



TheElite Training Group track club

## Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

[www.theetgtrackclub.com](http://www.theetgtrackclub.com)

# Reversing Addiction

**A major part of TheETG mission** is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG's primary method of achieving that is to proliferate applied science based information by way of \$free packets containing plain language info for anyone seeking to move themselves or others forward in these areas. TheETG packets attempt to address the following;

"....takes an average of 17 years to translate 14% of original research into benefit....average of 9 years for interventions recommended as evidence-based practices to be fully adopted."

[M.Tinkle, et al -- Dissemination and Implementation -- Nursing Research and Practice -- Volume 2013]

".....the benefits that US health care currently deliver may not outweigh the aggregate health harm it imparts."

[Journal Of The American Medical Association...Volume 302 #1..July 1, 2009...page 89 - 91]

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."

[Nature Medicine -- Volume 12 #9 -- September 2006 -- page 984 - 985....News In Brief]

"It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States."

[Centers For Disease Control -- 2015]

"Most drugs are only effective for a small percentage of people who take them."

[Michael Leavitt -- U.S. Secretary of Health & Human Services 2005 - 2009]

"....A recent study for example, found that only half of all cardiac guidelines are based on scientific evidence."</p>

[President Barack Obama -- Speech to the American Medical Association -- June 15, 2009]

"All the good things....they don't teach us in medical school, because the drug companies pay for our education."

[Dr. John Sessions M.D.]

"Not enough doctors adapt appropriately to new scientific findings....An insufficient number of medical faculty members are well prepared, effective educators, and too few medical schools prepare their students for a lifetime of learning and change."

[J.Hilliard,et al. -- The Lancet -- Volume 385 #9969 -- February 21, 2015 -- page 672]

**You may copy** any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.

Take all of your major  
**negative life events**  
and turn them into the  
mass of **minor reasons**  
why you have succeeded,

Rather than into a  
**few major excuses**  
as to why you have failed.

# ETG Model: Drug & Behavior Addiction Habilitation

caffeine, alcohol, nicotine, cocaine, heroin, sex, gambling, behaviors, etc.....

**All** addictions are methods of medicating a **lack or loss** of something **essential** to all humans.  
A consistent showing of kindness and love to oneself is absent. The cause of this, is the cause of the addiction.

## 1. Prepare

- Enhance nutrient density of the diet to **reduce brain chemistry deficits**
- Engage in exercise and strength training to **reduce body cell chemistry deficits**
- Supplement antioxidants (C, E, beta carotene, selenium), B-vitamins, magnesium, iron, and zinc to detoxify body cells and increase immune system function.

## 2. Choose Your Path

- Develop cognitive health through **mission statement** and **self-image programming**. Implement the process of **purposely** programming yourself with the beliefs, philosophy, values, and self-image that you want **directing your behavior** patterns and **determining** your quality of life.
- Deal with **all major "inner-child" wounds** (see John Bradshaw's book "Homecoming") and issues.

## 3. Become Powerful

- Develop the major life skills of being **solution, logic, and mastery** oriented. Establish rational thought and proactivity as major values in life. These skills **remove and prevent** destructive aspects of stress rather than simply managing it. They produce high levels of **self-competence** and **self-efficacy**, which lead to **self-mastery**.
- Develop the ETG Character Strengths (**Integrity to Behaviors** of value, unconditional Kindness, Forgiveness)
- Detoxify the Brain through reducing and stopping consumption of drugs, and stop addictive behaviors.

**Fill your life, not with things, substances, or relationships,  
but with the shameless pursuit of self-change, improvement, and growth.  
The true source of abundant happiness is not outside yourself, but within.**

**Any and every science & evidence based "treatment" should include.....**

**----- Cognitive Behavior Therapy [CBT]**

**----- probiotics**

**----- exercise**

**The brain is a computer.**

**The self-image is the programming.**

**How you see yourself....the self-image is everything.**

What you'll accept and what you'll reject.

Where you will and won't go.

What you will and won't do.

What you will and won't pursue.

What you can have but won't let yourself have, pursue, or keep.

Achievement you'll pursue, then undermine, sabotage, push away, and/or destroy.

Relationships you'll seek, then undermine and/or destroy.

**The brain is a computer. The self-image is the programming.** If you aren't constantly and intentionally throughout your life improving it and moving it forward, it'll keep you where you are....or worse, it'll return you to where you've been following an experience of a level of success or achievement that exceeds what your brain's programming will allow to stay in your life.

In your life experiences, your job and career, your finances and money issues, your romantic relationships, it'll have you sabotaging, pushing away, or avoiding every bit of success and achievement that is beyond what your brain is programmed to acquire, accept, and embrace.

In sport, in business, in life in general, you'll see this phenomena occurring everywhere you look. Everybody has a responsibility to themselves in their adult years to improve the way they see themselves.

To move their self-image forward.

To fix their self-talk.

To develop and create more things about themselves to hold in high esteem.

Constantly and intentionally throughout your life improve it, move it forward so that you can acquire, accept, and embrace all the great things that can or do come into your life.

Overcome yourself, the status quo, resistance to change. Do the work within yourself. In the pursuit of your goals, remove all potential self-created limitations from your path.

**Implement the process of purposely programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns and determining your quality of life.**

Be aggressive.

Create an unstoppable juggernaut.

Standardize excellence.

You are powerful. You are in this world to discover that, to overcome the distractions from it, to grow into living it, and to help others do the same.

# Pursue

The Brain branches out to the entire body by way of the spinal cord, hormones, and immune system  
And thus controls and/or can impact...EVERYTHING

## 1. Self-Mastery -- Live a principle oriented life style focused on developing self-mastery.

Develop the major life skills of being **solution, logic, and mastery** oriented. Establish rational thought and proactivity as major values in life. These skills **remove and prevent** destructive aspects of stress rather than simply managing it. They produce high levels of **self-competence and self-efficacy**, which lead to **self-mastery**. This reduces chronic exposure of brain cells and body tissues to elevated levels of glutamate, cortisol, and adrenaline, which induce brain cell destruction, immune system suppression, and tumor growth.

-- Deal with **all major "inner-child" wounds** (see John Bradshaw's book "Homecoming") and issues thus creating changes in brain cell function and basal stress levels which directly affect immune cell function.

## 2. Brain & Nervous System -- Increase & maintain Neurotrophin & Anti-oxidant levels.

Neurotrophins are brain and nervous system substances that have positive effects on **cell antioxidant levels** (Glutathione and Superoxide Dismutase) that **directly affect human aging**. They cause improved **brain cell maintenance and survival** by protecting them from oxidant induced damage. A productively active Nervous System produces neurotrophins in abundance. This is the mechanism by which intellectual pursuits, high intensity exercise and strength training, giving and receiving love, being touched/massaged in a gentle manner, etc collectively maintain health and slow aging. Play games of logic and skill throughout your life (ie. Chess, battleship, etc.). Play games of hand/eye coordination throughout your life (ie. Throwing stones at targets, video games, etc). -- Establish **down time** during the day for engaging in autogenic relaxation, meditation, napping, massage, prayer, or hot bath/Jacuzzi. -- Take in Anti-oxidants [Vitamin C = 500mg, Vitamin E = 400IU, Beta Carotene = 25,000IU, Selenium = 250mcg].

## 3. Immune System -- Do things that improve/maintain high level immune function.

<ul style="list-style-type: none"><li>-- Watch standup comedy live or on TV, often.</li><li>-- Engage in high intensity, low volume, aerobic exercise.</li><li>-- Establish <b>down time</b> during the day for engaging in autogenic relaxation, meditation, napping, massage, prayer, or hot bath/Jacuzzi.</li><li>-- Take in Anti-oxidants [Vitamin C = 500mg, Vitamin E = 400IU, Beta Carotene = 25,000IU, Selenium = 250mcg]</li></ul>	<ul style="list-style-type: none"><li>-- "Enriched" physical and social environments improve immune function.</li><li><b>Colorful</b> furniture - mobiles - plants - walls - posters, as well as music, lamps w/dimmer switches, extracts from <b>aroma</b> therapy shops, post <b>affirmations/goals</b> on a wall.</li><li>-- Establish a strong <b>support group</b> of "functional" friends to spend time with in all major areas of your life.</li><li>-- Get a well mannered, lovable, <b>huggable</b> pet.</li></ul>
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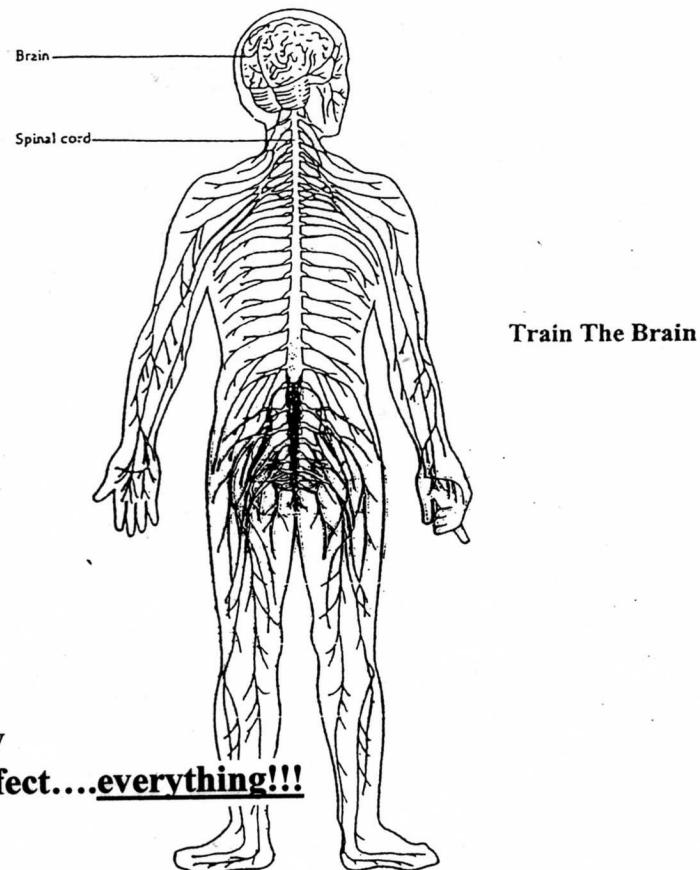
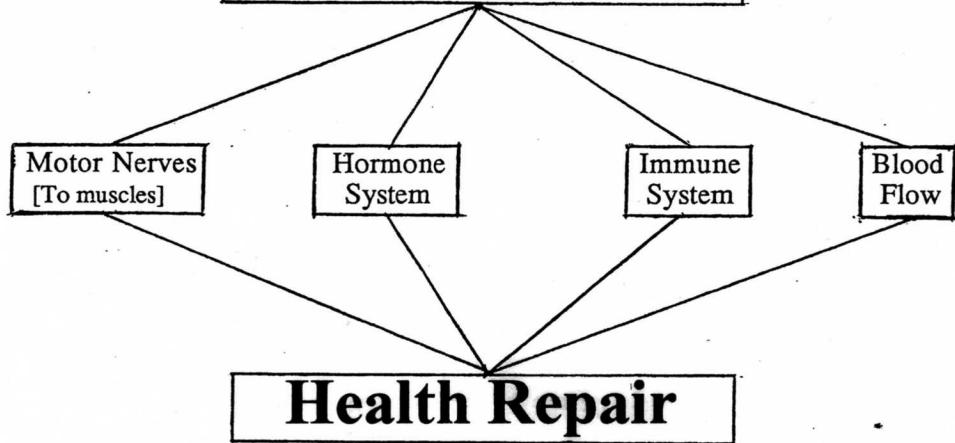
# Mind-Body Medicine

[21rst century Health Repair]

ETG

**Use Your Brain**

Central Nervous System (CNS)  
Periferal Nervous System (PNS)  
[Brain, Spinal Cord, Periferal Nerves]



**The Brain;**

--- Branches out to the body

--- Thus it can control or effect....everything!!!

# Personal Power

**The most powerful people in this world**, are not those who have power over others, but those who have mastery over themselves. You are not your social status, your bank account, your grades, or your job title. You are.....above all else.....Powerful. You are in this world to discover that, to grow into living it, to overcome the distractions from it, and to help others do the same.

**Love is power. Self-love is the root of Personal Power.** Show kindness and love to yourself and others by aggressively pursuing self-improvement as a way of life. Improving yourself provides more things about yourself for you to value and hold in high esteem.....producing a more powerful self-image and higher levels of mastery over self. Self-improvement is a process of improving one's thoughts, choices, behaviors, and actions. You can never say that you love yourself while you are unwilling or resistant to change and improve yourself.

**The purpose of life is not to see how many personal problems we can choose to deny or do nothing about, or to see how many limitations we can set or accept for ourselves. The purpose of life is to grow into living your personal power. Fill your life, not with the distractions of substances, things, or shallow relationships, but with the shameless pursuit of self-change, improvement, and growth.**

**The true source of abundant happiness**, is not outside yourself, but within. All of your possessions in this world are within you. What you.....choose.....to do with them, is what life is all about. The instruction to "Preach to all nations the message of repentance for the forgiveness of sins", is an instruction of Self-Change through the conscious, intentional, and aggressive pursuit of self-improvement.

"The universal human journey is one of becoming conscious of our power, and how to use that power."  
Carolyn Myss.....Anatomy of The Spirit

"The personal power that comes from principle-centered living is the power of a self-aware, knowledgeable, proactive individual, unrestricted by the attitudes, behaviors, and actions of others or by many of the circumstances and environmental influences that limit other people."  
Stephen Covey [7 Habits Of Highly Effective People...page 123]

"Not that I have already obtained, or am already perfected, but I pursue."  
Apostle Paul [Phillipians 3:12]

## Your 5 Outlets Of Power

- What you **are**
- What you **do**
- What you **say**
- What you **give**
- What you **pray**

**"You can't overcome what you will not confront"**

[T.D.Jakes]

**"You cannot change what you will not acknowledge".**

[Phil McGraw]

**"Until you heal the wounds of your past, you'll continue to bleed into your future."**

[Iyanla Vanzant]

**"Feelings burried alive don't die."**

[Iyanla Vanzant]

# Denial

**"If I don't look at it, it doesn't exist."**

**"If I don't talk about it, it won't hurt me."**

**"If I don't deal with it, it will go away."**

**"Feelings buried alive don't die."**

[Iyanla Vanzant]

Denial.....

If you don't manage your mindset your mindset will manage you.

Let growth be your first option, not the last resort.

# Achieving Goals

**Approach the achievement of goals as problem solving situations. If at first you don't succeed, figure it out and get it done.**

**Hopes and dreams are just hopes and dreams until you;**  
**1 -- learn how to achieve them**  
**2 -- grant yourself permission to aggressively implement what you've learned.**

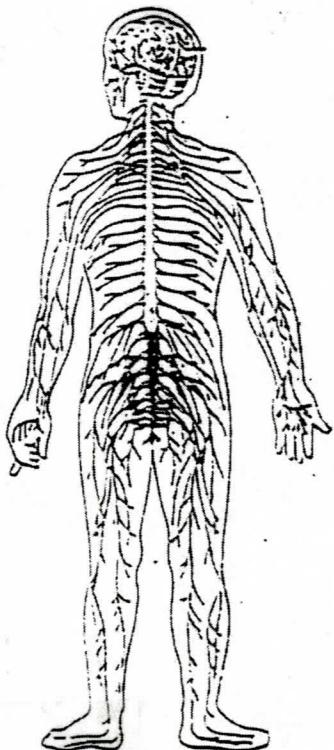
**As you continue to acquire and apply more information, you continue to expand the area of what is possible for you to achieve.**

**There are no set backs or side treks, there are only experiences along the path to where you choose to go.**

**Goals are experiences that we would like to have.**  
**Focus on achieving the process that creates the desired experiences.**  
**Focus on task mastery, knowledge acquisition, personal improvement, and personal achievement of higher ability.** Focus on improving oneself and one's processes of pursuing personal growth. Focus on process rather than outcome.

# Major Mechanism Of Applied Human Psychology

The Brain branches out to the entire body by way of the spinal cord and peripheral nerves and thus controls and/or can impact.....Everything! Affect the brain, and you affect everything!



The goal of Applied Human Psychology  
is to empower the person to achieve **Self-Mastery**.  
This should be the goal of all Psychologists.

# **Mechanisms Of Self-Mastery**

**1. Identify Your Behavioral Programming**

**2. Aggressively Engage In Positive Re-Programming**

**3. Learn the Basics Of Human Psychology**

On the pages that follow is the ETG Cerebral Training that helps one to Identify behavioral programming, aggressively engage in positive re-programming, and presents the basics of human psychology.

# Part 1

## **Identify Your Behavioral Programming**

**Show courage**

**Do the work**

### **ETG Cerebral Training: Mechanisms Of Self-Mastery**

- 1. Identify Your Behavioral Programming**
- 2. Aggressively Engage In Positive Re-programming**
- 3. Learn The Basics Of Human Psychology**

# 1. Identifying Your Behavioral Programming

## 1. ETG Cerebral Training: Identify Past Contributors To Your Development

-- Identify past contributors to your current behavioral programming. Use visualization sessions and/or group sharing for each of the development years shown below. Identify self-beliefs that were generated by experiences and exposures to parents, relatives, siblings, coaches, teachers, friends, etc. Both good and bad, positive, and those that involve drama and trauma.

- ages 5 - 10
- ages 11 - 13
- ages 15 - 18
- ages 19 - present

1. Write down what experiences you remember in each development time frame that contributed significantly to your self-image, self-esteem, and behavioral programming.
2. From what you have learned about yourself in this cerebral training, what ideas and changes in thoughts and behaviors will this bring about.

## 2. ETG Cerebral Training: Develop An Awareness Of Your Self-Talk

Designate a day during the week when you will engage in a thought monitoring exercise.

- carry a 3x5 card with you throughout the day
- record a slash or mark on the card for each negative thought
- add them up at the end of the day

1. What are the most negative self-talk statements you've engaged in?
2. Develop the skill of thought stopping and replacement with positive thoughts by repeating the negative thought counting exercise again. This time practice engaging in thought stopping and replacement with positive thoughts.
3. What aspects of self-talk will you implement in your life by end of this year?

## 3. ETG Cerebral Training: Watch the "Bradshaw On Homecoming"

video series from ETG Video List [<http://www.johnbradshaw.com/bradshawonhomecomingreclaimingand.aspx>]

1. Write down what you learned about contributors to your behavioral programming while growing up
2. From what you have learned about yourself, what ideas and what changes in thoughts and behaviors has this contributed to.
3. What will you implement in your life by end of this year?

## 4. Watch the movies on the ETG Movie List.

- The Breakfast Club
- Dead Poets Society
- Good Will Hunting
- The Secret

1. Write down what you learned or got out of each book
2. What ideas and changes in thoughts and behaviors has this work contributed to
3. What will you implement in your life by end of this year?

When day to day levels of stress, turmoil, and chaos fall below that basal level, they do things to create more. When day to day levels go too high above that basal level they take action to reduce it.

Solutions to problems tend to be avoided in an effort to maintain elevated stress, turmoil, and chaos.

Grow to grant yourself permission to aggressively pursue living with ever increasing levels of rest, calm, peace, and stability in your life and ever decreasing levels of unrest, stress, turmoil, and chaos.

"The unexamined life is not worth living" [Socrates]

Statement made at his trial for corrupting the youth by urging them to challenge the accepted beliefs of their time.

"Competence at introspecting and indentifying one's own mental processes has to be acquired; it has to be learned. Most people have not formed the habit of seeking to account to themselves for the reasons of their beliefs, emotions and desires; consequently, when they do attempt it, they frequently fail--and do not persevere."

[Nathaniel Brandon, Psychology Of Self-Esteem]

"To assume reponsibility for choosing the values that guide one's life, the principles by which to act, the goals in which to seek happiness---- to make such judgements alone, relying solely upon one's own reason and understanding-- is to practice the ultimate from of intellectual indepence, the one most dreaded by the overwhelming majority."

[Nathaniel Brandon, Psychology Of Self-Esteem]

"Nothing is given automatically. Neither knowledge, nor self confidence, nor inner serenity, nor the right way to use your mind. Every value you need or want has to be discovered, learned, and acquried."

[Ayn Rand, Philosophy Who Needs It]

Implement the process of purposely programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns and determining your quality of life and sport performance.

[Human Psychology packet section, ETG track club]

The goal of Applied Psychology is to empower people to achieve Self-Mastery. "Mental Health Professionals" should practice more "mental health" and less pharmacology.

Mind-body medicine is founded on the basic principle that the brain controls or influences the function of all cells in the body by direct connection to them via the nervous system, or via chemical interaction via release of hormones or substances called neuro-peptides.

Hence the importance of and awareness of the existence of mind-body medicine. And the importance of utilizing mind-body medicine and integrating into the practice of medicine in the United States.

**An epidemic in our society.....quite a few people in our country grew up in a home environment where sitting and doing nothing was met with an angry comment by a parent.**

**They develop what is referred to as "Relaxation Induced Anxiety".**

**The attempt to do nothing, to "vege out on the couch" triggers anxiety. As teenagers and adults they have difficulty doing things related to relaxation, meditation, and cutting back on the American drive of "go, go, go, do more not less" of daily activities.**

# Part 2

## **Aggressively Engage In Positive Re-programming**

**Show courage**

**Do the work**

**ETG Cerebral Training: Mechanisms Of Self-Mastery**

- 1. Identify Your Behavioral Programming**
- 2. Aggressively Engage In Positive Re-programming**
- 3. Learn The Basics Of Human Psychology**

## 2. Aggressively Engage In Positive Re-Programming

**Implement the process of purposefully programming yourself with the beliefs, philosophy, and values, that you want directing your behavior patterns, and determining your quality of life.**

Cerebral Training For Positive Re-Programming -----

-- Develop your Mission Statement

-- Goal Setting

Goal Setting -----

Goal = experiences that you would like to have. Goal Requirements;

- set a positive goal = what do you want to do (rather than the goal being that you want to stop or avoid doing something).
- set a measurable goal = you must be able to know when you've achieved it.
- be specific = define it (ie. how fast do you want to run, for what distance)
- it must be controllable = achieving the goal is within your own control rather than dependent upon how someone else performs.
- set a goal that is meaningful to you = you set the goal, rather than your coach, parents, etc.. Internalize it, make it personal.
- focus on mastery = set goals oriented toward personal achievement, improvement of ability, mastering your event.
- set process goals = goals that focus on achieving the process necessary to achieve your overall goals.
- set intermediate goals = step by step goals you will accomplish along the way that give "psychological momentum".

Avoid focusing solely on competitive goals that would require that you have control over someone else's performance in order to accomplish your goal. Success is something that is experienced rather than something which is achieved. You can never achieve success, you can experience it. Goals are experiences that you would like to have. Focus on achieving the process that creates the desired experiences.

1. post goals where they can be seen everyday.
2. determine your needs—research your goal to find out what knowledge of how to train, what finances, and other resources are necessary for you to experience your goal.
3. make plans—plan what you will need to do to get these things.
4. take action—implement the plan of action.

-- Make an affirmation tape/list.

The format of the affirmation tape—

Begin with goal/mission statements. Express everything in present rather than future tense. Make process statements identifying actions being taken, behaviors that you value, or character traits being developed, etc.. At the end of these statements, restate the goals/mission. Use I, or I am in statements in present tense throughout.... I am, I always, I no longer, I never. Never use statements like I don't, I can't, I won't. Always follow or precede a "I never, or I no longer" statements with statements of what you do instead.

**example of Affirmations.....**

I pursue Self-Mastery as a way of life. I am growing to be perfect. I implement the principles of logic, reason, and rationality as a way of life. I am a powerful, empowering person. I seek to inspire people by the way I live my life, and the way I treat others. I am a leader and role model by living my life by the principle that there is no misunderstanding how I act and how I live.

I am programmed to make positive choices. I am solution oriented. I am proactive, always begin with the end in mind in all things in life. I am centered and patient. I create a peaceful presence.

I show love to all people in my life, unconditionally. I Never repay evil for evil. I always say and do what is good for building up myself and others. I am responsible for the choices I make, and the actions I take. I am accountable to people's feelings, and responsible for my own.

I never allow hurt to consume my feelings, behavior, or belief system. I am emotionally independent, response-able, and empathic. I seek first to understand. Then I seek to be understood.

I am a great friend. I make constant deposits into all relationships. I am sincere and trustworthy always. I never betray a friend's trust.

The person I am with pursues Self-Mastery as a way of life. This person is "there" for me intellectually, emotionally, and physically. This person makes constant deposits into me and our relationship, and actively seeks to build emotional security.

Affirmations for Pre-race Anxiety Problems.....

I invest no energy into worrying about performing poorly because I am able to use all of my race outcomes to help me to become more powerful within myself, and to develop greater levels of control over how well I do.

This helps me grow more and more confident and relaxed prior to all of my races. I am programmed to do the best that I can.

I am programmed to go into all of my races having no fear of performing poorly, knowing that I can live with the outcome, and use it to my advantage in future races.

## Cerebral Training For Positive Re-Programming -----

### -- Visualizations

Develop a detailed script consisting of response propositions. These are statements made one uses one's senses and elicit physiological responses and provide clear and controllable, moving images which make the visualization "real", thus optimizing the effectiveness of cerebral training session. During the visualization, focus on creating a movie, moving pictures, avoid still pictures. Apply the concept of "The me I see, is the me I'll be". Internal Visualization is from the perspective of being within yourself. External Visualization is from the perspective of being outside yourself, watching yourself as if watching yourself on a movie screen. Avoid Negative visualizations.

**-- Positive Actions Exercise**...invest three weeks, at the end of each day list the positive actions you engaged in that day that involved the implementation of some of the things in your affirmations.

Improve your behavioral programming environment by creating a functional support group, thus enriching the environment in which you live and spend most of your time.

### Get Into Or Create A Functional Support Group -----

Establish and develop a functional support group. The role of members of the support group is to offer encouragement, provide recognition of effort, and to applaud achievement. Everyone helps everyone. Create an environment where failure is not fatal, where goals and expectations can be shared openly without fear of evaluation. Everyone can be themselves—unconditional acceptance. Keep the environment non-competitive.

Establish a functional Support Group consisting of teammates, friends, and/or family members who offer unconditional love, attention, and affection, provide encouragement and recognition of effort, and who recognize and applaud your achievements. Establish a strong, positive, and supportive clique of friends to spend time with at home, at work, in all major areas and roles of your life.

A person entrenched in dysfunction will change in a functional environment. He/she is impeded from growing while in a dysfunctional environment, because healing of toxic shame has no way to occur while one is being shamed. Behavioral norms within a dysfunctional environment gain acceptance as being "normal", and go unchallenged by those entrenched in them. The person must be empowered by their environment, to change.

There is no way to be around a functional person(s), who create a functional environment, and fail to be influenced to the point of choosing to change behavior. People are either wind in our sails, or anchors on our tails. Stay around positive people.

### Characteristics of a Functional Support Group -----

- logic and rationality are of major importance, and adherence to them is viewed as a necessary way of life - encouraged verbal expression of feelings and emotions
- separation between thoughts and emotions, rationality more important than emotionality
- high development of conflict resolution skills
- low value placed on rigid conformity to traditional behaviors and norms
- low value placed on dependent behaviors
- encouraged interpersonal involvement, and social support
- highest value placed on mastery rather than competitiveness

Provide loving support by giving attention, appreciation, and affection to the people in your support group. Make deposits into other peoples emotional bank account, and keep withdrawals to a minimum.

### Create An Enriched Environment -----

The environment you create in your home, dorm room, bedroom, office, etc., can affect long term programming, day to day mood, brain cell wellness and aging. Environmental enrichment can be achieved by color of furniture, music, colorful mobiles, colorful plants, Lamps with dimmer switches, extracts from Aromatherapy shops, adding colors to the walls, adding colorful posters or poster boards with pictures, affirmations, goals.

## **Awareness of The Process Of Personal Change**

To implement significant changes in one's behavior all of the following must be acquired.....

1. A desire to change
2. Aggressiveness in overcoming past programming which will seek to sabotage change.
3. Aggressiveness in consciously making new positive choices, avoidance of going on "automatic pilot" which allows old programming to take over.
4. Create an environment that facilitates and supports change. Post goals and positive affirmations all around you, in your home, in your bedroom, at your desk.

## **Awareness Of The Stages Of Personal Change**

1. Pre-contemplation = Not intending to change
2. Contemplation = Thinking about making changes
3. Preparation = Making small changes
4. Action = Initiating behavior change
5. Maintenance = Sustained behavior change

1. Where are you in these stages of personal change?
2. List what changes will you commit to making?
3. What will you implement in your life by end of this year?

## **ETG Cerebral Training: Read the books on the ETG Book List**

- 1 -- What To Say When You Talk To Yourself ---- [Shad Helmstetter].
- 2 -- Choices ----- [Shad Helmstetter]
- 3 -- 7 Habits Of Highly Effective People ---- [Stephen Covey]
- 4 -- Life Strategies ----- [Phil McGraw]

- 1 --- Write down what you learned or got out of each book
- 2 --- What ideas and changes in thoughts and behaviors has these books contributed to
- 3 --- What will you implement in your life by end of this year?

**Cerebral Training For Positive Re-Programming -----**

Develop the Life Skills of Self-Mastery, Logic Oriented, and Solution Oriented

**ETG Life Skills -----****1. The skill of—Self-Mastery**

- Live a principle oriented life style focused on developing self-mastery.
- Inner-strength. Apply the belief that there are no set backs or side treks, there are only experiences along the path to where you choose to go. Recognize that you can let go of anything and be ok (ie. aversive situations, difficulty in relationships, bad grade). Accept that when you let go.....you will be ok. Those who surrender themselves, find inner-strength.
- Inner-calm. Release the need to defend your ego, be defenseless. Display the serenity to accept the things you cannot change. Invest no energy into worry. Learn through meditation/autogenic relaxation to let go of the body...the shell that houses our spirit. Provide down time each day to have silence in the mind. Be Zensational. Apply the concept of timelessness.....we live forever in one form of energy or another.
- Identify behaviors you value and become a function of them. Accept responsibility to choose your actions, behaviors, and thoughts. Give that priority over your moods, feelings, and emotions. Allow yourself to be held to a set standard of behavior to which you are accountable.
- Program yourself to engage in self-developing behaviors that are good for building up yourself and others. Hold yourself to behaviors that build and reinforce your own level of competence and trustworthiness.
- Patience. Patience is a trainable skill to be developed in an intentional manner. It is a value to hold in high esteem and worth. With patience, you can be a more secure person....patience enhances inner-security.
- Set goals, make plans, and take action. Overcome behaviors that impair proactivity (self-handicapping, fear of success and fear of failure). "Begin with the end in mind" [Stephen Covey]

**2. The skill of being—Logic Oriented**

- Make logic, reason, and rationality a healthfully valued way of life. Implement the process of purposefully programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns, and determining your quality of life.

Develop logical thought processes and apply logic in all problem solving situations by focussing on identifying the underlying mechanisms of a set topic/issue, be vigilant in holding yourself to this in aversive situations.....especially in highly emotional situations.

**3. The skill of being – Solution Oriented**

- When problems arise, invest no energy into emotions and reactions.....invest all energy into finding solutions. Train to be responsive, and response - able, rather than reactive. Train to be prepared for the unexpected or undesired. Place a high value on being able to adapt to change quickly, and easily.
- Focus on planning ahead, actioning ahead, taking prior action rather than procrastination or reaction.
- Empathetic Awareness. Value, and make it a priority, to be aware of other people's needs. Develop the skill of being aware of and decoding non-verbal messages.
- Communication in Conflict Resolution. Be solution oriented and focus on creating win/win situations. Focus on solving conflicts...fix problem rather than blame. Drop defenses and establish rationality as a set in stone bottom line boundary that neither person is allowed to cross during discussion/argument over a problem.
- Replace the word "Anger" in your vocabulary with the word hurt, frustrated, or frightened.

"Anger = an offense that is defending something." "Experience it.....without discharging it, repressing it, or covering it". [Gangaji]

**Develop the Character Strengths -----****1. Integrity To Behaviors Of Value**

- Identify behaviors you value and become a function of them. Accept responsibility to choose your actions, behaviors, and thoughts. Give that priority over your moods, feelings, and emotions. Allow yourself to be held to a set standard of behavior to which you are accountable.
- Program yourself to engage in self-developing behaviors that are good for building up yourself and others. Hold yourself to behaviors that build and reinforce your own level of competence and trustworthiness.
- Be proactive rather than reactive, and stay out of the stimulus-response pattern of behavior.

**2. Unconditional Kindness**

- When someone "pushes your button", take it as an opportunity to choose your response based on what you value, and to respond in a manner that is consistent with your value system. Never repay evil for evil.
- Make constant deposits into all relationships.
- Increase your level of responsiveness....immediate action make deposits into the other person's "emotional bank account". Be aware of and limit the number of withdrawals. Acknowledge when you have taken withdrawals and make immediate deposits to cover them.

**3. Forgiveness**

Forgive others.....give to them as before. Grow to value the inner strength and security that comes from letting go of the need for the person to acknowledge that he/she has wronged you, or owes you an apology. Let go of the need for the person to be punished in some way. Never allow bitterness to take root in your behavior towards the person you have "forgiven". Choose to be controlled by kindness and love, not anger and

frustration. "The extent to which we can trust other people is equal to the extent that we trust ourselves with the ability to deal with their fallibility". [Dr. Phil McGraw] Let go of the need for the past to be different...work on making your present function better with that person by utilizing your 5 Outlets of Power ---- What you are, what you do, what you give, what you say, what you pray. You have power, you are not helpless...there are things within your influence, if not within your control.

-- Direct yourself and never allow yourself to be directed by the behaviors of others, the conditions you're in, or your old programming. Become independent of other people's weaknesses to avoid becoming enmeshed in their dysfunctioning. By avoiding/breaking free from being enmeshed in another person's weaknesses, you empower yourself to improve your situation by taking a new action on your own behalf.

Our character strengths create the environment for our friends and romantic partners which can influence their behavior in a positive and productive manner. Our character weaknesses reinforce undesired behaviors in our friends and romantic partners. Improve your relationships by improving yourself. The underlying mechanism of all broken relationships is conflicting expectations usually having to do with expected behavior, or expected behavior changes.

Cerebral Training For Positive Re-Programming -----

## Apply The Major Mechanisms of Functional Romantic Relationships -----

### 1. Stability, Security, Expectations

Commitment is a verb, reflected in one's -----planned and purposeful actions----- to create...**stability, secure attachment, and emotional security**. Both people must be committed to making deposits and investments into each other, major withdrawals avoided. Identify and share up front, major principles and ideals that each person values and lives by. Several major values must be common to both people, and each person must commit and **have integrity to the common value system**. Discuss expectations each person has of the other, and there must be a commitment to meet reasonable expectations each person has of the other. Create an environment of unconditional attention, affection, and praise.

### 2. Self-Development

Invest in your own self-development. Accept the challenge and opportunity to become more powerful within yourself. Avoid seeking to use your relationship as a distraction from yourself. Choose to never pick your relationship partner based on his/her ability or willingness to be a co-conspirator or facilitator in you maintaining your weaknesses, faults, personal problems, etc.. And always remember, **there can be no relationship, without friendship**. If there can be no friendship without the relationship.....this highlights something within yourself, and is most likely a large part of why the relationship will have difficulty. There should never be a time before, during, or after the relationship when one says...."We can't be friends"....I can never see you again"....."I will never speak to you again."

### 3. Resolving Conflicts

Commitment to **logic, reason, and rationality** as the highest priority during conflicts. Commitment to creating solution oriented win-win situations in solving conflicts. Show kindness and love...always....no matter what! Remember that love is a verb. Never repay, evil for evil. Always do what is good for building up yourself, and your relationship partner. Avoid entering the typical contest of seeing which person can hurt the other more, or which person can make the other more jealous. Avoid using "the silent treatment" to communicate. Letters or other written communications are usually best, in that they allow you to speak uninterrupted, and express everything you want to communicate. Speak directly. Avoid using sarcasm and statements intended to hurt or shame. Avoid using "put-downs" to defend your hurt. Speak openly and directly to the person about what you feel..... "especially" if you feel hurt or frustrated. Be strong by giving yourself permission to feel hurt by what the person has said and/or done.

**"Love is a command to rise to one's highest potential. The best and noblest vision of ourselves. Love is a reward, the greatest we can earn, granted to us for the moral qualities we have achieved in our lives."** [Ayn Rand]

Cerebral Training For Positive Re-Programming -----

### Progressing Through Relationship Dissolution -----

Always Keep These 2 Issues Separated

1. Unconditional Love
2. Staying.....in a relationship

Kindness = love.....this you should give.....unconditionally.  
Staying in a relationship.....this, you should give.....conditionally.

--- Staying in a bad relationship is never an expression of unconditional love. Your first obligation is to show love and kindness to yourself. You should be committed to creating a productive relationship, rather than being committed to commitment.

--- There should never be any such thing as a "bad break-up". If you cannot be kind and loving toward the other person, without being in a relationship with them, then you know you have some work to do within yourself. Emotions generated from feeling hurt, frustrated, or frightened, should never be given power over the choices you make, or the actions you take in your behavior towards the other person.

The intensity and duration of emotional distress following a break-up will be affected by;

1. level of self-esteem
2. breakup perceived as out of one's control
3. degree to which you still want to be in the relationship
4. access to, and quality of social support
5. ability to cope with stressful life events

It is important to know that anger can color the feelings one has towards the other partner. This inherently creates situations where one or both partners go through a cycle of their emotions toward the other. A partner who once desired to end the relationship may "cycle back", and choose to re-enter the relationship. A large percentage (~30-50%) of all divorces end in re-marriage to the same partner.

Accept the challenge and opportunity to become more powerful within yourself -----

- 1) Invest yourself into spending more time with your friends, rather than seeking to distract yourself from hurt and the person by seeking out other relationship partners.
- 2) Invest yourself into improving yourself, rather than on seeking out another relationship partner. What you are about as a person attracts others who are that way as well. Growth and self-improvement continually attract to yourself the type of people who are right for you.
- 3) Show kindness and love...always....no matter what! There can be no relationship, without friendship. If you cannot be friends without being in a relationship.....then this is most likely a large part of why the relationship is having difficulty.

-- Never repay, evil for evil.

- \* Always do what is good for building up yourself, and the person.
- \* Avoid entering the typical contest of seeing which person can hurt the other more.
- \* Avoid entering the typical contest of seeing which person can make the other more jealous.

**A)** Speak openly and directly to the person about what you feel..... "especially" if you feel hurt or frustrated. Avoid using "the silent treatment" to communicate. Letters or other written communications are usually best, in that they allow you to speak uninterrupted, and express everything you want to communicate. Speak directly. Avoid using sarcasm and statements intended to hurt or shame.

**B)** Avoid using "put-downs" to defend your hurt. Be strong by giving yourself permission to feel hurt by what the person has said and/or done. The only weakness or shame is in avoiding the acknowledgement that you want the relationship, and are hurt by what the person has done.

---

"To assume responsibility for choosing the values that guide one's life, the principles by which to act, the goals in which to seek happiness--to make such judgements alone, relying solely upon one's own reason and understanding--is to practice the ultimate form of intellectual independence, the one most dreaded by the overwhelming majority..."

Nathaniel Brandon, Psychology Of Self-Esteem

"Competence at introspecting and identifying one's own mental processes has to be acquired; it has to be learned. Most people have not formed the habit of seeking to account to themselves for the reasons of their beliefs, emotions and desires; consequently, when they do attempt it, they frequently fail--and do not persevere. "

Nathaniel Brandon, Psychology Of Self-Esteem

"Nothing is given automatically. Neither knowledge, nor self-confidence, nor inner serenity, nor the right way to use your mind. Every value you need or want has to be discovered, learned, and acquired."

Ayn Rand, Philosophy: Who Needs It

Implement the process of purposely programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns and determining your quality of life.

Elite Training Group, Training To Live Training For Life Packet  
(Human Psychology)

# Self-improvement is....

- a process of improving one's thoughts, choices, actions, and behaviors
- a method of being a competent and effective person
- a mechanism of increased self-esteem
- a pathway to an improved self-image
- a demonstration of self-worth
- a way to become a powerful human being
- a display of love for oneself
- a major act of kindness to others
- a way of life

# Resistance To Change

**The degree to which you resist  
self-change**

**is a measure of the degree  
to which self-hatred controls**

**the choices you make,  
and the actions you take.**

# Personal Power

**The most powerful people in this world**, are not those who have power over others, but those who have mastery over themselves. You are not your social status, your bank account, your grades, or your job title. You are.....above all else.....Powerful. You are in this world to discover that, to grow into living it, to overcome the distractions from it, and to help others do the same.

**Love is power. Self-love is the root of Personal Power.** Show kindness and love to yourself and others by aggressively pursuing self-improvement as a way of life. Improving yourself provides more things about yourself for you to value and hold in high esteem.....producing a more powerful self-image and higher levels of mastery over self. Self-improvement is a process of improving one's thoughts, choices, behaviors, and actions. You can never say that you love yourself while you are unwilling or resistant to change and improve yourself.

**The purpose of life is not to see how many personal problems we can choose to deny or do nothing about, or to see how many limitations we can set or accept for ourselves. The purpose of life is to grow into living your personal power. Fill your life, not with the distractions of substances, things, or shallow relationships, but with the shameless pursuit of self-change, improvement, and growth.**

**The true source of abundant happiness**, is not outside yourself, but within. All of your possessions in this world are within you. What you.....choose.....to do with them, is what life is all about. The instruction to "Preach to all nations the message of repentance for the forgiveness of sins", is an instruction of Self-Change through the conscious, intentional, and aggressive pursuit of self-improvement.

"The universal human journey is one of becoming conscious of our power, and how to use that power."  
Carolyn Myss.....Anatomy of The Spirit

"The personal power that comes from principle-centered living is the power of a self-aware, knowledgeable, proactive individual, unrestricted by the attitudes, behaviors, and actions of others or by many of the circumstances and environmental influences that limit other people."  
Stephen Covey [7 Habits Of Highly Effective People...page 123]

"Not that I have already obtained, or am already perfected, but I pursue."  
Apostle Paul [Phillipians 3:12]

## Your 5 Outlets Of Power

- What you **are**
- What you **do**
- What you **say**
- What you **give**
- What you **pray**

# Part 3

## Learn The Basics Of Human Psychology

Show courage

Do the work

ETG Cerebral Training: Mechanisms Of Self-Mastery

1. Identify Your Behavioral Programming
2. Aggressively Engage In Positive Re-programming
3. Learn The Basics Of Human Psychology

### **3. Learn the Basics Of Human Psychology**

**--- Read the information in the pages that follow.**

1 --- Write down what you learned or got out of each book

2 --- Write down what ideas and changes in thoughts and behaviors this information has contributed to ?

3 --- What will you implement in your life by end of this year?

# The Epidemic Of “Success Avoidance Behaviors”

Self-Sabotage --- Success Avoidance --- Fear Of Success

----- Humans are conditioned/programmed.....in this way.....to keep experiences, achievements, and relationships within "learned" (established) Comfort Zones. How humans are treated relatively early in their lives.....will affect their long term thoughts, choices, behaviors, and actions. The way kids are treated most often by their parents/coaches/other adults, impacts what they become "used to".....and thus, sets their Comfort Zone.

----- These Comfort Zones determine what type of experiences, levels of achievements, and quality of relationships we will seek out and allow to stay in our lives.

----- Everyone's Comfort Zone has a bottom threshold, and an upper limit. We seek to acquire or move toward experiences, achievements, and relationships that fit within that bottom threshold, and upper limit.

----- The bottom threshold makes us avoid or move away from things that are below that minimum threshold. The upper limit makes us avoid or move away from things that are above that upper limit.

----- A person's **Comfort Zone** can be set at a high level such that positive experiences, achievements, and relationships are sought after and negative ones are avoided or pushed away. A person's **Comfort Zone** can be set at such a low level that negative experiences, achievements, and relationships are sought after. Self-destructive behaviors will be prevalent.....destructive relationships with friends and romantic partners will be sought out because they fit within the **Comfort Zone**. Self-sabotage will also be a consistent behavior pattern. They will sabotage their friendships and relationships with people who treat them well because those are outside of their **Comfort Zone**.

----- The intensity, frequency, and consistency of criticism and punishment experienced from parents/coaches, causes long term lowering of the **Comfort Zone**. The person will gravitate towards people who are "Facilitators", those who reinforce or do not object to the sabotaging and handicapping. There will be feelings of frustration or rage toward those who attempt to stop the self-sabotaging behaviors. Friends and romantic partners who won't cooperate will either be pushed away or covertly manipulated to react in a manner that is consistent with how he/she is used to being treated (the **Comfort Zone**). She/he may be very caring but paradoxically insensitive to how she/he treats others.

----- Early in life, humans "learn" to be un-responsible for how they treat others by way of how they are used to being treated. Other relationships will be affected. When the person enters into romantic relationships, as the level of **security** and **stability** increase within the relationship, the need to "create" **insecurity** and **instability** may **increase as well**....since security and stability are outside their **Comfort Zone**. This is called **Relationship Sabotage**.

# Self-Image

Are you willing to improve it?

## **Comfort Zones & Self-Sabotage.....**

In you're life, are you willing to let yourself have the things that you say you want.

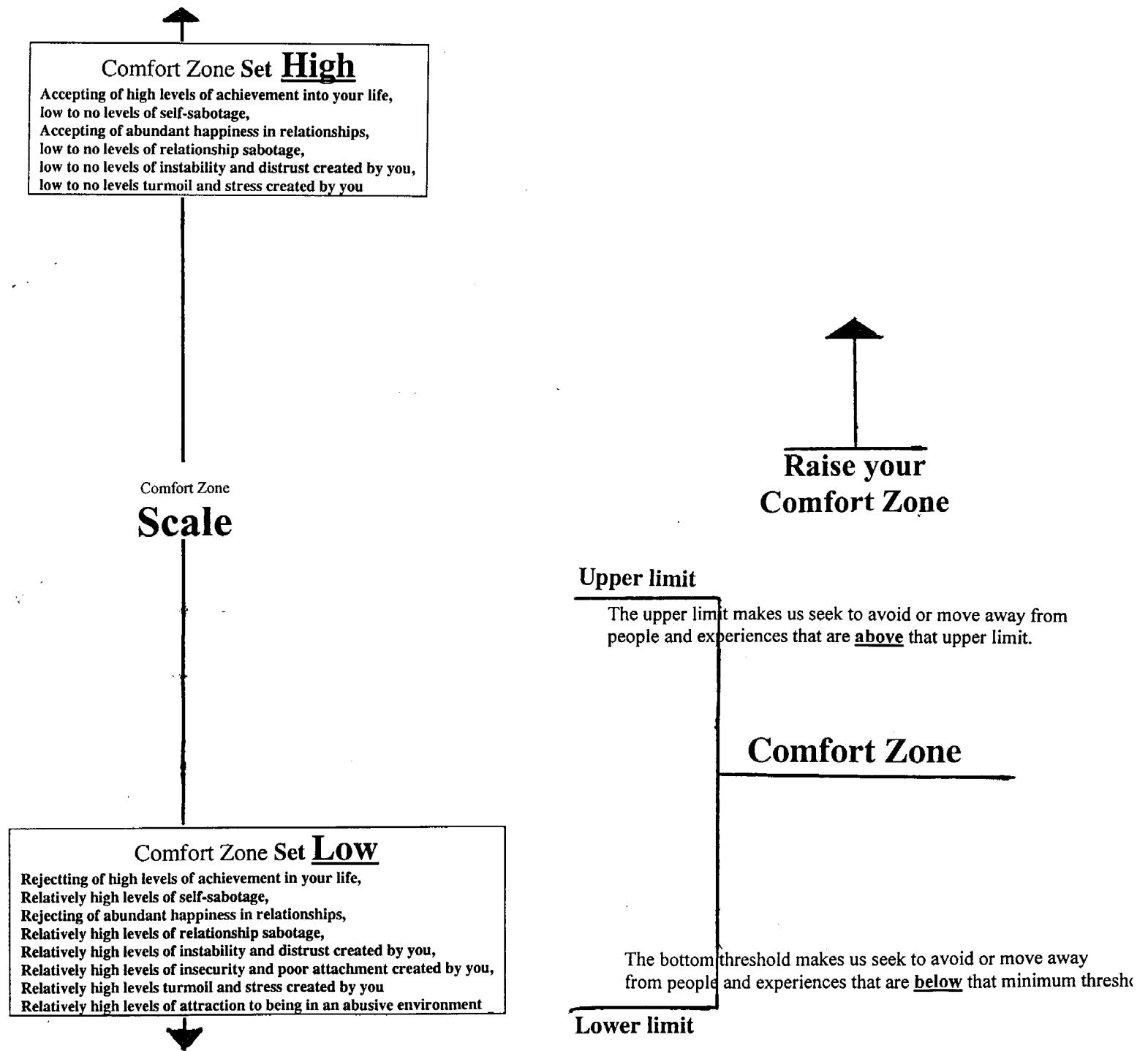
If not, are you willing to do something about that.

-- Is the image you have of yourself, setting your comfort zone at a level where you will let yourself have the things that you say you want.

-- Is the image you have of yourself setting your comfort zone at a level where you will sabotage and reject the things that you say you want.

# Impact Of Comfort Zones On Human Behavior

Humans maintain a psychological **Comfort Zone** that has a bottom threshold, and an upper limit. Generally, we seek to acquire, move toward, and allow to stay in our lives the kinds of life experiences, environments, relationships, and friendships that fit within the upper limit and bottom threshold of our **Comfort Zones**. The bottom threshold makes us seek to avoid or move away from people and experiences that are below that minimum threshold. The upper limit makes us seek to avoid or move away from people and experiences that are above that upper limit. How we are treated by parents, coaches, and family environment when growing up has an impact on how we see ourselves now. The bottom threshold and upper limit of our **Comfort Zone** is set by this image we have developed of ourselves (self-image), formed primarily by our parent/family environment between the ages of 1 - 16 years old.....which determines what we are "used to" and "comfortable with". We are thus, products of how we were treated by our parents and other care takers when growing up. The intensity, frequency, and consistency of criticism and punishment experienced from parents and others causes long term damaging effects, lowering the **Comfort Zone**. The things that we now choose to believe and reinforce about ourselves combined with our daily self-talk and conditioning, continue to shape that image.



We must learn to accept and embrace all good things that come into our lives. We must train ourselves to surrender to them and offer no resistance or sabotage. We must remove the upper limit of our comfort zones. We can have good things happen in abundance.

As children, we are products of how we are treated. How we are treated affects how we see ourselves, which determines self-worth/esteem, competence, efficacy. Developmental Dependency Needs, are the human needs of a child that must be met by those upon whom the child is dependent from infancy through adolescence. Failure to have these needs met results in growth disorders and dysfunction. The major needs common to all stages are unconditional affection, attention, and praise.

Long term exposure to an environment that was lacking in unconditional affection, attention, and praise, result in the image of oneself as being flawed, defective, or inadequate. This contributes to perceptions of incompetence and low self-efficacy (low perceived competence, low self-efficacy), which lead to experiences that reinforce a poor image of oneself, and having a low level of esteem for oneself. This low level of esteem impedes human growth and positive functioning.

These problems will manifest themselves to varying degrees. For some, it shows up in the form of personal insecurity, self-handicapping, self-sabotaging. For some, it shows up in the form of acne or "worry warts", or other mind-body (psycho-somatic) problems. For some, it shows up in the form of an depression, obsessive-compulsive disorder, Eating Disorder (anorexia, bulimia, obesity), an addiction, or varying degrees of self-mutilation. And for others, it shows up in the form of misdemeanor or felony offender behavior.

As adults, we are products of how we treat ourselves, which affects how we treat others, which affects how we are treated. The objective of the cerebral training is to identify problems caused by one's prior environment, and to take on the responsibility to engage in healing, and to remove potential limitations on future growth.

## **"Fear Of Success"**

"Fear Of Success", is a phenomenon in human psychology that is best characterized behaviorally, by the term.....Success Avoidance. Humans maintain a psychological "Comfort Zone". The image a person has of him/herself, their "self-image", creates a "Comfort Zone". Everyone's Comfort Zone has a bottom threshold, and an upper limit. Generally, we seek to acquire or move toward levels of experiences and achievements that fit within the upper limit and bottom threshold of our Comfort Zones. These Comfort Zones determine what experiences, and achievements we will seek out and allow to stay in our lives. The bottom threshold makes us seek to avoid or move away from things that are below that minimum threshold. The upper limit makes us seek to avoid or move away from things that are above that upper limit.

### **Comfort Zones & Self-Image -----**

The bottom threshold and upper limit of our Comfort Zone is set by the image we have developed of ourselves (self-image), formed primarily by our parent/coach environment and sport experiences between the ages of 1 - 16 years old. All the things an athlete has heard about him/herself the most, from the parent/coach, and has accepted as truth, contribute to that image. The things that the athlete chooses to believe and reinforce about him/herself combined with his/her daily self-talk and conditioning, continue to shape that image. Our Comfort Zone can be set at a low level such that negative experiences, low achievements are sought after and positive ones are avoided or pushed away. Our Comfort Zone can be set at a high level such that positive experiences, and high achievements are sought after and negative ones are avoided or pushed away. People who have a high....."Fear Of Success".....are strongly motivated to do whatever is necessary to keep their achievement oriented experiences under the upper limit of their comfort zone, and avoid attempting achievements that are above the upper limit of that zone. You see this take place in abundance in several sports such as college and pro football and basketball, usually among the coaches, often "during" the games.

### **Early Age Setting Of The Comfort Zone -----**

The intensity, frequency, and consistency of negative statements experienced early on from parents/coaches results in the lowering of the upper and lower limits of the comfort zone. This creates lowered expectations of self, success avoidance behaviors, as well as self-sabotage and self-handicapping behaviors that are engaged in to keep achievement experiences within the Comfort Zone. Socially, the person will eventually gravitate towards and surround him/herself with people who are "Facilitators", those who reinforce or do not object to the sabotaging and handicapping behavior necessary to keep experiences and achievements below the upper limit of their Comfort Zone. This is the manner by which a high "Fear Of Success" manifests itself in human behavior.

### **Major Mechanisms Of Success Avoidance Behaviors -----**

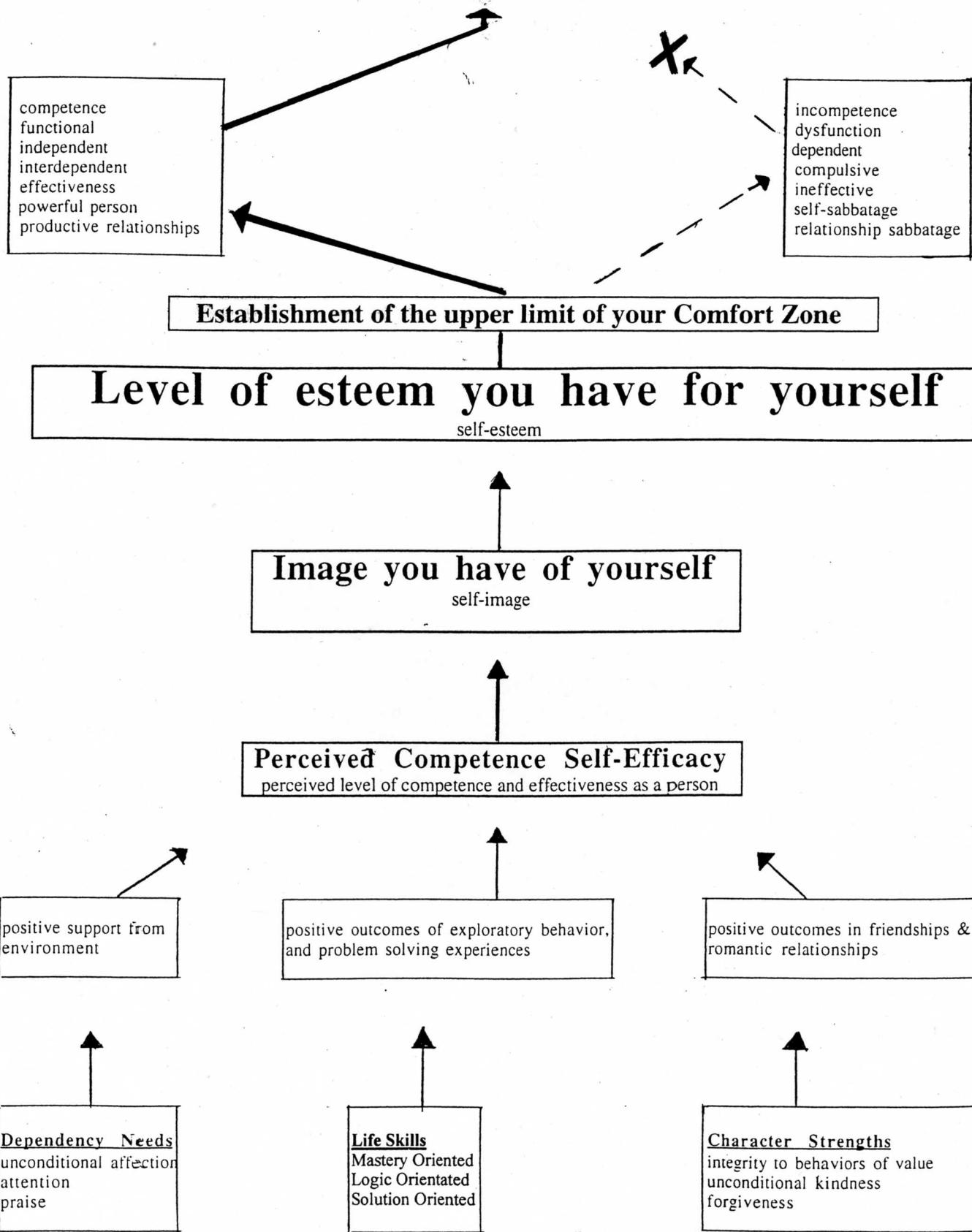
- maintenance of self-image, feeling of being unworthy of "overly" positive/successful things occurring in one's life.
- low level of esteem for oneself, combined with deeply programmed behavioral habits of self-handicapping and self-destructiveness.
- programmed to avoid accepting "overly" high level achievements into one's life.
- fear and anxiety produced by images of what may happen if "overly" high levels of success is achieved; responsibilities, increased scrutiny by being in the limelight, fear that "you can't handle it".
- negative belief system about extremely successful people, causes the granting of permission to avoid such success.

## **Fear Of Failure -----**

Fear of Failure generally tends to be a function of how one has "learned" to view failure and the consequences of failure. The feared consequences usually have to do with the negative evaluation of oneself by significant others (coaches, parents, friends, teammates, teachers, relatives, etc.).

Fear of Failure presents itself as performance related worry, distorted perceptions; [perceive that the competitive demands of the situation exceeds what one can produce], low expectancy of performing well, expect performance to be inadequate, and expect that poor performance will result in considerable negative consequences that will be emotionally aversive.

# Positive functioning in Life



### **Consequences Of Fear of Failure -----**

Fear Of Failure usually results in various short term behaviors designed to defend the ego, and may eventually lead to long term behaviors of sport drop-out, and other avoidance behaviors.

- Performance Sabotage [“Self-Handicapping Behavior”] – sabotage competitive performance [ie. pretend to trip and fall during a running race]
- Other Enhancement—give a competitor an advantage by creating an external inhibitory factor on performance.
- Cognitive Other Enhancement—develop a perception in one’s own mind that a competitor has an advantage.
- Avoidance Behavior – avoid placing oneself in competitive situations, drop out of sport competitions when failure is perceived to be eminent, avoidance of “risk taking” situations

### **Major Mechanism Of Fear Of Failure -----**

-- Fear of evaluation by parent, coach, and/or significant others caused by past intensity, frequency, and consistency of criticism and punishment which increases the expectation of negative evaluation.

A high intensity, frequency, and consistency of negative statements experienced early on from parents/coaches creates elevated levels of fear of being evaluated by authority figures and peers, creates lowered expectations of self, encourages avoidance behaviors, as well as self sabotage and self-handicapping behaviors that are engaged in to provide an excuse for failure.

### **Un-Learning What You Have Learned -----**

The achievement oriented experiences in life you have had, everything that you have been told about yourself, to yourself in relation to those experiences, form a collection of cognitive information stored in memory within the brain cells in areas such as the hippocampus and cerebellum. Neurologically, this information is used to collectively form a self-image. Cognitively, the self-image is in part, what you believe you can achieve, thus these self-beliefs can direct behavior. Environment during childhood and adolescence has an enormous impact on the level of one’s Fear of Failure. Environments that negatively impacts achievement oriented behaviors are characterized by constant criticism and negative evaluations, and an overly high value placed on competitiveness. The runner must become aware of the “hypnosis of social conditioning” that he/she has experienced by identifying and re-evaluating the validity of past contributors to current levels of Fear Of Failure.

As children and teenagers, we were products of how we were treated in performance oriented situations. How we were treated affects how we see ourselves, which affects our perceptions of sport competence, self-efficacy, etc, in performance oriented situations. Now as adults, the objective of cerebral training is to identify problems caused by one’s prior environment, and to take on the responsibility to engage in healing, and to remove potential limitations on future growth.

-- Identify past performance oriented situations and negative evaluations from coaches, parents, friends, etc. Use visualizations sessions and group sharing sessions for each of the development years 1-4, 5-13, 14-19, 20-present, focusing on self-beliefs that were generated by experiences and exposures to parents, relatives, siblings, coaches, teachers, friends, ect...

Brain optimizes sport performance. Applied Sport Psychology empowers the runner with the knowledge specific to mastery of personal achievement, and leads to mastery of the skills of cerebral functioning. Cerebral training elevates cerebral fitness. Training the brain leads to complete access to personal power, and thus Self-Mastery....the key to the door of optimal sport performance.

---

“Fear of failure (FOF) is a construct that has been determined to result from an acceptance of social norms.....”

“Further analysis revealed no significant differences in FOF as a function of athletic status, level of athletic competition, or sport.”

N. NiiLampti.....2000

An Assessment Of Fear Of Failure As Related To Gender, Athletic Participation, Level Of Athletic Competition, And Sport Type.

University Of Oregon Microform Publications....2000

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“..... the motive to avoid failure was socially learned.....” “.....this learning most likely took place between the ages of 5 and 9 years.”

D.E. Conroy.....May 2001

Fear of failure: An Exemplar For Social Development Research In Sport.

Quest.....Volume 53 # 2.....May 2001.....page 165

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“Warnings have been sounded about the potential dangers associated with FF in sport academic settings, and even business environments. “

“Students with FF are more likely to adopt avoidance achievement goals. Avoidance goal orientations mediate outcomes such as decreased satisfaction with academic progress, decreased subjective well-being (e.g., self-esteem, personal control, vitality, and life satisfaction), increased physical symptom reports, decreased intrinsic motivation, and decreased grades.”

“Athletes attribute ergogenic drug abuse to FF.” “FF also is a documented source of athletic stress, a reason for burnout and turnover among sports officials, and a reason for youth sport dropout.”

D.E. Conroy.....May 2001

Fear of failure: An Exemplar For Social Development Research In Sport.

Quest.....Volume 53 # 2.....May 2001.....page 165

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## **The American Mind Game Of Drug Use**

When is a drug, not a drug.....when the majority use it.

The drugs of choice of “**drug free**” Americans;

-- Caffeine

-- Alcohol

-- Ephedrine

".....soft drink manufactures' justification to regulatory agencies and the public for adding caffeine to soft drinks is that caffeine is a flavoring agent."

"It is valuable for the general public, medical community, and regulatory agencies to recognize that the high rates of consumption of caffeinated soft drinks more likely reflect the mood-altering and physical dependence-producing effects of caffeine as a central nervous system-active drug than its subtle effects as a flavoring agent."

R.Griffiths, E.M. Vernotica  
Johns Hopkins University School Of Medicine

Archives Of Family Medicine  
Volume 9....2000....pages 727-734

# Depression

## Levels Of Depression

- Disappointment = defeat of expectations, hopes, desires
- Discouragement
- Despondent
- Despair
- Depression

Take all of your major negative life events and turn them into the mass of minor reasons why you have succeeded, rather than into a few major excuses why you have failed.

Depression causes you to **center** your thoughts, choices, and behaviors **on your circumstances, problems, and difficulties**. Investing energy into wounds of the past, people send their energy back in time to their wound. People get into their hurt instead on into their power. Forgiveness empowers you to detach so you can get your energy back. People may use their wounds to sabotage their healing. Fear of changes or fear of the rapidity of change can lead to avoidance behaviors. You become limited by your “comfort zone”.....engaging in avoidance and sabotage behaviors geared toward maintaining boundaries and slowing change.

Fill yourself, not with things, people, or substances, but with the shameless pursuit of self-change, improvement, and growth. The mechanisms of Depression run directly opposite to the mechanisms of Personal Growth. Thus the process of moving out of depression are consistent with ways of production personal growth. Improving yourself provides more things about yourself for you to value and hold in high esteem. Self-Change is the conscious and intentional pursuit of self-improvement.

**Program yourself to engage in self-developing behaviors** that are good for building up yourself and others. Hold yourself to behaviors that build and reinforce your own level of competence and trustworthiness.

---

The Way out of depression is through learning how to command your thoughts.

“.....be transformed by the renewing of the mind” [New testament].

Control your mind and obsessive thoughts with the word of God.....by doing good **works**. Take action on **doing things** to help/serve others.

“Commit thy work unto the lord, and thy thoughts shall be established.” [proverbs]

“Do good works.” “Be ones willing to share.” “Take the lead in showing honor to one another.”

“Seek and ye shall find ways” to engage in service and to show love. “He that seeketh, findeth.”

“Seek ye first the kingdom of God and all these things shall be added unto you.”

“If any man will do his will, he shall know the doctrine.”

# Depression

Usually the result of having a pre-existing relatively sustained stressful state....piled onto by a significant drama or trauma event or series of events that overwhelm one's ability to adapt. The significant drama or trauma event or series of events tend to be outside of one's control and/or influence.

This process results in high levels of brain cell activity and thus high levels of brain cell nutrient depletion on top of high levels of stress hormone production that create lowered levels of brain substances that regenerate brain cells. This cascade of events results in what we call depression. The life events result in internal brain cell events, that result in a set of deficits in brain cell repair and function. Those physiological deficits in brain cell repair and function usually go unaddressed. It's best to address them.

We're fortunate to live in an era where we have enough research behind us to know how to do that without adding more health issues than you started with [ie. without anti-depressant drugs or endless counseling sessions that go no where].

**--- We know what psychological therapy works best to address the initiating drama and trauma event[s].**

**--- We know what activities are required to reduce stress hormone levels and reverse its effects**

**--- We know what nutrients brain cells have depleted and must be provided for return to normal functioning.**

As described above, depression is a mind-body issue, thus it is best addressed via mind-body medicine. And as described above, depression is a brain cell nutrient depletion issue, thus it is best addressed via nutrition medicine. Therefore, as one can see, anti-depressant drugs have no place in reversing depression.

## **Reversing Depression via addressing the mechanisms of causation.....**

--- The psychological issues are best addressed with something called Cognitive Behavioral Therapy [CBT]. The majority of psychologists in the United States -don't- practice it. Find someone who does, stay away from those that don't. Sessions by phone are a possibility if no one in your area practices CBT.

--- The elevated stress hormone levels, best addressed with autogenic relaxation sessions, or meditation session, or simple eyes closed down-time during the day to sit or lay down for a few minutes, napping, etc. Jacuzzi or hot baths for 10 minutes 2 - 3 days a week, and short duration exercise.

--- The brain cell nutrient depletion is best addressed by supplying these nutrients....essential fatty acids, polysaccharides [plant sugars], nucleotides [ribose], resveratrol [low dose], phos-pha-ti-dyl-serine, vitamin D3, magnesium, zinc, probiotics, and alkaline foods.

## **Find a practitioner of Cognitive Behavioral Therapy [CBT].....**

National Association Of Cognitive Behavioral Therapy [CBT]  
<http://nacbt.org/searchfortherapists.aspx>

Online counseling in Cognitive Behavioral Therapy  
<http://www.onlinecbtcounseling.com/default.aspx>

## **Stress hormone reduction and brain cell regeneration activities.....**

Psychological stress generally gets manifested in the body in the form of elevated stress hormone (cortisol) levels, reduced brain substances that repair and regenerate brain cells [neurotrophin], as well as elevated adrenaline (epinephrine). Cortisol down-regulates receptors in the brain for the neurotransmitter called serotonin, which results in significant effects on mood and behavior (ie. depression, irritability). Autogenic relaxation and meditation have positive, cortisol reducing effects.

Auto-genic Relaxation ----

Auto-genics affects people directly through the brain, the principal regulator of all body systems. The brain can put into practice the verbal instructions and imagined feelings oriented toward the operation of internal organ systems, such as blood flow, heart rate, nervous system relaxation, etc..

Purpose.....increase nerve/muscle blood flow, oxygenation, and reduction of brain & peripheral nervous system activity in order to promote recovery of nerve/muscle functions, and to facilitate immune system functions related to recovery and adaptation.

Duration.....5 - 10 minutes.

Autogenic Relaxation: Stage 1 ---

Oxygenation.....lie down on back place one hand on stomach feel stomach rise during inhalation prior to rise of chest

Autogenic Relaxation: Stage 2 ---

Brain Activity Reduction.....close eyes let go of cognitions related to daily activities, etc. repeat affirmations several times I am calming down I am resting every cell in my body is resting I'm feeling better and better my forehead feels cool and relaxed

Autogenic Relaxation: Stage 3 ---

Peripheral Nervous System Activity Reduction & Blood Flow Increase.....create warmth and heaviness in limbs and torso by repeating and feeling the following affirmations....."my hands and arms are becoming warmer and heavier"....."my feet and legs are becoming warmer and heavier"....."I feel calm and relaxed my stomach and chest are feeling warmer and warmer"....."I feel more and more relaxed."

Eyes Closed rest time -----

Purpose.....reduce total daily stress on brain by providing "Down-time", to split up the day.

Duration.....5 - 30 minutes.

Preferably laying down, eyes closed bed rest, but you can do it seated if you're at work or out and about away from home.

Napping -----

Purpose.....reduce total daily stress on brain by providing "Down-time", to split up the awake time during the day.

Duration.....15 - 30 minutes.

Jacuzzi/Hot Whirlpool/Hot Bath -----

Purpose.....increase production of substances [nerve growth factor, brain derived growth factor, growth hormone] in brain and body that aid cell repair and regeneration.

Duration.....10 - 15 minutes.....Temperature = 98 -105 degrees

Short Duration Exercise -----

Purpose.....stimulate production of brain cell substances [neurotrophin, nerve growth factor, etc] that aid brain cell regeneration.

Duration.....2 - 3 days each week of 15 - 20 minutes running or fast walking. The running should have 3 or 4 periodic surges in pace held for a half-minute to a minute.

Short Duration Exercise -----

Purpose.....stimulate production of brain cell substances [neurotrophin, nerve growth factor, etc] that aid brain cell regeneration

1 - 2 days each week of lifting weights. One set of 4 or 5 repetitions of a partial squat-down, calf raise, bench press, arm curl, pull up.

## **Brain cell nutrients to supply.....**

--- essential fatty acids

Ultimate Omega [liquid] by Nordic Naturals

--- polysaccharides [plant sugars]

Aloe Juice [Inner Fillet] by Lily Of The Desert

--- nucleotides [ribose]

Ribose by Jarrow Formulas

--- resveratrol [low dose]

Longevinex

--- phos-pha-ti-dyl-serine

Source Naturals 500mg

--- vitamin D3

Jarrow Formulas, each capsule = 5000IU

--- magnesium

Tri-magnesium by Integrative Therapeutics

--- zinc

Zinc Balance by Jarrow Formulas

--- probiotics

Dr. Ohhira's Probiotics 12 Plus

--- alkaline foods

Its best to combine these 4 in one meal, as a meal by themselves, on several days each week.

Unheated, eaten raw, cut into relatively small sizes.....

broccoli florets, carrot, tomato, cucumber

# Autogenic Relaxation

## **Mind-body Connections**

Things you can use to your advantage in life, business, sport, etc, etc.

From slowing cellular aging and reducing likelihood of heart attack...to improving workout recovery and adaptations to training in athletes and weekend warriors.

Can improve everything from worker productivity on the job, to student learning in the classroom, to child and toddler behavior and brain development, to stay-at-home mom stress reduction in the household.

If you have a brain and nervous system, mind-body connections are your friends.

I first began using Autogenic relaxation sometime in the early 1980's. As a coach of distance runners I began teaching it to my athletes in the mid-1980's to help both in sport and in their academics, test preparation, etc. Many of them still use it today in daily lives as do I.

## **Autogenic Relaxation**

Auto-genics works directly through the brain, the principal regulator of all body systems. The brain can put into practice, verbal instructions and imagined feelings oriented toward operation of internal organ systems such as blood flow, heart rate, nervous system relaxation, etc.

## **Purpose**

-- reduce brain and peripheral nervous system activity, reduce stress hormone [cortisol] levels and/or effects, increase blood flow and oxygenation, increase or normalize levels of substances and growth factors [nerve growth factors, neuro-trophic factors, anabolic hormones, etc] that promote regeneration and recovery functions in brain, nerve, immune system, and muscle.

## **Duration**

-- 20 seconds to 20 minutes

### **Autogenic Relaxation: Stage 1**

-- Oxygenation [diaphragmatic breathing].....lay on floor or sit, place one hand on stomach. During inhale, make your stomach rise prior to your chest rising.

### **Autogenic Relaxation: Stage 2**

-- Brain and nervous system activity reduction.....close your eyes, let go of thoughts related to daily activities. Repeat affirmations several times...."This is my down-time, I am calming and quieting all cells of my body. I am resting."

### **Autogenic Relaxation: Stage 3**

-- Blood flow.....create relaxation, warmth and heaviness in limbs and torso. Repeat the affirmations....."my hands and arms are becoming warmer and heavier. My feet and legs are becoming warmer and heavier. My chest and torso is becoming warmer and heavier. I am feeling more and more quiet, calm, and relaxed."

# Eyes closed bed-rest [and/or Napping]

Laying down on a bed, floor, ground and close your eyes.

## **Purpose**

Split-up the amount of "up-time" and/or awake-time on a given day by inserting some down-time. Reduce the cumulative total amount of daily activity and stress loads on brain, nervous system, and immune system.

## **Duration**

-- 10 minutes to 2 hours

# Hot Jacuzzi or hot bath

Sit in a hot Jacuzzi or bath tub.

## **Purpose**

-- Provide temperature and relaxation related stimuli for production of growth and regeneration oriented substances in the brain and body [nerve growth factor, growth hormone, etc]. Increase blood flow and oxygenation in order to promote regeneration and recovery functions in brain, nerve, immune system, and muscle.

## **Temperature**

F = 98 - 105 degrees

C = 37 - 40

## **Duration**

-- 5 to 10 minutes

**Access to information and the ability to apply it** is the major mechanism of success in human performance in track & field, in medicine, in health and wellness. As you continue to acquire and apply more information you continue **to expand the area of what is possible**.

To be a good track coach one must -first- be a good physiologist.

To be a good medical doctor one must -first- be a good physiologist.

To be a good physiologist one must -first- be willing to.....

-- put data ahead of dogma

-- put science ahead of indoctrinated tradition

-- put logic and reason ahead of faulty assumptions

-- put mechanisms ahead of correlations and "risk factors"

-- put critical thinking and clinical reasoning ahead of memorized "if-then" statements

-- aggressively keep up with, read, and apply large amounts of published research

-- accept outcomes as the judge and jury of your work

When you experience the loss of a friend/spouse/family member, or the loss of a relationship, friendship, or marriage.....grant yourself permission to use a set in stone, 30-day period to focus on the feelings of pain, hurt, frustration, and fear.

After the 30-days, intentionally move on to the first of many days of focusing on the actions and behaviors of growth, letting go of what happened, healing, and focusing on the use of your inner-strength.

# The PHYSICS of Human Behavior

- For each of your actions, there is an opposite and equal reaction.
- You reap what you sow.
- If you sow sparingly, so sparingly shall you reap
- You get what you give. The more you give, the more you get
- You receive from the world what you give to the world Gary Zukav
- Give, and it shall be given unto you. A good measure, pressed down, shaken and running over Luke
- Your internal life, determines your external life
- You can have no control over things outside yourself, until you take control over things inside yourself
- What goes around, comes around (what you send around, comes back to you)
- I went out to find a friend, But could not find one there; I went out to be a friend, and friends were everywhere Anon
- Defend your emotional wounds and injuries, not by hurting others, but by healing yourself
- The most powerful people in this world, are not those who have power over others, but those who have mastery over themselves

“Of all the trails in this life, there is one that matters most. It is the trail of a true human being. I think you are on this trail, and it is good to see.”

[Kicking Bird, from the movie “Dances With Wolves”]

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“A man’s true wealth  
is the good he does  
in the world.”

[Muhammad]

“We must be the change  
we wish to see  
in the world.”

[Gandhi]

# The Fear Of Death

You are energy. Your body is a vehicle for that energy. Energy can neither be created nor destroyed. This follows the basic law of physics which states that energy [you] can neither be created, nor destroyed, it can only transition from one form of energy to another. That energy, you, transitions from one life to whatever is next.

[Marshall Burt]

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“It goes on from one time to another.  
Nothing dies, that was ever something.”

[Quai Chang Kain....Kung Fu....TV show 1960's]

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“A man who knows how to live, need not fear death. He can walk without fear of rhino or tiger. He will not be wounded in battle.

“In him, the rhino can find no place to thrust his horn. The tiger, no place to use his claws, and weapons, no place to pierce.”

“Because a man who knows how to live, has no place for death to enter.”

[Master Po.....Kung Fu....TV show 1960's]



# TheETG Exercise Program

Begin this exercise program at where-ever your fitness level happens to be today, progress from there!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout #1		Workout #2		Workout #3		

Tuesdays/Thursdays/Saturdays = walk 100 yards, jog 100 yards. Do 8 repetitions of this, walking faster and jogging faster as you go.

## Workout #1 = Fast walk or run up a large hill

The distance.....1/2 mile split into uphill repetitions of 100 yards to 200 yards in length.

Where.....a very- large hill

The workout.....run or walk uphill at a pace that is fast for you. At the top of the hill, do a slow walk rest period to the bottom of the hill.

## Workout #2 = Strength Day & Stretch Day

**Strength Day**.....start conservatively in weight you lift in each exercise.

Progress over time to working with weights you can't lift more than 6 repetitions.

For all exercises do 4 repetitions.

jump exercise.....stand on a stool, stair, bench, etc....jump down from that height to the floor, then immediately jump up in the air.

strength exercise.....do a squat [go no more than one-quarter of the way down]

strength exercise.....do a calf raise

strength exercise.....do a arm curl [hold a weight in your hand, curl it upward toward your shoulder]

strength exercise.....do one-leg jumping [lift one leg off the ground, then jump up.....or jump onto a small box, stair,etc]

strength exercise.....do a pull-up [go up as far as you can. Over time as you get stronger, go up further until you can get all the way up.

strength exercise.....do a wall handstand [push-up in a hand-stand position]

[put your back to a wall, put your hands on the floor and walk your feet up the wall, then do a push-ups. Over time as you get stronger, walk your feet further up the wall. When you can go close to vertical, turn around facing the wall, use the wall as a backstop and do a pushup in the full hand-stand position]

### Stretch Day

pictures of the stretches.....see the next page

Hold each stretch.....for 4 minutes

The stretches.....hip flexor muscles, hamstrings muscles, calf muscles

## Workout #3 = Fast walk or run on a track

The distance.....1 mile split into 4 repetitions of 1/4 mile [400 meters], 1 lap of the track in length.

Where.....on a track [perhaps at a high school or middle school track in your area]

The workout.....walk or run at a pace that is fast for you. Take lots of rest in between each.

### Optional Supplement Exercises a couple days each week

#### 1 ---- Repetitive motion exercise for the neck

-- start with your head in a level position

-- motion = tilt the head back to look straight up at the ceiling, then return to being level

-- do 20 repetitions of that tilting your head back to look at the ceiling

#### 2 ---- Retraction of shoulder girdle

-- start with your arms straight and out in front of you, elbows locked

-- motion = pull your shoulders back, then return

-- do 20 repetitions of that pulling your shoulders back

#### 3 ---- Floor press-ups

-- start with laying face down on the floor, hands under your shoulders like a "push-up" position

-- motion = push --only-- your chest off the floor, then return to the ground

-- do 20 repetitions of that pushing your chest off the floor

## So called "performance enhancing drugs" are prescription drugs.

### Some examples of the effectiveness of prescription drugs in sport.....

"The drug erythropoietin, often called EPO.....a new systemic review of existing research reveals that there is no scientific evidence that it does enhance performance, but there is evidence that using it in sport could place a user's health and life at risk."  
EPO [erythropoietin] doping in elite cycling: No evidence of benefit, but risk of harm  
Science Daily.....December 5, 2012.

"....there is no scientific basis from which to conclude that rHuEPO has performance-enhancing properties in elite cyclists. ""The use of rHuEPO in cycling is rife but scientifically unsupported by evidence, and its use in sports is medical malpractice."  
J.A.Heuberger, et al  
Erythropoietin doping in cycling: lack of evidence for efficacy and a negative risk-benefit.  
British Journal Of Clinical Pharmacology.....Volume 75 #6....June 2013...page 1406

"The over-exaggeration of the effects of growth hormone in muscle building is effectively promoting its abuse...."  
"....there is the question of disinformation on rhGH....Part of this problem may, paradoxically, derive from the anti-doping authorities themselves. By ignoring the evidence the rhGH does not work in normal healthy subjects, the athletic establishment could be accused of effectively promoting its use."  
"We must tell athletes the truth: growth hormone does not 'work' or at least not as they think it does and that its is associated with all kinds of immediate and long term hazards----everything from decreased performance to cancer."  
"....none of us scientists, doctors, coaches, or sports bodies should continue to suggest that this dangerous doping practice works."  
M.J. Rennie  
British Journal Of Sports Medicine.....Volume 37 #2....April 2003...pages 100-103

"**Testosterone prohormones** such as androstenedione, androstanediol, and dehydroepiandrosterone (DHEA) have been heavily marketed as testosterone-enhancing and muscle-building nutritional supplements for the past decade."  
"Contrary to marketing claims, research to date indicates that the use of prohormone nutritional supplements (DHEA, androstenedione, androstanediol, and other steroid hormone supplements) does not produce either anabolic or ergogenic effects in men. Moreover, the use of prohormone nutritional supplements may raise the risk for negative health consequences."  
G.A.Brown, et al  
Testosterone Prohormone Supplements.  
Medicine & Science in Sports & Exercise.....Volume 38 #8....August 2006.....pg 1367-1537

## So called "performance enhancing drugs" are prescription drugs.

### Some examples of the effectiveness of prescription drugs in American medicine & health care.....

"Most drugs are only effective for a small percentage of people who take them."  
Michael Leavitt [U.S. Secretary of Health & Human Services 2005 - 2009]

".....the benefits that US health care currently deliver may not outweigh the aggregate health harm it imparts."  
Journal Of The American Medical Association.....Volume 302 #1..July 1, 2009...page 89 - 91

"It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States."  
[Centers For Disease Control....2015]

"106,000 deaths/year from non-error, adverse effects of medications"  
B. Starfield  
Is US Health Really the Best in the World  
Journal of The American Medical Association.....Volume 284 #4....July 26, 2000....page 483 - 485

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."  
Nature Medicine.....Volume 12 #9....September 2006.....pg 984 - 985....News In Brief

Pursue becoming a

Master Of  
Sport