



'Harmony Life Balance' 'Ok' Technique

'OK Technique' (Left to Right Technique)

- **'Awareness'** - become aware of the initial feeling, thought or response.
- **'Acknowledgement'** - Imagine the situation at hand external to you. See the situation/thought/worry to the left-hand side of you, as if it's a person or bubble of energy.
- **'Acceptance'** - Speak to the situation/thought/worry like a person, your best friend. Don't turn it away or get angry with it. Accept it is there.
- **'Address'** - Address it with ... "OK' I am aware that you are there. Thank you for reminding me.' This allows you to perceive the situation/thought/worry external to you, from a different perspective, stepping back from it, so to speak.
- **'Refocus'** - 'Thank you for reminding me that I can use this situation/thought/worry as a direction for change, considering a new response and new outlook, thus bringing in the new perspective.'
- **'Choice'** - 'I am aware that you ('you' because you are talking to that part of 'you' to the left) have been responding this way, but I am now choosing to focus over here.'
- **'New Direction'** - redirect to the right-hand side of you with new perspective.

This may seem long winded, but it isn't. It can be done in a split second. Let me give you an example of how to address an anxiety response to make it easier to understand. Remember the 'you (anxious)' is the anxious part of you that you have removed to have a chat with. 'I' is you talking to 'you' the anxious part of you.

'OK', 'I' have become aware of feeling anxious (**Awareness** and **Acknowledgement**. See 'anxious you' on your left-hand side).

'OK', 'I' accept this is how 'you (anxious)' feel right now (**Acceptance**).

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'OK', 'I' am aware that 'you (anxious)' are there, thank 'you (anxious)' for reminding me of this response (Address).

'OK', 'we ('you' and 'I' together)' can use this feeling of adversity to create the change. Consider the new perspective option. (Refocus).

'OK', 'you (anxious)' know you have a choice in any moment of how to respond - YES.

'You (anxious)' understand that all this has come from old thoughts and experiences which are in the past - YES.

Do 'you (anxious)' need to hold onto the past? - NO.

Are 'you (anxious)' going to allow this feeling to affect our future? - NO.

The past can't be changed, but 'you (anxious)' know you can affect the future by thinking and responding differently right NOW! - YES.

This response does not benefit 'us ('you' and 'I' together)', so are 'you (anxious)' willing to come over here with 'me (I)' in this new choice of thought and response? - YES.

All the worry in the world won't change this anxiousness - I KNOW.

This anxiousness is being created by 'you (anxious)' through your thoughts - YES.

You have the power to change this right NOW! - YES. (Choice).

'OK', let's look at this anxiousness this way over here (see the new perspective on right-hand side of you). We ('you' and 'I' together) can create an understanding that we see things more clearly from a place of calm. Even though this is an anxious time, we can choose to see it from a new place, considering different approaches. Adversity strengthens us, so why don't we venture over here to the right and use it to empower us from this moment? (Refocus - New Perspective).

This 'OK' technique can be utilised with any thought or response you wish to change. Experiment with it, play around with it, make it your own. Remembering that a thought or response can be addressed within seconds. You are only one thought away from calmness and one thought away from anxiousness. It's your choice!

(Taken from Chapter 16 'It's OK' - 'From Fear To Freedom' By Michelle Townsend 2024)

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