

# Pivoting

A quick way to turn negative emotional reactions into positive energy

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The basic process – a demonstration

Step one for you:

Recollect  
a recent example  
of a negative emotional reaction to a situation.

# Pivoting

A quick way to turn negative emotional reactions into positive energy

The basic process – a demonstration

Observation:



There is something you want.

Otherwise you do not feel any emotion

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The basic process – a demonstration

Observation:



There is something you want.

Otherwise you do not feel any emotion



You are not looking at what you want

but in the opposite direction

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Step two for you:

Ask:  
What do I want ?

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The basic process – a demonstration

Step two for you:

Ask:  
What do I want ?

When the answer comes,  
pay attention to a slight bodily shift of relief.  
A release of tension.



# The process of Pivoting in quick succession

## Step one

Whenever you feel negative emotions:



Beware, there is something you want!

# The process of Pivoting in quick succession

## Step one

Whenever you feel negative emotions:



Beware, there is something you want!

*Otherwise you would not feel emotions*



# The process of Pivoting in quick succession

## Step one

Whenever you feel negative emotions:

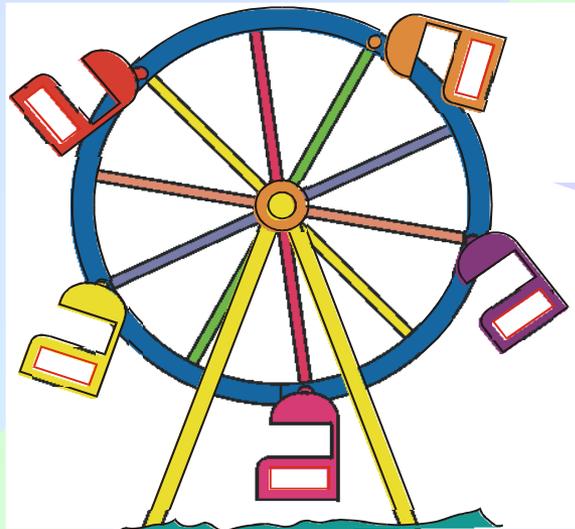


Beware, there is something you want!

*Otherwise you would not feel emotions*



You are not looking  
at what you want,  
but in the opposite  
direction!



## Step two

What do I want?

Attention to the 'felt sense'

Pivoting

End of this session

Return to menu.