



CENTER FOR TRUE HEALTH

Backward Spin Technique

The Backward Spin is a great way to interrupt a negative pattern. It's interesting how emotions have to be felt in the body. This technique puts you in control of that fear, anxiety, or other negative emotion.

Example: When somebody startles you, there's an immediate sense of fear, some kind of kinesthetic feeling, maybe in your stomach, usually it goes up or down, but usually it goes up and then out and it's over. But with something like a phobia or anxiety, it goes up but doesn't go out, it has to find some way to get back to the beginning to start itself over and keep going.

- Notice which way the fear, anxiety, or other negative emotion is spinning
- Now imagine taking it out of your body, putting it out in front of you
- Reverse the spin
- Bring it back in
- You're changing the way your mind/body recorded that negative emotion
- Add inappropriate laughter, because laughter comes from the unconscious. This messes with the hormones/chemicals in the body.
 - Think about the last time you had inappropriate laughter, you knew you shouldn't laugh but you just couldn't help it

- You can also do with good feelings (confidence or love, etc.). Spin the good feeling to enhance it.
 - Can add color, warmth, etc.
- You can do this for pain management. Go to a place in the body where it's feeling good, maybe your big toe.
 - Start that good feeling swirling down by your toe and move it through your body to where you need it the most.