

Anxiety doesn't make you weak, it is unnecessary strength

Dread, doubts, churning guts.

Will they like you? Can you do it?

You wish you'd worked harder. You wish you'd slept properly. If only you had prepared yourself better.

What if they ask a question you can't answer at all? What if you blush? Or stutter?

Oh no! My heart is pounding! I feel sick! I'm even more nervous than I thought. They are bound to notice – what will they think? Everything is going to go wrong, this is so embarrassing. What will I tell people?

I have got to be positive!

I'm going to look ridiculous. I have forgotten everything I need to say.

Has my face gone red? My mouth is so dry, I can't speak.



This is a familiar response to the prospect of giving a presentation, doing a job interview or an exam, or meeting with somebody who really matters to you.

A shift in perspective

Having so much energy charging through your system feels uncomfortable. You are ready to move mountains. Your body is summoning all its power, you are strong as a bison. Your legs are ready to run, your heart is ready for action, and your speeding mind is laser-focused on its highest priority – to be sure that you live to see another day.

You are in the most powerful state your body can produce. Alert, and prepared for anything.

When you view your pounding heart, muscle tension and dry mouth from this perspective – as strength – you shift perspective, gain clarity, and you're on the way to effectively resolving it.

Why it's not useful

This is the body's turbocharged state. It happens automatically, unconsciously, in response to a perceived threat.

The problem is, it's prepared itself for the wrong thing. It's got its favorite running gear on, ready for an Olympic marathon, but all it needs to do is speak with someone.

All this strength has nowhere to go and nothing to do. There's no use for it. Your body is ready to put Herculean effort into something that cannot respond to this kind of effort, this energy.

The response is intended to be of value to you.

Its job is to make sure you're not dead.

If it's not useful to a zebra on the Savannah, it's not useful to you.

Zebras do fear, but they don't do anxiety.

Understanding what anxiety really is

As the body ramps up its response, your mind starts giving it meaning. Mind asks why you are so afraid, it wonders what is wrong with you, why this is happening to you and what it means for your future.

Thoughts about thoughts start racing, and you feel even worse.

Anxiety is fear of fearfulness, fear of feeling.

This is the shift from fear to anxiety. Anxiety is fear of fearfulness, fear of feeling. Fear is a response to a perceived threat, and anxiety is fear of the fear response. It's a state of perceiving the reaction itself as a threat. This is like turning the ignition on an engine that is already running.

Unnecessary strength

RRT sees anxiety as unnecessary strength. Even this shift in perspective will start the process of clearing and calming the responses that have been disturbing you.

But the body won't switch off anxiety just because you want it to. It's hardwired in as a survival response, and it intends to be of value to you. Even though it will most likely be *worse than useless* in getting you what you want, anxiety doesn't respond so well to being told to shut up.

No matter how well you understand cognitively that the response is *worse than useless*, it still happens.

Communicating with the whole mind

An RRT session works with both conscious and deeper, unconscious parts of mind. It uses multi-level communication, including intention, language, stories, metaphors and 'accelerators' - which are unique to RRT. Once the whole mind – conscious and unconscious – understands that they are really not helpful, not necessary, mind stops producing these emotions and the response disappears.

Your mind becomes quiet, and you have a strong sense that you are able to deal with whatever is coming your way.

The change comes from the inside out. It requires no effort, and no willpower or discipline. You don't need to do anything other than experience RRT.

Experience this for yourself

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See Rapid Resolution Therapy in action

How can I stop doing the thing I want to stop doing?

How ever often **I** tell **myself** not to do it, **I** still do it.

I know those people on Twitter/facebook/TikTok aren't real and I know I am not looking at real lives or even at real faces or real bodies, but I still feel defeated by them. It makes me so angry that I waste so much time on these apps – I am always anxious and depressed afterwards. I get into dumb arguments with people on my feed, and I promise myself I will take a break. But the next thing I know, I've picked up my phone, and I'm scrolling again.



You're already feeling bad, so how could feeling worse help?

Logic won't work in this situation. Nor will terrorizing yourself by imaging awful consequences. Nor will punishing yourself by feeling bad. You are already applying logic, you know what's good for you, but that hasn't made any difference. You're already feeling bad, so how could feeling worse help?

There is a painless and effective way of dealing with this kind of situation.

There is a 'you' trying to get 'yourself' under control. Simple sentences like, '*I must stop doing ____*,' or, '*I wish I could ____*,' subtly reveal a division between what you call 'I' and what you think of as 'myself.' A lot of conscious effort goes into trying to stop yourself doing certain things, things that you know aren't serving you. Yet this has hardly any impact on behavior.

The most effective way to resolve these issues is not to try harder, but to understand what *is* in control of behavior and learn how to communicate with it.

A zebra on the Savannah does a lot better without having an 'I' and 'myself'. It doesn't have to work out what it needs to do to get itself to run faster, live longer, look prettier, be more popular with other zebras or get better sleep.

Who's running the show?

'Who's in charge around here? I demand to speak to the boss!'

The 'boss' is the unconscious mind. It is running the show, and it's on your side, even though it might not appear that way. This is a familiar idea, yet most of us have no idea how to communicate with it, how to get it to respond to us.

Reference: [From Love to Voting: Who Really Decides, You or Your Brain?](#)

[I know it's not really RRT style to use external refs & they may cause confusion, using them helps improve search engine rankings]

Despite what you might have been told, you do not need years of therapy or on-the-couch analysis. You do not need to revisit trauma, or to understand where your troubles came from. You don't even need to forgive anyone or love yourself.

If you want to change behavior, you just need to understand how to communicate with what's causing behavior.

How to talk to the boss

Theorizing and explaining are in the territory of the conscious mind. They have a part to play, but they can't go the whole way to clear disturbing feelings and behaviors. The part of mind that matters doesn't understand their language. This is why insights often don't bring the changes in behavior you might expect.

The boss – the unconscious mind – lives in a different realm and needs to be communicated with in her language. She loves stories, metaphors and symbols, and she responds to a deep and powerful connection with a facilitator or therapist.

She loves stories, metaphors and symbols.

She is energized by clarity and transformative language, instead of spinning tires in the dirt of what was.

Your reactions to the world around you, what you go towards and what you shy away from, are also part of her lexicon. She assumes that the activities you avoid are scary and those that you do are safe.

Lasting, effortless change

RRT is unique. The process communicates with both conscious and unconscious mind. It uses all the channels described here, and many more, to affect the parts of the mind that are running the show. This is how you achieve lasting change.

This has nothing to do with willpower or discipline.

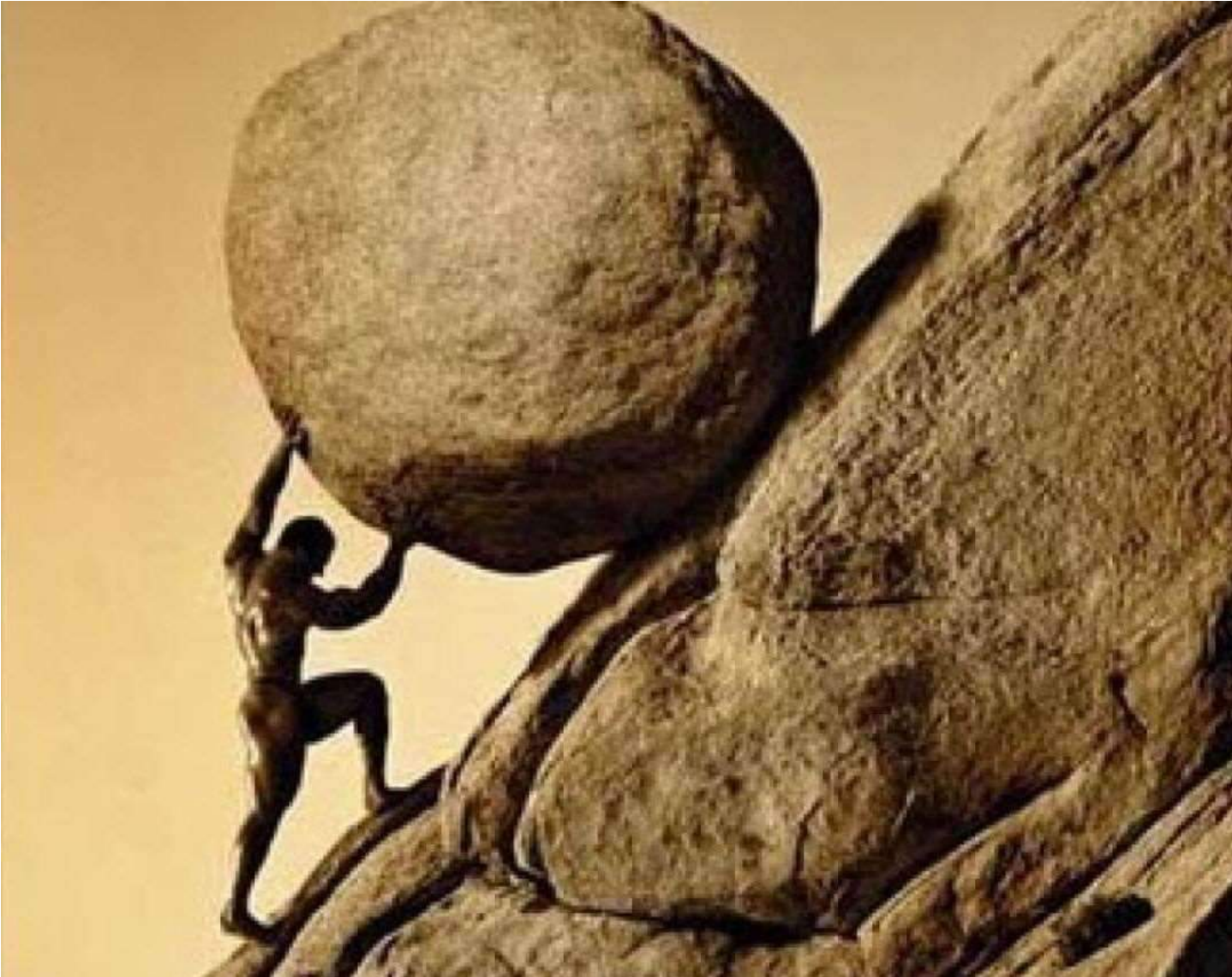
This has nothing to do with willpower or discipline. These require energy to maintain them, and that means they usually run out of gas at some point.

Once we're communicating with the one who is in charge, once we're fluent in her fascinating language, change happens from the inside out. This means it's easy, effortless, a lot of fun – and involves zero pain.

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Jordan is finally free from ‘a hurricane of crazy stuff’



His mind was putting effort into that which didn't need any effort and couldn't respond to any effort.

Jordan has been feeling bad, things have been tough. He thinks this is related to past disturbing events and the anniversary of getting out of a bad situation

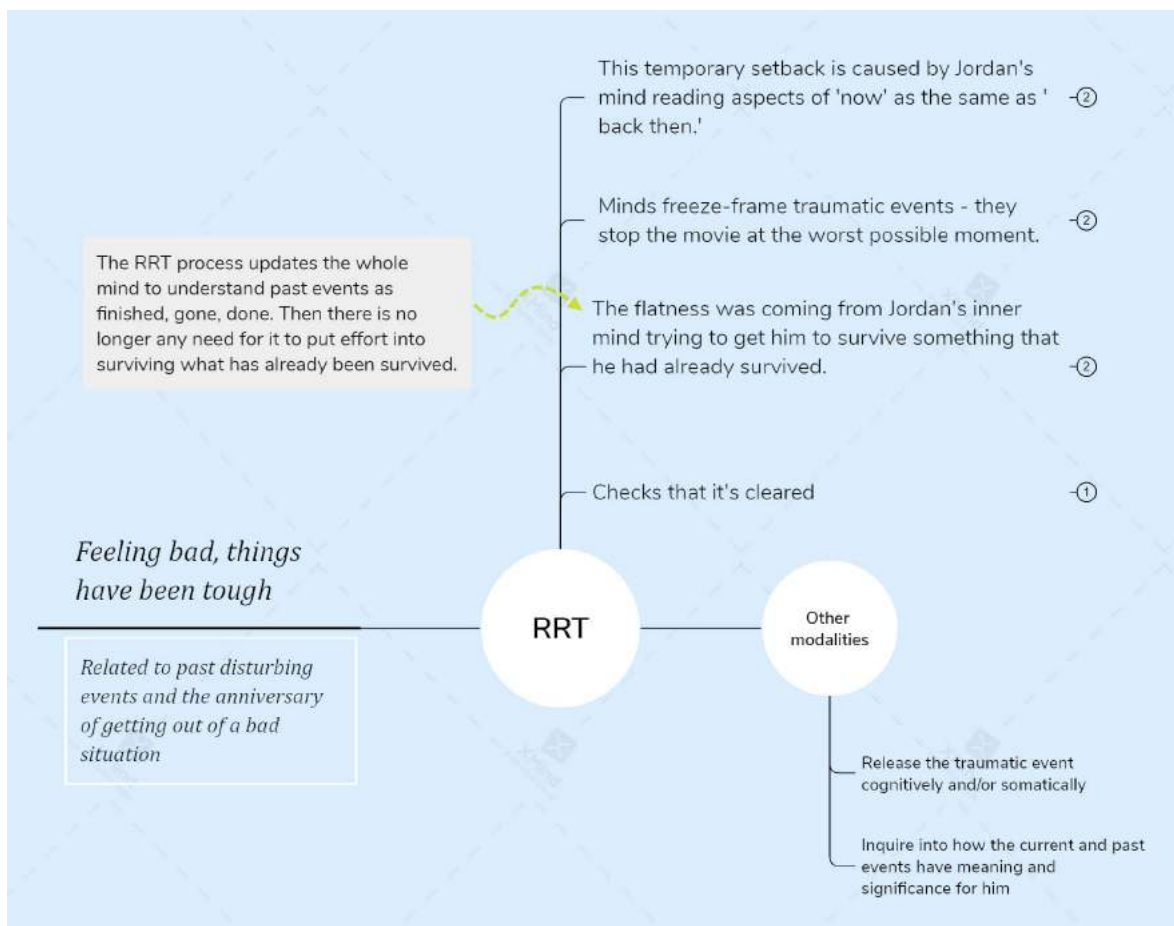
Jon acknowledges that Jordan has experienced a ‘whole hurricane of crazy stuff,’ which has led to his **mind putting a lot of effort into doing what cannot be done**. Using multi-level communication, Jon facilitates Jordan to discover that nothing needs to be done about the past, the difficult events are defeated, over and done with.

How Jon clears Jordan from feeling ‘stale’ and ‘not good enough’

- As always with an RRT session, Jon's first step is to understand what has been going on for the participant, and then to check that he has really got it.

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- The temporary setback has been caused by Jordan's mind reading aspects of 'now' as the same as 'back then.'
 - Mind's adaptive response: when it perceives something as similar to a past disturbance, it assumes it's the same, and acts accordingly.
 - Use of metaphors demonstrates that it's a well-intended adaptation.
- Minds freeze-frame traumatic events – they stop the movie at the worst possible moment.
 - Jordan sees that none of it would have been so bad if he had always known how good things would be for him currently.
 - Jon rolls the movie forward; he creates an absurd story in which Jordan sees all that he went through as a series of events that led to the satisfying life he lives now.
- The staleness he described was coming from Jordan's inner mind trying to get him to survive something he had already survived. It was putting effort into that which didn't need any effort, and couldn't respond to any effort.
 - If you spent all day trying to dig a hole in a paving slab, you would most likely feel quite defeated at the end of it.
- Checks that it's cleared
-

The RRT process updates the whole mind to understand past events as finished, gone, done. When that happens, there is no longer any need for mind to put effort into surviving what has already been done.



RRT is a way of thinking about things, and quite an unusual way of thinking about them. You don't need to accept it as true. Just try it on, see how it fits. Test it out, discover how useful and helpful it is to you and those around you.

With this in mind, it's interesting to see how an RRT session differs from other modalities

Therapists trained in other approaches would see Jordan's situation from their perspective, and this would be reflected in the conversation they would have together. For example,

- Release the traumatic event cognitively and/or somatically
- Inquire into how the current and past events have meaning and significance for him.

THIS IS THE LINK TO THE YOUTUBE VIDEO – it works in the post but not in a doc



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Barbara is Quickly and Painlessly Liberated From Doubt and Indecision



Her thoughts, which have the quality of being 'worse than useless,' are telling her that she has not been helpful enough.

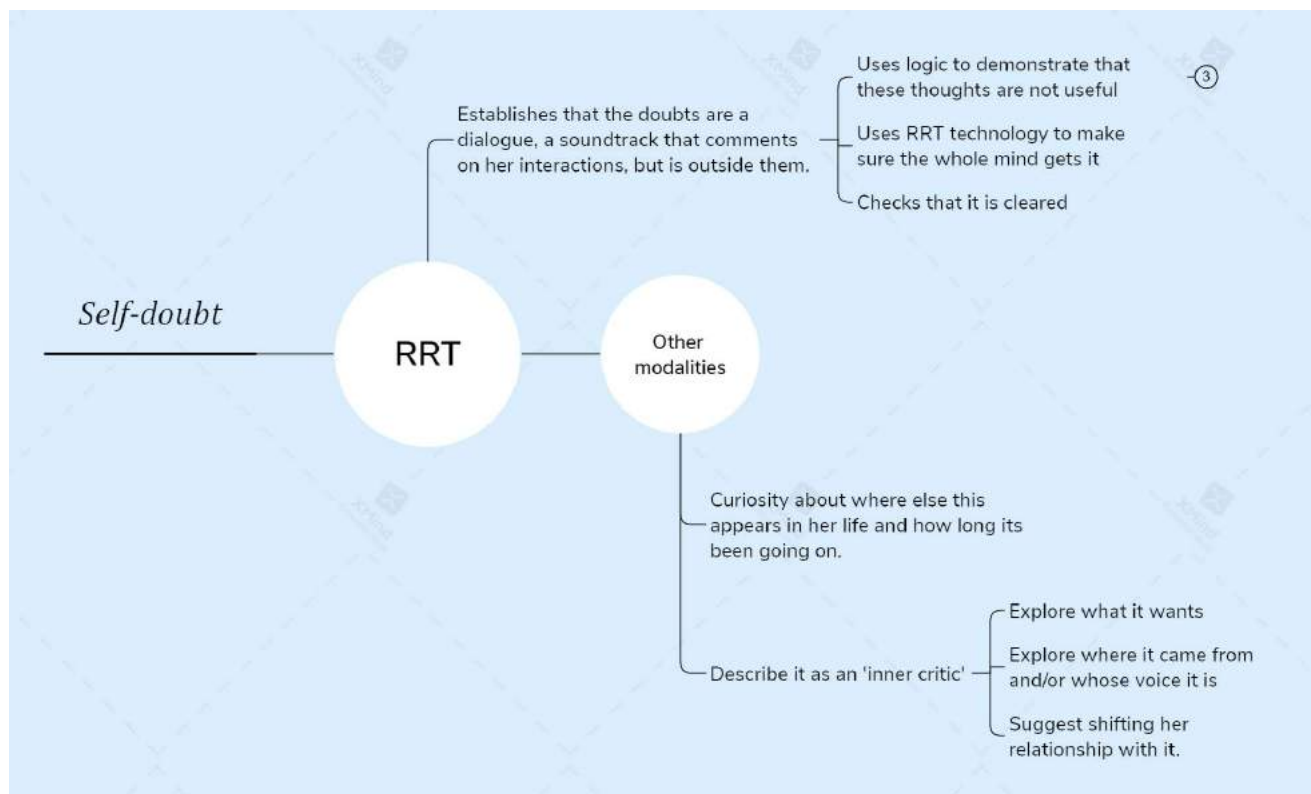
Barbara shares with Jon that she has been having doubts about her effectiveness in her job as a healthcare professional.

Jon establishes that the **doubts take the form of a dialogue, a soundtrack, which comments on her interactions, but is outside them.** While its intention is to assist her, to improve her performance, it is 'worse than useless' at doing this. Once Barbara's whole mind gets that the dialogue is not useful, it fades into nothing.

How Jon clears Barbara's self-doubt

- As always with an RRT session, the first step is to demonstrate that he has really understood what has been going on for her.
- Uses logic to demonstrate that these thoughts are not useful,
 - Gets her agreement that the thoughts have never been any use to her; she has succeeded in spite of them, not because of them.

- Observes that the thoughts always intended to be of value to her.
- Points out that these thoughts, which have the quality of being **‘worse than useless,’ are telling her that she has not been helpful or effective enough.**
- Uses RRT technology to make sure the whole mind gets it
- Checks that it is cleared.



RRT is a way of thinking about things, and quite an unusual way of thinking about them. You don't need to accept it as true. Just try it on, see how it fits. Test it out, to discover if it's useful and helpful to you and those around you.

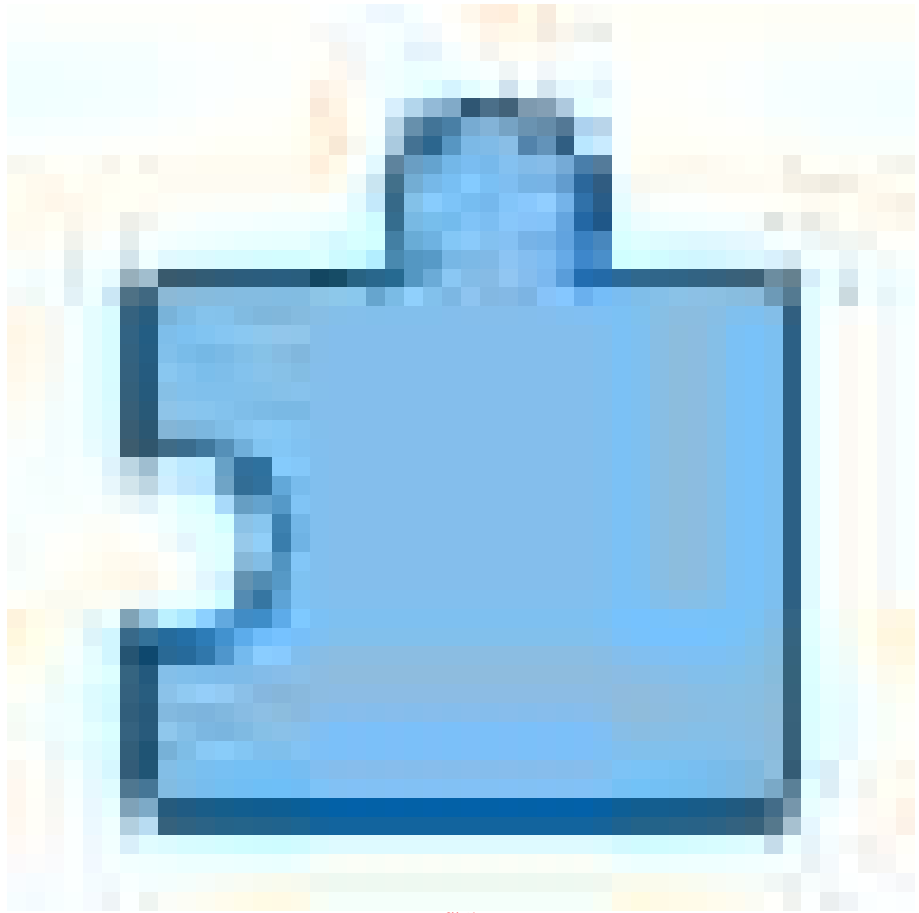
With this in mind, it's interesting to see how an RRT session differs from other modalities

Therapists trained in other approaches would see Barbara's situation from their perspective, and this would be reflected in the conversation they would have together. For example,

- A therapist might be curious about where else this appears in her life, and how long it's been around. They would ask the client a few questions in this direction.
- Or they may describe it as an 'inner critic'
 - Explore what it wants
 - Explore where it came from and/or whose voice it is
 - Suggest shifting her relationship with it.

See the complete 20-minute session here:

THIS IS THE LINK TO THE YOUTUBE VIDEO – it works in the post but not in a doc



Object 1



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We're taught to value empathy – focus on competence instead

You always want your clients to leave feeling better than they did when they arrived. You are engaged and interested during the session. Your client's eyes brighten, there's a lightness that wasn't there before. You are delighted to see improvements. But afterwards, you're hardly able to think, and you've got another session starting in 10 mins. You're mentally drained and find yourself wondering if you can do this long term.

These kinds of experiences among therapists, coaches and health professionals often stem from relying on empathy to build a connection with the client.

It might surprise you to discover that this is not necessary. There is a more powerful way to create connection, one that is easier on those who provide care for others.



Whenever Jon talks about there being no need for empathy in his trainings, it triggers an intense – often negative – reaction from the audience. By the end of the course, students have seen how much they and their clients will benefit from this unusual perspective.

Transformation comes through creating a strong connection with the client. Instead of diving into your client's suffering, picture where you want her to be. Paying close attention to what she is saying, while at the same time seeing her free of any disturbances, builds a powerful, robust union.

Replace the focus on empathy (how it's been for the client) with a focus on competence (where you want them to be), and see your energy increase.

Going to the beach

Tim went to the beach. It was a gorgeous hot day, not a cloud in the sky. He ventured out to sea in his little rubber boat and before long, he was dreamily snoozing the day away.

When he woke up, he could not see land. He was still warm, but he noticed the dark clouds of a storm out to sea. Suddenly, the wind began to pick up, the previously flat sea was now raging and turbulent, and he felt an ominous chill as the temperature dropped precipitously.

Two hours later, the worst two hours of his life, exhausted but still optimistic, he saw a rescue helicopter on the horizon. In his relief and excitement, he questioned whether it was real or a mirage. It spotted him and hovered above. He watched as the winch-man exited the helicopter and made his way down to him. He could hardly believe this was happening. But when the winch-man reaches him, he says, "hold on, mate! I am just going to unhook myself so that I know how it feels to be lost at sea, so I can experience the coldness of the water and the terror of the waves crashing over my little rubber boat."

NO NO NO! Tim shouts. That's not your job! It's terrible in here!

Just as the winch-man uses his skills to lift Tim out of the water, an RRT facilitator uses their understanding and training to bring the participant out of difficulty.

She doesn't need to share pain to transform it. Her focus is on her intention, and that is to see the participant free of whatever is troubling or disturbing them.

'Intention' has a specific meaning in RRT and you can read about that here [\[LINK\]](#)

A few more words on empathy

- If empathy is your tool of understanding, logic would say that you cannot assist clients who need to address issues that you have not experienced, or at least been very close to.

- If you are listening to a client while thinking about your own experiences, or those of the last person you worked with who had similar difficulties, you are not with the client, you are with you.
- It's extremely unlikely that you would even be accurate in knowing how you would feel in a given situation – it's mostly just imagination. So it's even less likely that you will be accurate in knowing how the client feels.

“I would prefer it if somebody wanted to know what I was feeling, not to figure out how they're feeling, or would be feeling. I prefer them to pay attention to me, and ask, ‘so how are you feeling? What are you thinking and what's going on for you?’ and *demonstrate their understanding* of what I've said, rather than attempt to be in the same place.” – Jon Connelly

From this perspective, the experience of the client is different too. Being assisted with an issue without having to dive into the pain of it is a novel experience. They see that they don't have to bring the therapist inside their difficulties to resolve them. This will ripple out elsewhere in the person's life, for example, being able to support colleagues, friends and family without being exhausted by it.

A 100 billion cells in darkness make you happy, sad, glad, or full of rage

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I have this pervasive feeling that there is something wrong with me. How ever hard I try, I cannot seem to get rid of this idea. It's more like, the harder I try to change, the more I try to feel better, the worse things get.

They live in pitch dark, accompanied by the gurgles and pulses of your organs.

The inner workings of the human mind remain a mystery. Curious minds, scientists, philosophers, artists, writers, theologians, monks and therapists spend a lifetime trying to figure it out. Despite the advances made every year, and the mind being better understood than ever before, no one knows what really makes ‘me’ me and ‘you’ you.

Billions of neurons make up the brain. They live in pitch dark, accompanied by the gurgles and pulses of your organs. None of them are ever in direct contact with the world they survey.

It’s a miracle

It is a miracle. It would be even more extraordinary if it always got everything right, if it perceived the world as the world is.

The world outside your body reaches the mind via your senses. The endocrine and nervous systems keep it updated on what’s happening inside. Mind also creates its own movie clips—memory and imagination—and it uses them to make sense of incoming data.

All living things have ‘survive and thrive’ is the top priority. Your mind is not working towards your happiness. It’s not interested in that. As long as you are not dead, it’s winning the battle, it’s doing its job.

How you see the world reflects how mind processes data.

It says nothing about the world and nothing about you.

The story so far

The story so far, about this miraculous organ that you exist through, or as, is this:

- It’s **in the dark**, and wholly dependent on its own capacity to interpret sensory data,
- The primary objective is stay alive and it **prioritizes this above your happiness** and fulfillment

Add to this, evolution is slow.

- Mind is **10s of thousands of years out of date** – the operating system wasn’t meant to function in the world we find ourselves in. Minds are not designed for offices, property markets, politics, shopping malls, marriages and computers. They were made for hunting and gathering.

Given all the above, is it likely that minds get things dramatically – even catastrophically – wrong when they perceive our inner and outer worlds?

When an RRT facilitator hears a participant say something like ‘*there’s something wrong with me,*’ they know the person is just fine.

‘*There’s something wrong with me*’ is an idea that comes from how the person’s mind has been reading information, the way it has processed incoming data.

It has nothing to do with the person themselves.

Billy is on Instagram. His mind tells him the lives he is looking at are real and he feels depressed, despondent after spending time on the platform. Vanessa hears a firework and her mind has her instantaneously diving for cover. Bob, who loves his new job, has been convinced that colleagues are criticizing him and laughing at him behind his back. He began to experience panic attacks on the way to work. Joan is bored, and she lives alone. Her mind has persuaded her that staying at home was better than going to the coffee morning with people she hardly knows.

These are all misreadings of data. They have good intentions and make sense when the prime objective is ‘survive and thrive’. But they distort perception and then life can become stressful, limited and miserable. The brain lives in darkness and relies on information from your internal systems and external senses to perceive the world. Like any complex process, this is prone to error – it has to be.

Like any complex process, this is prone to error – it has to be.

No matter how significant their impact, no matter how long they’ve been there, disturbances are errors in processing data and errors aren’t you.

This is an unusual way of thinking about things, and it’s what makes RRT uniquely powerful. It’s not claimed to be the truth, but a useful and effective way to see how difficulties, disturbances and limitations can be painlessly and quickly resolved.

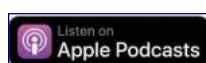
Once the misreading is cleared, change happens from the inside out.

RRT facilitators use multi-level communication and a powerful intention to guide the session. They identify and clear data processing errors. This transforms lives. Participants experience dramatic shifts in their perception of themselves and the nature of their concerns and difficulties.

Trying to fix ‘me’ is an impossible task and the pursuit of it usually makes things worse. But, with some assistance, you can become aware that what has been disturbing you is a misreading of data and then clear that misreading.

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Don't think of a spotted goat standing in a pond



What we focus on grows. If you have spent time around self-help or religious communities, you will have heard this idea.

It's intended to be helpful. But what is the effect of this message? It leads to more trouble. The more you try not to focus on something, the stronger the image becomes in your mind. The more you try not to imagine an outcome you want to avoid, the brighter, clearer and more persistent the image.

Don't think of a yellow dog standing on the moon.

Thinking about what's wrong, or reading about how and why you should fix yourself, brings what you don't want into sharp focus. What's not working seems to grow while the good stuff fades into the background.

The tendency to think like this has many causes, and 'moralistic thinking' is one of them. This is the RRT perspective. It's an unusual way of looking at things, and it's a very useful way of looking at them when it comes to ending your suffering. You can read more about it here [\[LINK\]](#)

RRT is different

A simple, powerful intention guides the facilitator throughout an RRT session. She sees you free of what ever has been disturbing you. This picture becomes more specific as the session unfolds, as she hears more about how things have been for you.

The facilitator sees you already having reached the other side of the river. The session is all about getting clear, not what's wrong and where it came from. Although the first step is always to understand the exact nature of what is troubling you, the focus then shifts to transforming your experience.

RRT is effective for PTSD, childhood sexual abuse and emotional issues, such as persistent feelings of shame, anger, regret etc.

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Ideas for short paragraphs

Who can't complete this sentence, 'I am my own worst _____'

The I versus Myself dichotomy

Why is the past still so alive in me?

Your body is an expert at getting rid of what is no longer needed

Part of the mind hasn't got the good news ...



