



The RESET Program by Alex Howard ©

Module 4 - Q+A Part 2 – Transcript

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Welcome to this video, and in this video I'm going to explore some of the reactions people can have with doing the STOP Process, and also some of the feelings of overwhelm and confusion that I think can come up at this point.

So the first question is; It feels overwhelming seeing all of these patterns?

I think it's quite a common experience at this point, you start to put a spotlight on all of these things that may have been happening for years, but they've just sort of been there.

And then suddenly you start to see these things and that alone can feel quite challenging that you're seeing all these things. But also now you can feel a sense of pressure to actually stop and to change and to rewire those things that are happening.

I can't emphasise enough the importance of going gently. Be patient. Recognise that if these things have been there for years, they might be there for a bit longer. They might be there for years, but in a different way.

If you're putting pressure on yourself to get all this fixed, you are likely running one of the patterns; you're running an achiever pattern or perfections pattern or a controller pattern, or an anxiety pattern - 'I won't get better until I stop!' all of these patterns.

There are many people in the world that live basically good, happy lives that have these patterns running. Your goal is not to get your quote unquote dysfunction down to zero. Your goal is to get to a point where these patterns are not in the way of your health, your physical health, your emotional health, your mental health, and in the way of you living a quality of life. So let's just firstly, let's be realistic in terms of your expectations.

Which comes to the second question;



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Someone said I could spend the whole day stopping these patterns, like it feeling almost overwhelming, that's like you stop one and you notice five more.

So if that's the case, what I think you'll find helpful is to do it in some chunks, so maybe go, 'right, I'm going to do 10, 15 minutes and really work on the STOP Process, notice what's there, stop it, calm the system', but then leave yourself alone and go back about your life.

And it might be there's a bunch more patterns and you notice them, but hopefully by those dedicated periods of time, the overall trends of your nervous system start to settle and start to calm.

Your system does not need to be in a calm, healing state, 100% of the time. You need to be in a healing state 49 percent - 51 percent - of the time to create ultimately more healing than you're taking down.

Be gentle, be patient. Do not run achiever patterns about changing achiever pattern. This in of itself, I think, takes practise and takes awareness. Which leads into the third question;

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What if you are caught in analysis about everything?

It's almost like now you've got more awareness. There's just more stuff to run anxiety patterns around. Work on that. Rather than trying to stop all the things you're anxious about, stop the pattern of looking for and worrying about and stressing about all of those things.

So rather than trying to stop all the patterns work on the achiever pattern of trying to do this right. Work on the anxiety part of trying to analyse and figure everything out. Work on those patterns about how you're applying the process. That alone should just help calm and settle things that then allows you to work more on some of the other patterns that you're starting to notice.

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What if you feel too foggy, like brain foggy, to be able to even see the patterns?

So if you feel brain foggy, you might just want to do some stops on the sort of trying and the efforting - not always - but sometimes brain fog is the result of just too much thought and stuff in your brain, and sometimes you calm that down and it's almost like the fog clears.

Other times, brain fog is more of a food reaction or kind of digestive issue cause, so there's different things that could be going on.



But, if you don't know where to start, a good starting point is just right now. What's in the - what would help me settle and calm. Actually, I can see I'm putting too much pressure on myself, I'm going to stop that and just settle and come into your body.

And if you don't get the right pattern, but you stop a bit of what's there, and you work to come into your arms, into your legs, into your breath and you come in to the moment, that alone will put you in a much more resourceful state to then be able to work with what it is that you need to then work with.

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How can you be in your body without getting overwhelmed with the sensations?

So sometimes what happens is we start to come into our body, but then we feel all the tension, all the anxiety, all the emotions, like, all the stuff that's there.

So don't push yourself. Sometimes what it's like is, let's say we're completely up here and then you calm down to be in your body to here, and then you start to feel a bunch of feelings that come up and you want to get away.

Find your edge, find the place where it feels tolerable, feels OK, not trying to push that. Relax to that place. And then it might be you go back into your mind for a while. But what we want to do is to find the edge where it's OK, where it feels OK and gradually grow that point. And we're going to come to more the tools of how you do that.

But you're not just trying to force yourself into your body in a way that feels uncomfortable. We're learning to build a new relationship. We're trying to find a place of connexion, a place of comfort, a place of ultimately shifting how you respond to and how you relate to what's happening in your body.

It can take time. If we've spent years in a relationship which feels toxic and difficult, it takes a while to change that relationship. We've been in a toxic and difficult relationship with our body, it takes time to change that relationship.

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If anxiety is physically induced, will the STOP Process help?

So let's say you've got anxiety, which is triggered by low blood sugar. And let's say that, you know, let's say you've been out of the house and it's going to be half an hour until you get home and you're not going to be able to eat until that point.

But you can feel that the anxiety is just, kind of hypoglycaemic response, your system is sort of wired. Can you use the STOP Process? Absolutely. Is it realistic that the STOP Process will completely calm



and settle the response? Maybe not. But you can take the edge out of the response, and I think perhaps even more importantly, you're stopping the cycle that is perpetuating that response. So we can feel anxious, and then 'why do I feel anxious? Will it stop? What if this happens? What if...' all the stuff that comes up in response, we can calm that and then often that alone will help take some of the energy out of that physical anxiety.

So even when you have physically induced anxiety, you can absolutely work with the STOP Process maybe to completely resolve it, but at least to change your relationship with it and allow it to calm and to settle.

Sometimes you do that enough times and it changes the underlying pattern in the first place, because a lot of the physical responses that we have are the result of a depleted nervous system. So it's constantly over firing cause it's kind of tired and wired, and the tiredness is fuelling the wiredness. If we can find a place of healing and balance, it can start to self heal and regenerate in such a way that we tend to have less of that physical anxiety in the first place.

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Why do I feel so emotional doing the process?

Well, there's a few different reasons why that might be the case, but my guess of what's happening here is you're starting to reconnect. And the disconnect, in the the sort of free shutdown we feel numb, often we don't feel much, as we start to settle and to calm and come back into our body we start to feel the emotions that we've not been feeling, and that can be quite emotionally intense. It's a good thing. It's a sign of progress.

But nonetheless, it can be an emotionally intense experience. And that's why, again, find where feel safe, go at your own pace as you're working with it.

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What I feel more tired and sleepy doing it?

It's a good sign, it means you're going from being tired and wired, and you're taking away the wired to feel the underlying tired.

For some people with fatigue issues they can find they're much more tired in the short term, sleeping much more, but it's a good sign. It means that you're actually getting the deep rest and the deep healing that's actually needed to support the recovery process.



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What if it feels like your pain is increasing?

So for some people, we're so disconnected from our body that the pain is there, but we're not there. We're off in our mind, we're off in our sort of place of getting away, so we reconnect and we actually feel the sensations that are happening there.

In other instances, it can be that we come into our body and we notice things and we go into reactions to those, and those reactions perpetuate it. So calming and settling those can be helpful.

We're going to start to work Module Six, particularly Module Seven and Eight in how do you work with your underlying emotional pain? Often, but not always, physical pain is unprocessed emotional pain presenting as physical pain.

As we work on the emotional pain, it doesn't then manifest as physical pain.

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My body's calmer, but my mind is racing - why?

One of the things that can also happen is we calm our system, calm our body, and actually we get more energy because our system is now working in a more healthy, functional way. But as we get more energy, where does the energy go?

The energy goes to our nervous system. So we get more energy because it's working, and then our mind starts to race. In that instance, physical movements - depend upon your physical energy and capacity - doing some exercise, going for a walk, doing some yoga, actually grounding that energy into the body will be really helpful in grounding and settling that.

So, as you see, some of the changes and things that can change as a result can seem a bit strange at first. We might feel more emotional, we might feel more tired, we might be more aware of pain. Mind might start to race. You may have none of these experiences. Like a lot of people, they just feel calmer and more settled.

But hopefully these explanations of what's happening and why it might be happening just helps to calm some of the anxiety, because things change, then we get anxiety, and that reactivates the system. So I just wanted to speak to some of those pieces. Hopefully that helps calm some of those responses. Hope that was helpful.

