

How To Get Troubles And Upsets Off Your Mind

If you're having difficulty/feeling down, via any particular word or name, here for you is a minor psychological technique of getting it Off Your Mind, making you a lot more at ease.

Exercise:-

1. With a felt pen (not biro) write down on a piece of paper the word or name you'd most like to get Off Your Mind.
2. Put this piece of paper in a bowl you've filled with water

By leaving this for up to an hour or two (looking at it every so often) the water will dissolve via the piece of paper gradually removing what you've wrote with a felt pen on it; and therefore, from the moment the word or name is totally removed, get it fully off your mind.

I wish you best of luck in getting problems off your mind.

To get lots of different health problems **off your mind** I'd recommend you getting the unnatural/inexplicit word '**Doctor**' off your mind, using this technique too. Because as I've put in another article on this website this word staying stuck on people's minds makes all 'Health Problems', mentioned to one of these, uncomfortably thought of a lot more often.

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