

Reprogramming an unconscious mind

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A great deal of our behavioural and mental activity takes place subconsciously. Subconscious processes are mental or behavioural activities that take place outside the conscious awareness. Many psychologists break subconscious mental activity down into preconscious and unconscious processes, a distinction first made by Sigmund Freud.

Most of our activities at work are conditioned by what has been stored or registered in the unconscious mind. If you have a negative attitude at work, unproductive work habits, poor interpersonal relations, poor team approach, can you reprogram your unconscious mind for positive results?



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Re-organize your thoughts

How do you know what to put into your program? How do you enter the new programming? Recognize your beliefs, attitudes, perceptions or expectations.

Creative self-assertion reprogramming statements

Create a plan that will help you to program yourself, write out new statements that will counteract old behaviour.

This plan should include permissions (It's okay to, I can), commitments (I will...) If they are complex, passive or negative, you will not get good results.

Make the statement personal

It can be done. Your unconscious mind can now be reprogrammed to be more effective. Your work habits can improve. You can emerge as an expert in interpersonal relations, excellent in team work and be effective in all your areas of choice.

How to re-program your unconscious mind?

Program yourself for success

Developing positive mental imagery is an exercise requiring conscious effort. It is a way to influence the subconscious mind. Much of what exists in our subconscious was "recorded" in early life and can be thought of as a psychological program.

Reprogramming yourself

Much of our original psychological programming has been with us from childhood. You can insert some new programming to counteract it.

You can only affirm for yourself. Do not try to affirm qualities or changes in other people. In writing your self-assertion statements, you are trying to changing your self-image. Therefore, in most cases, your self-assertion statement will start with the word "I". You can affirm only for yourself.

Use positive language

Write out your self-assertion statements in a positive way. Do not describe what you are trying to replace. You must vividly paint the picture of success in a positive statement.

For example, do not make a statement like "I am no longer poor in presentations" but make a positive statement like "I have an useful and interesting contribution to make in team meetings."

"I am very good at making presentations now." The secret is to write a statement that enables you to picture completely the change you desire.

Use the present tense

Write your self-assertion statements in the present tense. Phrases like 'some day', 'may be' and 'tomorrow' will create pictures that make you feel detached from the behavioural change you want to experience now. You want to feel as though the change is already happening and that you are experiencing the change inside your own mind and body.

Avoid comparisons

Self-asserting is a personal process. You are a unique person. You should never attempt to compare yourself with others. Do not assert that you are "as good as" or "better than" anyone else. Just strive to bring about the changes in your self-image that you desire by asserting the qualities that are best for you.

Use visual images

Describe the activity you are asserting. Create pictures of your performance in an easy and anxiety-free manner. Your subconscious actions should be described by statements that start with "I enjoy", "I love to", "I thrive on". Statements like these carry a picture of action and accomplishment that do not cause you to feel either threatened or pushed. The result is that you keep moving towards success with confidence.

Do not indicate just the ability "I can", in your self-assertion statements because this will not produce change. You already have that ability. What you must indicate strongly is actual achievement. Statements like "I am" and "I have" clearly express to the subconscious the picture of the behavioural change that you desire.

Use powerful words

Try to put as much power and excitement in the wording of your self-assertion statements by vividly stating your behaviour in colourful terms. Words that spark an emotional picture in your subconscious mind will be good.

Write your self-assertion statements to create feelings such as enjoyment, pride, happiness and accomplishment. Incidentally, the more emotion the faster the change. Some examples of starting phrases include: 'I warmly', 'I happily' and 'I enthusiastically'.

Be realistic

It is important for you to assert only the achievable results. The basic rule is do not overshoot or undershoot.

Try to have such a clear and vivid picture of the end result you want to accomplish.

Do not try to assert perfection. It is generally self-defeating to make assumptions about yourself or your accomplishments that have very little chance of success. By using terms like "I always", "every time I", can place unrealistic demands on yourself.

Practical examples**Management self-assertion statements**

- * I am an expert at delegating responsibilities and admire people working with accountability and responsibility.
- * I am very pleased with the positive attitude of people. People are always with me. They are our assets. It is a pleasure to work with them.
- * I enjoy the results that come from positive thinking, I like positively, I speak positively and I work positively. I am always positive and dynamic.
- * I consistently receive tremendous satisfaction from excellent customer service. Customer satisfaction is my satisfaction - Excellence!

Team self-assertion statements

- * We treat all our customers very well. We treat them like kings "customer is the King" is our policy.
- * We are true professionals in our approach. We are the market leaders!
- * We pride ourselves with our company image. We are number one!
- * We keep our records up to date so that information can be readily available.

Personal self-assertion statements

- * I like and respect myself. I know I am a worthy, capable and valuable person.
- * I enjoy my life, my profession and my relationships with other people and enjoy a good balanced lifestyle.
- * I am appreciated and admired by everybody in my organisation.
- * I am first! I am the best!
- * I am a winner! I am always a winner!
- * I have a vision! I have a mission and I have goals to achieve!
- * I will emerge as the most outstanding personality!

