



Instructions & Computer Analogy

Welcome to Section 2
where we focus on
eliminating anxiety from
your life.

Hello and welcome to section two.

For those of you who have just learned the triple a program, congratulations on your new found freedom from panic attacks.

And to those of you starting at this section you are about to find the key to your freedom.

In this introduction to section two, I'd like you give you an analogy that I hope will give you a broad view of how the entire Gibson steel method works.

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Let me explain

If we use the analogy of you as a computer system, you have the keyboard & screen, the software or programs, and the hard drive.

The keyboard & screen are your conscious mind, you type in a command and you see the results on the screen. For example, you think... what will I do tonight?

You Google “entertainment” and your selection appear on the screen. You may then further click on, let’s say the image or icon of going to the movies, and you see yourself at the movies, imagining what it will be like, with the popcorn, in the seat, and then you decide whether to take the action of going or not.

This is your conscious mind, and it follows commands.

On the other hand your sub-conscious is the software programs that have been installed onto your hard drive, over the period of your life, and these run automatically without you having to type in commands, as soon as you are awake or “boot up” your computer, these programs are running.



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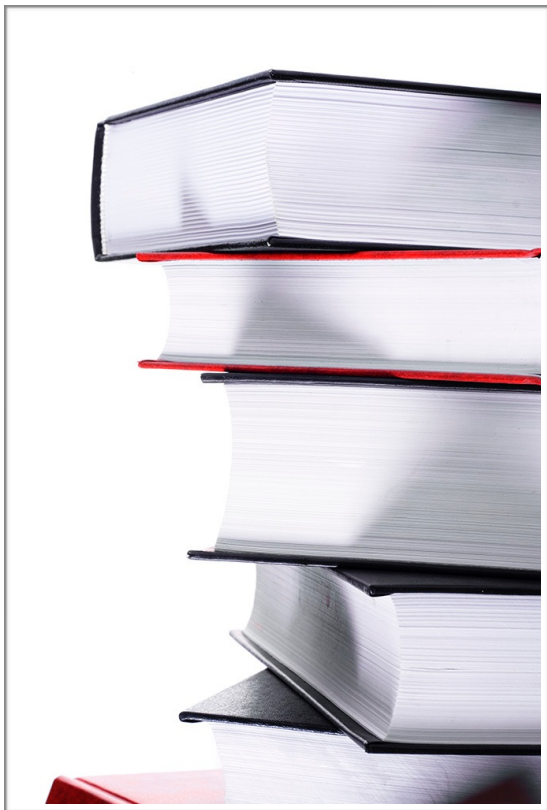
For instance, let's say that as a child you were learning how to read at school. Now in Ireland in my day, this meant that you would stand at the top of the class with your book, and read out loud to the class, as the teacher dutifully pointed out your mistakes.

Meanwhile, if you made a silly mistake, your classmates would have laughed. Now as a six year old this can feel quite traumatic, so there and then a program is created that says “don't talk in front of groups as it will cause you pain”, and this program is downloaded to your hard-drive and will run automatically.

Of course its motivation is to protect you, so it alerts you to avoid reading in front of groups so you won't feel that bad feeling again.

This program is still running, so....

You are now in your 30's and you have just been told that you have to give a presentation to a large group of people as part of your work. As soon as this concept is received by your keyboard as a conscious thought, the subconscious software pops-up and leaps into action without a conscious input on your keyboard, and instantly you feel anxious because this program will instruct your body to behave as if something dangerous is about to happen to you.



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You will begin to feel anxious as the adrenalin kicks in. This is your fight or flight hormone which is designed to help you when you are in danger and it will cause physical reactions such as increased heart-rate, sweaty palms, shallow breathing, and nervous tummy. Interestingly, you may also recognise these as the symptoms of your anxiety attack!



This has all been triggered at the sub-conscious level, by the faulty program that was automatically installed as that 6 year old child reading at the top of the class.

Now can you imagine how many programs have been automatically downloaded over the years of your life, that are still popping up at the most inconvenient times blocking you from your best performance?

Perhaps you were told you were no good at singing? Watch for the sub-conscious program if you are asked to sing!

Do you feel held back in any areas of your life? When you contemplate a particular task, and suddenly feel anxious?

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Of course this is also what happens with advertising, we are downloaded with sub-conscious programs that affect what we choose to buy as consumers.

In this anxiety section of the program, I will teach you three techniques to stop these software programs from running your behaviour.

The first is a rapid relaxation technique which will turn off an anxiety attack instantly.

The second technique will remove the anxiety program from your "computer" and the third technique will show you how to control your thoughts so that you don't "run" other old program's unwittingly, so it acts like anti-viral software protecting your "computer" from invasion!

So get going straight away, I'm waiting to teach you the rapid relaxation technique.

