

## The 5 Steps to Neural-Plasticity

Prepare yourself by increasing the amount of natural beta blockers in your diet. In an environment that is calming (prayed up, dimmed lighting, quiet and/or soothing music) and in the presence of another brother who is also prayed up, take time out of each day to walk through the following steps.

- Day 1 to 7
  - Gather
    - Replay the hurtful event in your mind. Do all you can to be aware of all 5 senses as you experienced them at the time: sight, sound, taste, smell, touch
    - Remember what emotions you were experiencing during the event
- Day 8 to 14
  - Reflect
    - Consider how you processed the event when it happened, not the thoughts you created to make yourself feel better but the thoughts you were trying to make yourself feel better from
    - Also, look at the pattern your life has taken that was rooted in the event
  - Journal
    - Write down what you experienced through your senses, your emotions, and your reflections in a journal. (We will provide pages for your journaling when we work through this exercise.)
- Day 14 to 21
  - Revisit
    - Reread all of your journal entries to date
    - Reframe the event based on Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to His purpose.” Visualize God’s good outcome from your hurtful event. Adjust your self-talk to align itself with God’s view of your life.
    - Record this visualization and self-talk in your journal
  - Reach
    - Declare verbally God’s good purpose that is to come from your hurtful event and how He will use you to promote His Kingdom here on Earth. Be specific enough for you to envision it.
    - Do some love-based action that is opposite of what you have been used to doing out of your old framing of this event