

A Psychological Exercise To Help Get Troubles 'OFF' People's Minds

As said in the title here are a few instructions on how to help people get troublesome thoughts/events 'OFF' their Mind:-

Exercise:-

- 1) Ask your friend to think of and speak out any event they'd like to get 'OFF' their Mind.
- 2) In reply to what they say just say 'Yes' or 'Ok' and your friend will have that event 'OFF' their Mind for good.

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