Twitter Thread by Jesús E. Rosas | Body Language



Jesús E. Rosas | Body Language
@Knesix



[NLP TRICK FOR HABIT FORMING]

If you want to form a new habit (like, for example, working out every day, going to sleep at X time, eating in a certain way)

Define what is the OPPOSITE of the habit (Being lazy, letting video games disrupt your sleep, binge eat)

And then...

Associate an uncomfortable feeling to it.

One of the best ones is an upset stomach. Do you remember the last one you had acid reflux? gas? belly cramps? nausea?

Now, once you see the red phone emoji, you're going to 'connect' NOT doing your habit to that feeling.

Ready?

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NOW YOU WILL NOT BE ABLE TO ESCAPE THIS.

For example, upon the mere thought of missing one daily workout, you WILL feel stomach cramps. Even nausea.

The only way to go around it will be to work out. That's it.

Of course, you're not hypnotized or anything...

You have to repeat the association in your mind.

Say, you put an alarm for your workout. And when it goes off, it includes the message:

"Last time you didn't work out, you had nausea for hours"

Even if it isn't true.

Please be aware: Make the 'workout' definition an easy one.

For example, a 'workout' can just be a 15 minute warmup.

So, even if it's a really busy day, you will be able to do your 15 minute routine.

If you can do this for one day, you can do it for two.

If you can do this for one week, you can do it for two.

When your reach 90 days:

...your habit will be fully formed and you can get to the second part of your mind programming.

Now you will connect the 'workout' to 'how good does it feel to do it'

Forget the nausea and the cramps. Now you want positive reinforcement.

This way, in the event that you absolutely can't do your workout, you won't somatize the nausea programming.

You would have switched to a positive reinforcement and will just feel 'not as good' if you don't do it.

A better reason to do it tomorrow!

Apply this to ANYTHING.

Working out, eating healthy, getting your Z's, cleaning your email inbox.

Remember - start with negative programming and, after 90 days, switch to positive.

If you have any questions, ask me directly!

I will be sharing more NLP shortcuts, tips and hacks in my private email list.

It takes just 19 seconds to join:

https://t.co/K5aDF12ndu