

Finding

Freedom From Anxiety

about

Neurological Disease



Background

I live at risk for Huntington's Disease. My mom has it.

My father's father died from complications of dementia. My aunt now has dementia.

It would seem like the most natural thing in the world for me to have anxiety about neurological diseases and the health of my brain. But I don't.

Why?

Because of the thoughts I think about it.

I know this sounds simplistic, but it is everything.

What if changing your emotional relationship with neurological disease (whether Alzheimer's, Huntington's, Parkinson's, ALS, etc.) just came down to your thoughts?

It does, and you can change it.

Instructions on how to use this workbook:

At the back of this workbook you'll find a summary of questions to ask and lined pages to write your answers in. Please read through steps one through five to familiarize yourself, and then do the work.





Recognize your current thinking

How you currently think about neurological disease, or anything in your life for that matter, comes from your conditioned mind. Your conditioned mind is made up of all the thoughts you have been taught to think (whether knowingly or subliminally), from the time you were little, up until this moment.

TO SEE THESE THOUGHTS, ASK YOURSELF THE FOLLOWING QUESTION:

What do I think about (name the neurological disease)?

Write the answers down. Don't skip this step.

Take pen to paper, or type it out on a computer, but allow those thoughts to come out in physical form by writing them down. Don't censor yourself, allow all thoughts that come up to be written down, even if they surprise you or feel negative.

While doing this exercise, you'll notice emotion start to kick up in your body. Emotion means energy in motion. That's all that is happening. There's no need to fear it.

Emotion is part of how your biological machine works, and is key to changing the way you think about neurological disease.





Examine the goods

Once you've written all the thoughts that come up, examine them. Those are the thoughts that you harbor in your subconscious mind.*

NOW ASK YOURSELF THIS QUESTION:

Are these thoughts serving me?

If you're not sure, approach asking the question from this perspective: if you were presented with the opportunity to change any of these thoughts, would you? Is the overarching theme of your thoughts negative and disempowering, and if it were possible to turn that around, would you?

***Sidenote:** It's important to recognize that there is nothing "wrong" with these thoughts. They weren't planted in your brain by a mad scientist with the goal of making your life miserable. Your brain latched onto them because it deduced that they were important for your survival. But you don't have to live by the thoughts of your parents, doctors, friends, colleagues, or society. If these thoughts aren't creating an incredible life experience for you, why use them?





Define how you want to feel

Feeling, or emotion, is almost completely driven by our thinking.

When our senses (sight, sound, taste, touch, smell) perceive something, we immediately have a thought about it, generated by our subconscious mind.

Once a thought pattern is activated, a signal is sent to a gland in your brain called the pituitary, and a chemical cocktail is released into your bloodstream. Your cells pick up on these chemicals, including your nerve cells, and you experience an emotion, or feeling.

If you're feeling anxiety about neurological disease, the thoughts you are thinking about it are triggering a cascade of chemicals that could be a mixture of fear, grief or sadness, and anger. But here's where we get to have some control. By realizing the on/off switch to emotion is thought, if we change thoughts, we change feelings.

ASK YOURSELF ANOTHER QUESTION:

If I could feel however I wanted about neurological disease, how would I want to feel? (This is assuming you'd like to change the way you feel about it.)

Would it be peaceful? Empowered? Grateful? (I know that last one is a stretch, but you have the skill inside you to make that happen if you want to. Mindset is key.)



4 Find a new thought

This can be the hardest part of the process. Finding a different thought to think, especially one new to your brain about neurological disease, can be a challenge.

Your mind and body have a defined set point (just like a thermostat) regarding how you think and feel about ND. It's used to the old way of doing things.

But taking the time to find this new thought, and practice it, can be life changing.

It can mean the difference between feeling a constant sense of anxiety about something, or feeling peaceful, empowered, or even just fine.

If at this point you're thinking it's irresponsible to feel peaceful about something like neurological disease, let me argue this:

Emotion creates action in the human body. It is the power that animates us. A lot of this happens under the radar, but it is constantly happening.

Think of the actions that come out of anxiety, as opposed to the actions that come out of peace.





Find a new thought (cont.)

Anxiety typically produces avoidance. You desperately want to feel better, so you might distract yourself with television, eating, drinking, sleeping; not very productive things, but things that provide momentary belief.

Now imagine feeling peaceful about neurological disease. What would you be capable of if you weren't driven to avoid it?

Would you visit your loved one more often? Would you get involved in research? Would your behaviors become more supportive of both your health, and the health of others?

Perhaps "peace" isn't the emotion that would drive these actions for you, but guaranteed there is some emotion that would.

You just have to define it, and then find the thought to create it.





Practice thinking the thought

Once you've found that thought that has the possibility to create a different emotion, you must put it into practice.

This thought isn't just going to think itself, at least not yet.

You know what thought will think itself? The old one. So, it's your job to keep the new thought top of mind.

How do you do this? Well, how do you remind yourself to do anything else?

Make appointments to think it.

Write it on Post-It notes. Place them in visible places where you will be reminded of this new thought.

Tell others you're trying on this new thought to see if you can relieve some anxiety you're having.

In quiet moments, close your eyes and say this thought to yourself a few times. See if you can generate the emotion you attached to that thought in your body.



In Conclusion

Stay persistent about the new thought.

Your conditioned mind will try its hardest to pull you back into your well-worn thought patterns. It wants to do this for one reason only: it's easier to think the old thought because you've done it so many times. Just like it's easier to brush your teeth or eat with the hand you always use, because you've done it so many times.

But you can open up an entirely new world of thinking about neurological disease, one that isn't ruled every single moment by anxiety.

I know this because I now live in this world, and I am not a unicorn my friend. I'm a regular person, living at risk for neurological disease, caring for people living with neurological disease. If I can do it, so can you.

Now use the following pages to do the work and change your thinking.



What do I think about (Alzheimer's, Parkinson's, etc.)?

Are these thoughts serving me? Why or why not?



If I could feel however I wanted about neurological disease, how would I want to feel, and why?

What can I think that will create the feeling I want?

Now practice this thought daily.



Work With Me

If you're having any difficulty with utilizing this workbook, or you've made a discovery and want to explore things further, I would be honored to help.

Join me for a free mini session!

To schedule you can:

Email: sarah@braincleanupcoach.com

Call: 208-315-6333

Self Schedule: <https://braincleanupcoach.as.me/>

Find Me Online

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