are the 3 **N's** of where those needs come from.

They stand for **Normal, Needs** and **Nature**.

Normal are the gates of habit that we learn throughout our lives. We face a challenge, learn a strategy to overcome that challenge and keep using the same Normal method for most of our lives.

Needs are the gates of emotional requirements that we need fulfilled each and every day. This could be the need for achievement, breathing space, connection or discovery.

Nature is the gate of the physical needs that get told to us through physical sensations in the body. This could be the need for water, food, sleep, heat, cool or anything physical.

Orientation are the 2 **P's** of reward and punishment.

They stand for **Pain** and **Pleasure**.

Pain is the sensation that we get when something is not in our liking. Often this can be experienced as adrenaline and cortisol as stress hormones. Other times it can be light physical discomfort to severe acute pain.

Pleasure is the sensation that we get when something is to our liking. This can be experienced as dopamine, endorphins, oxytocin or serotonin as pleasure hormones or physical sensations in the body.



The first essential instinct is to **Fight**. People who see themselves as a beta can often pay the price of feeling **depressed**, becoming **hurt**, **socially excluded** and **missing out** on life's opportunities because they don't fight enough. They have learned that fighting for what they want didn't work out in the past and believe that it won't work out for them in the future.

Sometimes **Fight** means to use violence or abuse. Other times it can mean a more sophisticated version of going after what you want with the skills that you have. When someone desires money, health or relationships, there are often moments where they have to compete with others. If they win that battle, they go on to **Fight** more battles. If they lose that battle, then they learn to back down from battles.

An over reliance of **Fight** can lead to paranoia and anxiety. A healthy person needs to know when to turn the **Fight** instinct **On** as much as to turn it **Off**.

The aim here is to have healthy self esteem and to use non violent methods to attain **Health**, **Money** and **Relationships** while taking breaks from the **Fight** to just **Relax**, **Enjoy the Wins** and to **Enjoy Life**.



The second essential instinct is **Flight**. This can be a great instinct to avoid danger. In fact, it's an even better instinct to avoid a **Fight**. Sometimes people's **Fight** instinct becomes too aggressive because they are paranoid about what people think about them and so they see everything as an attack. Walking away from an argument and going into **Flight** can be just the sophistication needed to win the battle.

In other cases, people with anxious phobias can over rely of **Flight** and become **an avoider**. They can lack follow through and not step up to face the challenge ahead of them. They won't ask for a pay rise or ask for the sale because they're too agreeable and act as a people pleaser.

Flight isn't a good or a bad instinct. But it's an essential instinct that needs continued skill development to know when to walk away and when to stay and **Fight** for what's important.

Like all of the instincts, **Flight** needs to come out at the right times and use a sorting mechanism to know when to talk away from a troll who spew's insults and to stay and stop avoiding challenges just because they're outside of the comfort zone.

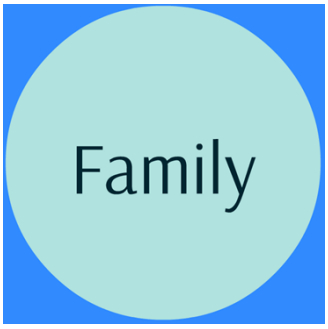


The third essential instinct is **Food**. We would literally starve to death without the instinct to eat. **Food** is a great source of dopamine release for enjoyment and fuels the body. We require fats and sugars from our environment for fuel and need nutrients and water to give our bodies the supplies that we need to stay healthy and living.

Often people who struggle to relax or to reach the **Flight** instinct will use **Food** to relax. The **parasympathetic nervous system**, or what I like to call the **night time system** of the autonomic nervous system, is in play when we eat. It relaxes us because we switch from the system of **Fight** using the **sympathetic nervous system**, or what I like to call the **day time system** and switch into night time mode. This night time mode doesn't necessarily mean asleep. It can simply mean relaxed because the **Fight** systems are turned off.

An over reliance on **Food** as a mood changer can cause illness and re-enforce the depression. If a dog is depressed, a vet will often ask the owner about the dogs' diet. The same can be true for humans, as a poor diet can lead to lower energy levels and lower mood.

Food is for fuel, not therapy. By all means **Food** is to be enjoyed, but we don't want to be harmed by an over reliance on food.



The forth essential instinct is **Family**. We all need a tribe of people who are familiar to us. We like to feel both **Safe** and **Resonant** around our tribe.

People who feel too defeated or beta can sometimes avoid reaching out to their **Family**, friends or tribe or end up ostracised or avoiding meaningful interactions with people. Avoidance can become habit until it seems too hard to make the leap again to reach out and the **Flight** instinct becomes their main defence against memories of the **RSE**.

Sometimes the depression can be triggered by too much pressure from the person's tribe. Their work, home life or social life can contain **Bullies** or **Victims** that drain the persons energy. These **Bullies** or **Victims** can be RSEs that create future habits and future anxieties.

It's important for people to ask themselves how they feel after interacting with someone. If they often feel better around one particular person, then that person may be quite healing. If they often feel worse around on particular person, then that person may be triggering and they may need to minimise or manage those interactions.

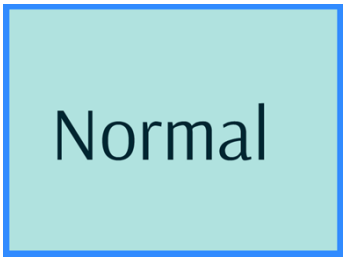


The fifth essential instinct is **Fornicate**. We couldn't think of another polite word that starts with the letter **F** to mean **sex** or to **reproduce**. For the purposes of this training, we're using the word **Fornicate** to mean the instinct or desire for sex. Our acronyms aren't perfect, so thank you for working with us.

When people are depressed, they can often experience a low libido. Some studies say that sex can be an antidepressant. If you are dealing with a client who talks to you about sex as part of their depression, it's important to consider their age and where they are in their life. In a clients 20's, sex can be seen more of an expression of intimacy. In a clients 30's sex can be seen as a willingness to start a family. What does sex actually mean to you or to your client?

Men and Woman will often see sex and love in the opposite order. Sex is a method for a man to express love to a woman, whereas a woman needs to feel the love expressed before the sex.

This eBook isn't really the place to do a thorough education on sex and depression, but we do recommend reading 'Mars and Venus in the bedroom'



Normal is the first gate of **E.G.O**. **Normal**, in this case, just means anchored habits. The hippocampus is like the memory muscle in the brain. It stores short term memory, long term memory and emotional responses. When we say response, think of an automatic response that has been pre-recorded. Most of our behaviour is a repeat of our past behaviour. We can walk, talk and drive cars without thinking about it all because we have the ability to form habits. If we couldn't form habits, then our brains would have to be far too big to fit in our heads to store the extra neurons to process all information live. Basically, the brain is competing against itself for size and has to get the most value for space possible. The hippocampus is one of the most studied areas of the brain because it's responsible for so much of our behaviour.

When we say **Normal**, we simply mean normal for that individual. If that individual is normally depressed, then they've learned so many depressed habits and depressed brain pathways that it becomes **Normal** for them to have depressed thoughts and feelings on a daily basis.

We call **Normal** a **Gate** because habit is one of the three triggers for our **5 Essential Needs**, **Fight**, **Flight**, **Food**, **Family** and **Fornicate**.

When the **Pictures**, **Sounds**, **Feelings**, **Taste** and **Smell** in our environment trigger of the Gate of Normal, it can then cause us to experience of the **Essential 5 F's** which can trigger either a **Pain** or **Pleasure** response.



Needs are the second gate of **E.G.O**. **Needs**, in this case, mean the feeling requirements that we are driven to meet each day.

We break the human **Needs** up into the **5 Vs**.

Victory – The desire to win and make progress daily.

Valued – To connect and gain status in the tribe.

Variety – To experience reward and novelty

Vitality – To self preserve and to gain wellness.

Vacation – To set up healthy boundaries and to take breaks.

When a human **Need** comes through, this can load one or more of their **Essential F's**. The **Need** for **Vacation** may bring **Essential Instinct** of **Food** into play. The **Need** for feeling **Valued** may bring the **Essential Instinct** of **Fornicate** into play.

There are many combinations of **Essential Instincts**, **Gates** and **Orientations** which can lead to symptoms of depression.

The more aware you or your client is of the **E.G.O**., **Essential Instincts**, **Gates** and **Orientations**, the more control you have to create new feelings and brain pathways.

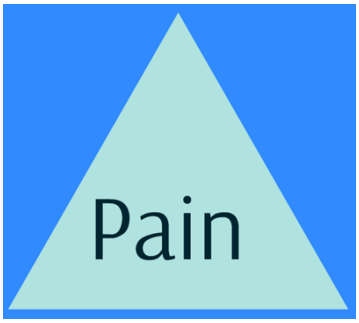


Nature is the third gate of **E.G.O**. **Nature** means any signal that comes through the body.

Normal is different from **Needs** because **Normal Habits** can be dropped without any negative consequence. For example, a **Normal Habit** might be to use negative self talk. A person can drop negative self talk without any negative consequences. Needs can't be dropped because they're serving a purpose that must be served. If somebody **Needs** to take a break and refresh their mind before work, then they can't simply drop the **Need** of taking a break without experiencing a negative consequence.

Nature in this case means needs of the body. You can't just drop a biological need without a negative consequence. Some needs of **Nature** include Breathing, Sleep, Hydration, Urination and Stools, Warmth, Food, Movement, Stretching, Resting the Eyes, Sneezing, Burping, Passing Wind, Pain Relief, Safety from a Present Danger, Shelter from Harsh Elements and Comfort.

This **Gate** of **Nature** can trigger the other two Gates of **Normal** and **Needs**. A physical situation can easily trigger an emotion which triggers a habitual response.



Pain is the first **Orientation** of **E.G.O**. **Pain** can mean anything unpleasant that the person wants to get away from.

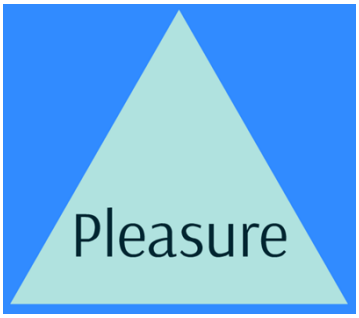
The brain can experience pain either through the sensory neurons that relate to **Touch**, **Pressure**, **Hot**, **Cold** or **Pain** or through the stress hormones of **Adrenaline** and **Cortisol**. Other times it can be triggered by a lack of pleasure hormones such as dopamine, endorphins, oxytocin or serotonin.

The **E.G.O** can combine any **Essential Instinct**, **Fight**, **Flight**, **Food**, **Family** and **Fornicate** with any **Gate**, **Normal**, **Needs** or **Natural** with **Pain** to trigger **Depression**.

When you can see the interplay of the **E.G.O.** on depression, you can track the triggers, create new habits and fulfil needs in a more resourceful way to reprogram **Anxiety** into **Excitement** and **Depression** into **Peace**.

A person can feel **Pain** (**Orientation)**, because it's **Normal** (**Gate)**, to interpret a facial expression as a threat triggering **Fight** or **Flight (Essential Instinct)**.

A person can feel **Pain** (**Orientation)**, because they **NEED** (**Gate)**, to someone to talk to about their work triggering **Family (Essential Instinct)**.



Pleasure is the second **Orientation** of **E.G.O**. **Pleasure** can mean anything pleasant that the person more towards or experience more of.

The aim is to reprogram **Anxiety** into **Excitement** and reprogram **Depression** into **Peace** by rechanneling the Sensory information (**Pictures**, **Sounds**, **Feelings**, **Taste** and **Smell**) using awareness of the **E.G.O.**

The subconscious can't recognise a negation. This means that words like Stop, Don't, Quit or Not become deleted by the subconscious mind and only the Sensory information remains.

If you ask most people what they want in life, they're highly likely to give you a reverse answer. They may say, "I just DON'T want to feel depressed anymore." Or "I want to STOP feeling anxious."

But Don't and Stop are meaningless to the subconscious mind. So all that the subconscious hears is Depressed and Anxious.

By using **Positive Sensory Language** on the E.G.O., Anxiety can actually be reprogrammed into Excitement and depression can actually be reprogrammed into Peace. It's about being specific about what you want and being less specific about what you don't want.



Human Needs are non-negotiable. What we mean by this is that you can't just ignore them or else they'll get louder and louder until denying them causes too much pain.

Three months is the maximum amount of time that people can simply bully themselves and to ignore their needs before their will power expires and they need some reward or relief back for their efforts.

The difference between habits and human needs are that habits can simply be reprogrammed or replaced with new habits, whereas human needs actually need to be addressed.

What are healthy and positive ways to achieve a win, create meaningful connections with others, take care of their health including diet and circadian rhythm, create rewards and novelty or to set up healthy boundaries and breaks for recovery time?

The more that people address these blind spots, the more joy and happiness that they can generate.



Victory is a human need. People need to feel as though they are doing meaningful work that counts towards a bigger picture. There's no greater feeling than the peace that comes from being finished.

Basically, we like to win. When we set our mind to something, it feels good to have the confidence that most of what we do will either work out soon or eventually. We play sports, board games, computer games, trivia nights and an entire array of games to get that feeling of earning a win.

Victory is also a feeling that we get from succeeding at Money, Health and Relationships. **Victory** is more than just the rewards that we get from a job well done. It's the confidence to know that we have the power and the freedom to choose the direction of our own lives and the belief in our ability to succeed.

Maybe people fail before they even start. They believe so strongly that they can't win, they see the world in such a myopic way, they are so black and white in their thinking that they have stopped trying to win at life. Doubt kills more dreams than failure ever has. The cure for most people is to get back on the horse and to give life a go again. Dream bigger and just take that first step. You don't have to achieve everything in one day. Starting by writing it down is enough.

Valued



Valued is a human need. We all want meaningful connections. Those connections need to make us feel both safe and resonant.

Feeling **Safe** in our relationships doesn't just mean to feel physically safe. We also need to feel safe from emotional abuse. We need to know that the people who we've chosen as our tribe will value our feelings and not create emotional abuse.

Resonance is equally important. When you have topics in common with the people in your tribe and you can bounce ideas off each other then you can feel what that relationship is capable of. There are few worse feelings than the disconnect of telling a joke that nobody appreciates or being constantly misunderstood or undervalued.

We call this the **Marco Polo effect**. When you give out a **Marco**, an invitation to connect, you expect a **Polo** back, a reply to your **Marco**. There is an emotional cost to spending time around the wrong people or expecting to get energy back from people who were never going to give you that energy in the first place.

Choose your tribe wisely.



Variety is a human need. People get bored when focused for too long or when they don't get time to play, discover new things or change up their routine. We get a dopamine hit when we encounter positive variety.

New jokes, new food, new locations, new people and new activities can all be fun. Too much **Variety** can be upsetting to our other needs. If our need for **Victory** is interrupted by too much **Variety**, then we can create a **Victory** deficit. If somebody asked you to hop on a plane and to come to the other side of the world for a couple of weeks, it can give you great levels of **Variety**. Although the lack of stability and certainty can interfere with your **Victory** levels. If you can't get your bearings and aren't sure how you will assure your survival, then the adventure can just add to the stress.

Variety is essential to happiness, but it must be balanced with the other human needs. The idea is not to lean too heavily on any one human need, but to serve them all just a little bit better as you get older and as your sophistication grows.

What are some healthy ways to give yourself reward in **Variety** without negatively impacting the other **Human Needs**?



Vitality is a human need. There have been studies that show that health has a massive effect on mood. Most people who have depression also have inflammation, so it's important to take care of the body.

The fastest ways to create general wellness is to look after these five categories of health.

Breath – The fastest way to use breath to reduce heart rate is to break rhythmically. A common myth is that breathing slowly is the best breathing style to reduce heart rate. But making the in and the out breath roughly match length has been shown to be best.

Sleep – Get between 8 to 9 hours sleep. This can be more challenging if there are children or insomnia involved.

Hydration – Water or Tea are the only drinks that really count here. Sugar drinks like juice or soft drinks don't actually help.

Eat Clean – 3 R's. Did it **Roam**, can you **Recognise** it and does it **Rot**? If not, then don't eat it.

Exercise – Weights are great for creating and maintaining health. If you can, get a Personal Trainer. If you can't then YouTube some techniques.



Vacation is a human need. If people don't get down time regularly, their performance can drop which can lead to depression because of poor health, overwhelm or poor health choices.

Do you best to create **Boundaries**, **Circadian Rhythm** and **Calm**.

Boundaries – Do you have time of the day where you don't take phone calls, handle dramas or work on your Money, Health or Relationships? Do you have personal time for yourself to relax and to quiet the mind?

Circadian Rhythm – Do you have a healthy routine that is similar most days? Do you go to bed at around the same time each night? Do you want up at roughly the same time each day?

Calm – Do you find time to let go and stop focusing on important tasks? Or do you constantly work on your own survival? You need times when you work on your To Do lists and other times when you stop and let it be a job for another time or another day.

Depression can be lessened and cured. Most people still say the same three things about depression. "It's complicated. It's painful and it's something that you have to manage forever." This isn't true. Again, this is just my experience from seeing over 4,000 clients, but depression is very curable. You just have to follow the steps and believe that it's worth your time actually trying.