

Client Handout

The AUTOMATIC Weight Loss Method for
Effortlessly Eliminating Habitual or
Situational Eating ...



Eliminating mindless situational or habitual eating

Includes the following Units:

1. The Disruption Triangle
2. Your Slimming Task

You'll have a lot more fun with this, and have a MUCH higher chance of success, if you get friends together to read the notes and view the videos together.

Eliminating mindless or habitual eating

All eating is “emotional” in that it happens because we are in a particular “state”. However often times it can be useful not to bother about trying to dig out what that state is, and instead go straight for the habit itself.

Now it used to be thought that habits were really tough to break, requiring great willpower and commitment. Not so!

We now understand that there is no such thing as a habit that exists in isolation, and that a habit can only survive if the system it “lives in” remains intact. “Break” the system, and you instantly break the habit. Without even breaking a sweat!

And you'll understand why it's so important that we share with you cutting edge techniques to actually ALTER THOSE CONDITIONED RESPONSES, PERMANENTLY.

For this module, just briefly read through the following notes (don't try too hard to really understand them at this point). Then view the videos, and suddenly it will all make sense!

You should practice at least a little before turning up for your group meeting, so that the maximum time can spent perfecting your technique and using it to get amazing results right then and there.

The Disruption Triangle was developed by American trainer Rex Steven Sikes as the “resource triangle” based on an incomplete/unvalidated theoretical explanation. While wanting to give full credit to the developer, I've renamed it the “disruption triangle” as a way to accurately describe a valid theoretical basis of disruption of reconsolidation of a conditioned response.

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Habits don't exist in isolation, but survive only as part of a system. Break the system and you break the habit.

The Disruption Triangle

The Disruption Triangle is a “floor exercise”. This means that it is a technique which requires you to move to different points around a triangle which you have set up on the floor, while managing different internal states and using specific language. This may seem complex but when you see the videos and follow along, I hope it all makes sense.

Typically the floor exercises (or similar exercises) which you may have seen will have failed to have any lasting effect, if any effect at all. This is because they were based on non-scientific, unvalidated practices instead of on the skilled use of conditioned responses. This is certainly the case in most of NLP (neurolinguistic programming) which has been so thoroughly debunked.

In contrast, the Disruption Triangle is an incredibly elegant and powerful technique, which has even been used in such critical situations as clients at suicide risk (under appropriate therapeutic conditions). So as you will find, it is nothing like what you may have experienced before with “floor exercises”.

Warning: This technique, once properly understood, may seem simple and you may be tempted to use it with others. Even if you are a licensed psychologist please do not do that without appropriate supervision. Even as a psychologist, please don't even think about it unless you've submitted at least three demonstration videos in your member area at www.psychologybestpractice.org. As with anything that actually works, you could harm people by using it inappropriately or clumsily.

The Disruption Triangle can be used for a multitude of issues, but in this module we are going to use it to very rapidly and permanently break unwanted habits. Previously you may have worked very hard to break a habit, and have probably experienced failure. You will no doubt be amazed to see that habits can be broken in just minutes, using the Disruption Triangle.

Your habits are just conditioned responses that are linked to other conditioned responses (ie, they exist as part of a sequence)

Every conditioned response has as its basis a “neurological recipe” which is a set sequence of neuro-biochemical events. The Disruption Triangle works by literally “ruining the recipe” for a habit (or any conditioned response) by “adding in” other stimuli which are contrary to a problematic stimulus. By adding the wrong “ingredients”, over and over again, repeatedly disrupting the reconsolidation phase of the conditioned response, it seems that the conditioned response is permanently extinguished. The beauty of this technique is that it does not in any way attempt to “fight” the problem, but simply triggers or activates the problematic state, and adds “inappropriate” states to it. So we are not setting up a challenge and you don't need to apply willpower or order to “beat” a problem.

The Disruption Triangle continued

What types of problems can the Disruption Triangle be used for? Anything that requires an internal state in order to maintain the problem. This is very broad, because even a strong belief, although no “emotion” may be discernible, nevertheless has a component to it which is a physical reaction. You can test this out yourself by simply stating as a fact “ $2 + 2 = 4$ ” and noting your bodily felt sensations. If you now state “ $2 + 2 = 7$ ” you will most likely perceive rather different felt sensations. (And you are aware that these sensations are mediated by your nervous system, which is in turn mediated by the neuro-biochemical events in your brain. In other words, there is an internal state attached to each statement. It is difficult to conceive of any perception, emotion, attitude, belief or behaviour that is not accompanied by an **internal state**.)

The Disruption Triangle is a deceptively simple floor exercise. Not only does it use state management (imagining 5 or 6 scenarios that are in contrast to the problem state), but it also uses two quite clever hypnotic language patterns.

Here are the steps to running the Disruption Triangle.

Step 1 – Prepare (make a list of) your disruptive states

In this step you list 6 “disruptive” states that you will use during the process of running the Disruption Triangle. The term “disruptive state” refers to any internal state whatsoever that is different from the target state (ie the feeling associated with the habit). This disruptive state can be positive or negative. That has no bearing whatsoever, believe it or not. (This is not a positive thinking exercise. It is a technique to “mix up” a pattern of behaviour or an attitude that you don’t want so that it just can’t “run” any more.)

So it doesn’t matter whether the disruptive state is positive or negative. The really, really, important thing is that the disruptive state is a *strong* one that is also *different* from the target state. I cannot stress enough that this will differ from one individual to another.

For example, one individual could use a state of intense anger to help eliminate a feeling of fear. For another person, his/her fearful feeling could also contain aspects of anger. The second person should not, in this case, use anger as a resource state.

Clearly, in the latter case it would be a very big mistake to use anger as a resource state because that would merely add to the stress, not be different to it. We want our resource states to be completely different to the target state that we are working to eliminate.

The Disruption Triangle continued

Before you learn how to use the Disruption Triangle to permanently break a habit, choose a habit which you'd like to be free of, and write out the sequence of actions that occur around that habit.

For example, this could be: go to the fridge for milk for my tea > see the food > think "what can I eat" > reach for food item > eat it. The easiest "link" in this sequence to treat is probably the thought "what can I eat" and this would be your "target thought" or "target state" for the Disruption Triangle.

Step 1 of the Disruption Triangle requires you to make a list of disruptive states which you'll be using in the floor exercise part (which is Step 3). The list might look like this (each imagined experienced will involve as many of the senses as possible and will be intensified to the max):

Standing on a beautiful hotel balcony, overlooking the ocean and a majestic sunset.
Mud squelching up through the toes, maybe with accompanying stench if it's swamp mud!
The thought of your lover, naked.
A ridiculous thought, like a dog with centipede legs.
Being on a beach in perfect conditions on your perfect day.
The experience of hearing chalk on a blackboard.
The funniest thing you ever experienced.
Remembering a massage.
Your favourite food.
A favourite piece of music.
The most exhilarating memory you have (Bungee? Hang gliding? Parachuting? Winning a prize?).
The thought of your child's sleeping face.
Sitting in a spa bath and feeling utterly relaxed.

When making your own list, double check this list to ensure that you can imagine each item very easily and very intensely, and that each item has a very different feeling to the unwanted conditioned response you are going to eliminate. Skilled therapists will readily determine whether a state can be readily accessed from the non-verbal feedback from the client. If the client appears to engage with the imaginal process, but physically remains "blank", that particular scenario is unlikely to be effective in this exercise.

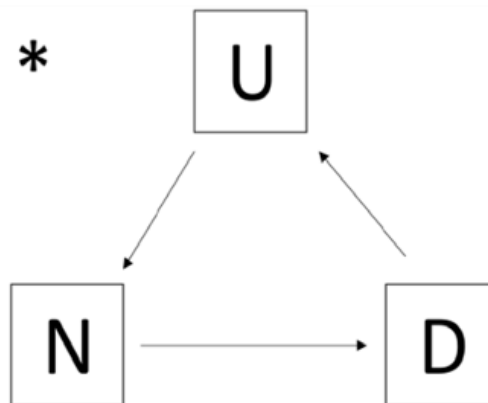
(Note: This technique can be used very successfully by people who have severe low mood, under the supervision of their psychologist, but might require actual kinaesthetic/gustatory/olfactory stimulation to achieve different states, or alternatively require a far greater level of skill on the part of the psychologist to firstly help achieve a state the person can resonate with and then guide them, via suggestion and experimentation, into a state which is at odds with the target state.)

The Disruption Triangle continued

Step 2 - Prepare the floor exercise

For this part you need 3 pieces of paper (any size, even “post-it” notes will do the job). On one of these write a large “U” on another “N” and on the other “D”. These letters stand for “**Unwanted conditioned response**”, “**Neutral**” and “**Disruptive state**” respectively.

Lay these pieces of paper on the floor in the form of an equilateral triangle, point up. The “U” (unwanted conditioned response) goes at the point at the top. The “N” (neutral) goes at the lower left corner. The “D” (disruptive state) goes at the lower right corner. The distance between the pieces is one stride length. You will be stepping from the asterisk starting point, to the “U” to the “N” to the “D” and back to the “U”, and then off to the side to the “starting point” marked by the asterisk below.



Step 3 - The process

Please don't even think about starting this process until you've read all the way through, studied it carefully, watched the videos and are sure you understand exactly what I am telling you do.

This will include the timing of stepping from one point to another, what you think about and what you say to yourself at each stage.

If you do not do any of that exactly as I say, I guarantee you'll be wasting your time. Then you'll say "That stupid technique didn't work!" when really you simply didn't do the technique anyway!

The Disruption Triangle continued

Before you even start this exercise, decide exactly what it is you want to eliminate. Let's take the example of the feeling you get when you think of someone you dislike very intensely. What thought or thing is guaranteed to give you that feeling each time? Is it the sight of the person? Or is it merely the thought of the person even without the person being within a mile? Maybe it's their voice that does it to you, or your own self talk, replaying a mental "tape". That single, extremely contained and specific thought or thing is the mental "trigger" that you use to start off the Resource Triangle.

- 1 Before you commence moving around the triangle, you'll stand at the top of it, alongside the "U", facing forward. (See the asterisked "starting point" in the figure above.) You must be in a neutral state (so think about whether it will rain tomorrow, or something else you don't particularly care about one way or another).
- 2 Step onto or near the "U" and make sure you still feel absolutely neutral, before briefly allowing yourself to be triggered into the state you want to eliminate. When I say "briefly", I mean that you just want the merest beginning of the thought that has caused you to move into that state. As soon as you get the merest inkling of that state coming back, you are going to get off that "U" and detach from the feeling, fast. (Make sure you use the exact same thought each time you go back to the "U". If you think of someone's face the first time, the general situation the next time, what someone said the next time, then you won't get a result, I promise you. USE THE SAME IDENTICAL THOUGHT TRIGGER EACH TIME ROUND THE TRIANGLE).
- 3 Leap (carefully!) off the "U" and backwards onto the "N". The reason I want you to do this rather quickly is to symbolise the speed and thoroughness of the detachment away from the target state. People use different methods to succeed in getting that detachment. Some people imagine that they've left their body standing on the "U" and right now they're looking at their own back. Some people imagine slamming a big steel door shut on the "U". Others just look out a window and absorb themselves in making cloud shapes. Find something that works for you quickly and completely because you must be able to snap right out of that "U" state. Once you know that you're feeling quite detached and neutral, select the first item from your list (which you made previously in readiness for the exercise) and step onto the "D".
- 4 Stepping onto the "D", immediately absorb yourself into the full sensory experience of the disruptive state you have chosen (NB: make sure you already decided which disruptive state BEFORE you stepped on the "D"). Use all of your senses to intensify this experience to the max. Once you're certain you are intensely in the experience you say to yourself "I wrap this all around me (use your arms if necessary to get this "wrapping around" feeling) and you then step towards the "U" saying "and I take this back to where I had been stuck"

Warning: do not vary these words – we'll explain why in the tutorial.

The Disruption Triangle continued

5 Stepping on the “U” ensure that you have kept the intense disruptive experience and then allow that to meld with the target state. For example, you may be imagining the balcony scene from the list above, and as you are standing on the balcony, you imagine the trigger that got you into the “U” in the first place. Have those two sets of sensory experiences mingle in the one scenario as much as you can imagine, and as you do so, say to yourself “I wonder how (brief pause) that feels differently now.” Make sure that the underlined part of this sentence is said in a command tonality, not as a question. Do not under any circumstances analyse or attempt to “answer” this question.

Step away from the “U” (standing in your asterisked starting position) and ensure that you’re in a neutral starting state and repeat steps 1-5 above, each time selecting the next item on your list for your “D”. Each time round the triangle is called, naturally, a “round”. You’ll do perhaps 5 or 6 “rounds”, each “round” using a different scenario from your resource list.

Most unwanted states, even including stress and even rage or depression, can be eliminated within 6 rounds of the Disruption Triangle.

Once you have successfully eliminated the target state, investigate the imagined situation to see if there are any other thoughts that still trigger the unwanted behaviour/feelings. Treat each of those in the same way, and you’ll find it impossible to go back to that habit, or be triggered into the unwanted feeling, ever again.

The reason we build our list of disruptive states with imagined experiences is that it makes the technique more portable, and also with practice the technique can be run extremely rapidly because the mind can move faster than the “props” can be manipulated.

Note: Briefly, a habit is not just a single behaviour or action. It consists of a sequence of steps, each of which could involve being in quite a different state (conditioned response). In the videos for this tutorial, and also in the live webinars for our therapist trainees, we will show you how to map out the main steps, select the step (and therefore the state, or conditioned response) which is the weakest point in the sequence, and target that with the Disruption Triangle.

Your slimming task at end of Module 5

Use the Disruption Triangle daily

We want you to initially use the Disruption Triangle every day for 7 days because by then end of that time you will have built up some excellent speed and the whole process should take less than 3 minutes. We have successfully taught the Disruption Triangle to at-risk school children so adults should find it even easier.

You can use the Disruption Triangle to eliminate habits, and you can also use it to eliminate unwanted feelings. For instance if you're struggling with proper food portion sizes (because maybe you've been having 2 cups of pasta and you now know that $\frac{1}{2}$ a cup is the correct measure but it feels like "starvation") then the Disruption Triangle can be used very effectively to eliminate that illogical feeling.

Here's the shortcut notes

First write out the STEPS involved in a habit you want to effortlessly stop doing. Eg;

Wander into the kitchen
Notice the fridge
Wonder what's in there
Open the door
Look over your options
Choose one
Eat it

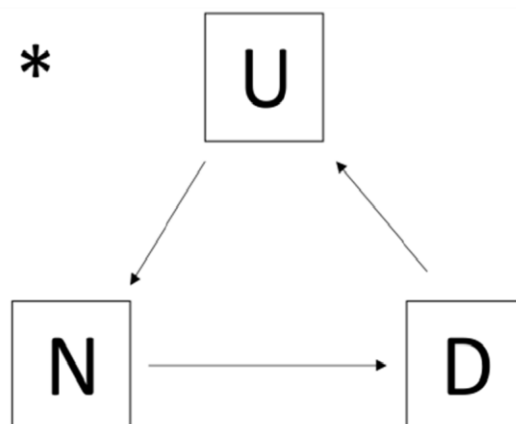
OR

Sit in front of television
Feel relaxed
Think of a snack
Go get it
Eat it

The steps I've used red for are good "weak links" in the habit, because if we disrupt the conditioned response at that point, we have a good chance of breaking the habit, instantly and permanently.

Next get your list of 6-8 "disruptive states" that you made earlier.

Lay out the 3 markers on the floor.



Use the Disruption Triangle like this:

1. Stand at the * and relax into a neutral state.
2. Move behind the “U” and check that you’re still neutral.
3. BRIEFLY think of your weakest link (must be an IDENTICAL thought each time).
4. Step back to the “N” as soon as you get any feeling at all about the “U”.
5. Step over to the “D” and immediately and fully immerse yourself in the first item on your list. Exaggerate this to the max!
6. Wrapping that experience all around you, step back to the “U”.
7. Check that you’re still FULLY IMMERSSED in the disruptive state.
8. Meld the “U” experience into your fully immersed disruptive state.
9. Say to yourself “how does that FEEL DIFFERENTLY NOW”.
10. Step back to the * and quickly become neutral again.

Repeat steps 2-10, each time around the triangle using the next item on your list.

What happens for most people?

The first time around the triangle you probably won’t notice much. But with each “round” you’ll probably find it more and more challenging to get any kind of reaction or feeling that you’d normally associate with that part of the habit.

By the time you’ve been around 6-8 times, the habit will most likely be gone.