

Whiteboard



Intention

The first of the 3 Change Resources, Whiteboard is designed to address and shift negative thoughts or beliefs. All 3 Change Resources address different types of experiences at different depths.

Whiteboard targets thoughts, the most cognitive and concrete of the negative experiences. The concrete aspect of thoughts means they are often easiest to target and shift/change, but they also have the highest likelihood of reverting back. This is because the Change at a simple cognitive level rarely effectively shifts the emotions or feelings connected to it, resulting in the thought getting pulled back into place.

Relief from being able to shift and move a thought is still real and can be very powerful. Additionally, for anyone who tends to process experiences more cognitively, it can be a very effective technique for how to approach changing negative and distressing thoughts/beliefs.

Target

- Thoughts

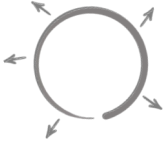
Processing Style

- Cognitive

Depth

- Shallow

Whiteboard



Intuition

Target

- **Choose a distressing thought or belief you would like to change or have gone.**

Visualize

- **SEE that thought projected on a whiteboard or other erasable surface.**

Change

- **Now visualize wiping or erasing that image away, NOTICE any positive shifts/changes in your body as you are able to erase the thought.**

Tap/Walk-in

- **TAP/WALK-IN any positive experiences/sensations you notice wiping that thought away.**

*Repeat (optional)

- **Feel free to REPEAT as many times as you would like as long as it continues to change, or until it feels like it has been enough/stops being positive.**

[REMEMBER: the thought may come back quickly, and that is ok. Feel free to continue erasing it away as many times as you would like. This exercise tends to address things at a more surface level, which can result in quicker but less permanent/impactful change. This does not mean it is not working, simply that we are practicing what change feels like, in order to teach ourselves how to do it more effectively and efficiently.]

