

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 health problem or 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 health problem or event 'OFF' their Mind for good.

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