



The RESET Program by Alex Howard ©

Module 4 - Q+A Part 1 – Transcript

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So welcome to this session for Module Four, where I'm answering some of the general questions that tend to come up around this point in the programme.

And the first question is around people that have learnt different versions of the STOP Process or something similar, in fact I'm going to explore a few questions related to this. The first one is - how is this version different?

So there's a few key things, one of which is that some of the different versions that people have taught in, or teach in other - people call them brain training programmes, I really don't like that name because that's not what I think we're ultimately doing. I think we're working to reset the nervous system - but other programmes tend to be very cognitive based.

It's very much noticing thoughts, stopping thoughts, replacing with positive thoughts. And as I speak about a bit in the module, one of my concerns with that is ultimately we just end up going round and round in our mind, and I find that the shift we often need to make is a shift from our mind to being more deeply and more fully in our body. So this embodied approach is, I think, critical to the version of the STOP Process that we're doing.

Also, we are not trying to stop feelings. We're actually doing the opposite; we're trying to stop the things that get in the way of feelings to allow our feelings to happen.

We're also not trying to stop symptoms. I think people end up going to war with their body. What we're trying to do is change the relationship that we have with symptoms, often by calming the system will allow those symptoms then to change and to transform.

So there are some, although there are some similarities in places, there are some fundamental differences in the way that we are doing things.



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And that leads onto the second question, which is: There are a number of people that have crashed badly after doing the Lightening Process as part of an ME chronic fatigue recovery, and they're worried the same is going to happen again.

What's different here is because we are not stopping symptoms, we are not using a STOP Process as a way to ignore your body and push through - which is how people have relapses - we're almost the opposite, I'm encouraging to listen to your body all the more deeply. And yes, by calming and resetting your nervous system often things can change and transform in your body.

But we are looking to work in harmony and balance, not try and override or ignore or push through.

That's why you hear me say a lot; listen to your body, go at your own speed, go gently, don't try and do it all at once. That's not just for fun, there is a very clear reason why I take the approach that I take.

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There are other programmes that teach more complex versions of a STOP Process. Why do I emphasise a simpler process?

Because many people that have done other programmes have gone through the RESET Program, and other programmes I've taught over the years, and have shared their experiences where often the more complex the process, a) the more likelihood of confusion and b) the more likelihood of not even doing the process because it's just too many things and it's too overwhelming.

So I have deliberately stripped this process down - the STOP Process that I teach - and I taught this to via myself directly or my practitioner team - thousands of people, is that we're learning the simplest least number of steps that we need to be able to actually shift what's happening in your body and happening in your system.

Sometimes adding in some extra pieces can be helpful that's why in Module Five of the Presence Process, we have a deeper focus towards the body scan and how to help and support coming into the body.

But we don't change patterns by going through complex sequences.

Sometimes the more we do that - also, the more we go into our mind and actually the more we get in our own way as a result of doing that.



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Is it OK to work with more than one STOP button?

The answer is yes within reason. You might find that in some situations a very clear 'stop' is what you need, but other times something a bit gentler, like breathe, may feel more appropriate.

What you want to avoid is having to recreate what you're doing each time, you want something that's quite instinctive. But having a few different variations, particularly that perhaps feel helpful in certain situations if you find that helpful, I think that's absolutely fine. I wouldn't go looking for that, but if that's something you find helpful, then I think that's great.

[00:04:48]

Can you use the STOP Process to stop emotions?

You can. But please don't.

Ultimately, we're trying to do here is heal and digest the emotions that are held in our body and held in our system.

We're trying to create more emotional connection and more emotional healing. We're going to get into Module Six, the six emotional styles, the different ways that we use to not feel our emotions. We want to understand those and break free of those to be able to feel our emotions more fully and more deeply.

Are there times where we just feel like emotionally so overwhelmed that we need to just stop and just to reset and calm things down?

Sure. If you're in massive emotional overwhelm, stopping that might be helpful. But generally speaking, we heal by feeling. You can't heal what you don't feel.

It doesn't mean we have to go re-experience all our traumas from the past, but metabolising, digesting, processing our experience, that is really important.

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Can you use the STOP Process on a general feeling, such as not feeling good enough?

Well, firstly, remember, we're not trying to stop feelings. But secondly, there may just be a general like thought process, like 'I'm not enough', 'I'm useless', and it's like there are different pieces to that jigsaw that are making that up.



And in that instance, yes, sort of, you can stop the fact there's that sort of noise going on and just work to reset. But specificity helps.

So the more you can see the exact thought or pattern that you're stopping, you'll generally - I think - find that makes it more effective. It helps the brain be clear what it is that you're stopping. So you're not trying to stop feelings, but being more specific in terms of what you're trying to stop, that can be helpful, but as I've said in other places and also I've said in some of the Module Three questions, it's a balance between not getting so overwhelmed that we're trying to get it right, understand it, that actually that's now the pattern. So, yeah, having some clarity and having some specificity can be helpful.

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Is it okay to do the stop in your native language?

Very much so. If you speak a different language to English, either you're multilingual or bilingual, and you might find different languages are helpful in different ways, but particularly if you've got a native tongue that's not English, or you'd never use the word 'stop', but there's another word that you would use that's much better. Please substitute that for whatever feels most appropriate and most effective for you. As long as that stop doesn't become a criticism or an attack or a value judgement. That's the thing that we do want to ultimately avoid.

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Should you use the STOP Process during meditation?

So if during meditation you find that you're getting overwhelmed by like lots and lots of patterns, or there was a very clear pattern. Like there's a massive achiever pattern of trying to do it right and sort of master it, and how long I'm going to go for. Then you might deliberately do a few rounds of the STOP Process to then come back to your meditation and find that actually it's much easier and you're much more spacious as a result of doing that.

What you want to avoid is shifting from meditation to just doing the STOP Process. They're different skills and there are different benefits from those different skills.

But you might find - what I think often is helpful - is to do a few rounds of the STOP Process and then do meditation, having calmed and stopped some of those patterns along the way. That can be a good way to work with that.



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Can you change the phrasing at the choice point?

So for some people, the phrase; 'do you want to keep on doing that?' or 'what's it going to cost you to go down that path?' for some people that can be a bit emotionally loaded or it can sort of... It can morph into, let's say, an element of sort of criticism and judgement. So if there's something that works better for you, it might be something like 'which path do you want to go down?' or 'Remember that being connected feels better.' There might be a slightly different way you want to phrase it. I think that's fine.

Proof's in the pudding. See what happens in your experience when you play with it that way.

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What if the patterns that you're running - there's a particular example here I'll come to in a moment - what if those patterns, it feels like - or indeed they actually are - protecting you?

So, for example, one of the things that often happens with chronic fatigue is we ignore our body for sometimes years, sometimes a shorter period of time, and we end up crashing.

We then get all of these symptoms as a result of that. When we go back to doing activity or when we start to bounce the boundaries of our activity, our body fears we're going to go back to being the way we were before, and we got ill as a result of doing that. So Windows M.E., which I talk about in the module in Module Four, that Windows M.E. sort of becomes a self-protective thing that sometimes is valid. It might actually be we are trying to do too much and our body is trying to tell us that that's too much to do.

What we want to be able to do is to calm the maladaptive stress response, the stress response that is unhelpful and un-useful and potentially making things worse, but listen to what our body is saying.

So you calm the maladaptive stress response and it may be what you were trying to do is totally fine, there is no reaction that's there.

But it might be that you calm it and you're actually you're more able to respond to your body saying 'no', but because before you're in such a sort of tussle with yourself, you're not even really getting the 'no'. By calming and settling the system and actually listening, I ultimately think you're more able then to respond to what it is that your body is trying to tell you.

So, thank you for watching, and I hope that's been helpful.

