

Process: DIM THE DESIRE



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Dim The Desire

CHANGING SUBMODALITIES CHECKLIST

This guide is to help you with the 'Dim The Desire' process and changing the submodalities of an internal image to make it less appealing. Please watch the video on the membership first.

FIRST FIND YOUR IMAGE.

1. What internal image do you have of the food you want to eat? Close your eyes and connect with it.
2. Rate the intensity of desire of wanting to eat out of 10 (10 being the highest and 0 the lowest)
3. Answer all the questions in the column on the left and then once you have all the details of your image.

CURRENT IMAGE

CHANGES

IS IT BIG OR SMALL?

Make it smaller.
Keep shrinking it.

NEAR OF FAR FROM YOU?

Push it away

ASSOCIATED OR DISASSOCIATED?

(Are you looking through your own eyes or seeing yourself in the image?)

Step out of it so you can see yourself in the image

IS IT BRIGHT OR DULL?

Make it black and white

FOCUSED OR BLURRY?

Make it blurry so you can't see it

IS THERE A FRAME AROUND IT?

Add a frame

IS IT STILL OR MOVING?

If it's moving pause it

ANY SOUNDS?

Mute the sounds



4. Use the column on the right to make the image less desirable. Make all the changes listed to the image.

Things to note* Keep shrinking it down and push it as far away as possible until it's a tiny little dot out in front or behind you. Get it out of your eye line, out of your mind, literally.

Stepping out of the image so you're not looking through your own eyes anymore and are seeing yourself in the image is very important This will create a drastic decrease in the emotion.

5 Once you've made all the changes, check in with the intensity of the desire now. How does it feel now? 0 Being the lowest what number are you at?

The number will have decreased. If you want to get the number lower, check in with the image again or use some of the state change tools, e.g PBT (posture, breath, thoughts), Movement, Tapping. Brushing the feeling off your body. Use one of the 2 minute emotional release audios to shift the last remaining feeling.

6. Now take some time to focus on what you WANT to feel and do instead. What would be a much more beneficial way to get what you really want in that moment?

This is a powerful process you can use to help with food but you can also use it for anything that's on your mind that you want to decrease the emotion of. For example, something someone said to you that really upset you, a past memory you can't shake the feeling of, something stressful, sad, something making you anxious or nervous, anything.

Test it out, put it into practice. You'll find once you've used this a few times you'll get the hand of what you're doing and won't need to even write down the traits of the image you'll be able to do it in your head quickly.

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EXTREME EDITION - PART TWO

Use this version of the process if you want to physically stop yourself putting a certain food in your mouth. This will be a block of that food and it may be that you actually never want to eat it again.

THE PROCESS

We will work with two images. One; the image of the food you want to stop eating. Two; an image of something you would never EVER put in your mouth. A good example would be chocolate and dog poop.

Choose something that is kind of similar in some way maybe in colour or texture and something that you'd really never eat, something that makes you feel a bit gross is the best.

1. Identify the image you're working with and write your answers to the questions in the left column.

2 Identify the image of the thing you'd never put in your mouth, answer the same questions, put your answers in the right column.

FOOD TO STOP EATING

THING YOU'D NEVER EAT

IS IT BIG OR SMALL?

NEAR OF FAR FROM YOU?

Where is it located from your body?
Left, right, up, down?

ASSOCIATED OR DISASSOCIATED?

(Are you looking through your own eyes or seeing yourself in the image?)

IS IT BRIGHT OR DULL?

FOCUSED OR BLURRY?

IS THERE A FRAME AROUND IT?

IS IT STILL OR MOVING?

ANY SOUNDS?



3. Now you are going to match the submodalities (the details) of image number 1 (the food you want to stop eating) to the submodalities of image number 2, of the thing you don't want to eat.

4. Go through the list one by one and change the qualities of the image to match.

For example if your answers were something like this;

	FOOD TO STOP EATING	THING YOU'D NEVER EAT
IS IT BIG OR SMALL?	BIG	BIG
NEAR OF FAR FROM YOU? Where is it located from your body? Left, right, up, down?	Over to the left really close to my face	Over to the right, up high, close to my face.

Make each of the elements match. So if you answered, BIG to both the sizing then make sure the size matches EXACTLY. Make the image the exact same size.

In terms of position, move the image of the food you want to stop eating to EXACTLY the same position as the thing you'd never eat.

Change all the colours, sounds everything to be exactly the same.

5. Once this is done. Imagine sticking the image of the food you want to stop eating (image one) to the back of the image of the food you would never eat (image two). Imagine as if you were placing one photograph behind another and so all you can see is the image of the thing you'd never put in your mouth. Keep it there.

6. Open your eyes once this is complete.

7. Now think of the food that you wanted to eat before e.g chocolate, what comes to mind instead?

8. Close your eyes and think of the food you wanted to eat, do you see the other image?

This is a powerful process and works really well. Take the time to get clear with your images at the beginning and play around with the submodalities.