



## TIME LINE THERAPY

### 'Getting over it' has never been so timely - or so simple

Ever been told to just "get over it"? That you're making a mountain out of a mole hill? That you're too emotional? Too negative? Living in the past? And while you may have agreed with the comments, you may not have been able to suddenly detach from painful memories and emotions. **Now you can.**

It no longer takes years of intense therapy and soul searching to free yourself from the past. Time Line Therapy™ Techniques help you let go of any emotions or decisions that are holding you back often in a single session. How?

The situations that seem to repeat themselves over and over are simply a result of your belief system and behavioural patterns. When you were young, you may have been very impressionable. You watched. You listened. And you learnt how to survive in your world.

From those lessons, it's possible that you began to make decisions that protected you at that time. You may have taken comments made to you as the truth, or considered it safer not to question those in authority. So, to stay emotionally and perhaps physically safe, you might have decided that you were not capable; or that you didn't deserve; or that you'd never amount to much; or that you were irresponsible. You might also have attached felt negative emotions to that initial event. For example, you may have felt guilty, ashamed or frightened.

As you grew up and experienced more of life, you probably encountered situations that evoked that same negative emotional response or unfolded in a way that supported the limiting decision you made. Eventually, those negative emotions and behaviours became automatic; and seemingly impossible to change.

Yet they aren't 'just the way you are'. You can change them; simply, easily and quickly by reframing your interpretation of the first time you felt a particular negative emotion or made a decision that now limits your potential. Time Line Therapy™ techniques allow you to do this by tapping into that very first situation



and looking at the positive lessons you could have learnt. By altering your view of that very first event, you're giving yourself the freedom to respond differently in the future.

It's about validating your feelings around hurtful events and not necessarily about making peace with the person that hurt you. It's about eliminating the negative emotions and beliefs that are holding you back in your present - and your future. You'll still remember the situations that caused you the pain; you simply won't experience a negative emotional reaction to them.

You can **remove negative emotions** so that you:

- ✓ Take the positive learnings from past hurtful events
- ✓ Respond rather than react
- ✓ Make logical rather than purely emotional decisions
- ✓ Engage without over-reacting or fighting to control emotions
- ✓ Bring the positive learnings into your present and future

You can **understand and eliminate limiting decisions** so you can:

- ✓ Wipe your decision slate clean
- ✓ Expand your personal and professional horizons
- ✓ Begin to see real possibilities for your life
- ✓ Remove the barriers to your success and fulfillment

You can **create a new reality** and:

- ✓ Set goals in a way that maximizes your chance of success
- ✓ Learn how to really appreciate your achievements
- ✓ See the future you want and know that you have every resource you need to make it a reality

Time Line Therapy™ techniques can help you learn positive lessons from difficult past situations. You can eliminate any decisions that limit your potential. And you can create the future you've always dreamt of. Is now the time for you?

Email us at [carolfox@lifepformance.com.au](mailto:carolfox@lifepformance.com.au)

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