

# One-Step Reframe aka "Give it the Finger"

**The following powerful little technique will help you to negotiate a behavioral change within your self.**

**It will resolve inner conflicts between what you want consciously and what your unconscious mind is compelling you to do.**

**If the internal change you seek was something you could have done through will power alone, you would have made the change already.**

**So therefore, some other deeper part of you is running the unwanted behavior, attitude, or response.**

**This mini exercise will allow you to communicate with the part of your unconscious mind that is**

**running the unwanted behavior. It is assumed that the part responsible for the unwanted action has a positive intention for you, even though you may not like the way in which it is accomplishing that intention.**

**That part may be trying to protect you or take care of you in some way.**

**You may even wish to take a few moments to ask this part within**

**yourself what it is doing for you  
... then listen to your internal  
responses.**

**For example, if I put off paying  
my bills (behavior), then I will  
have more money in the bank,  
and that will make me feel more  
secure (part taking care of you).**

**We want that part to keep on  
having good intentions for you,  
even if you don't know exactly  
what all they are! In fact, we**

**want it to find more positive ways to take even better care of you.**

**After doing this technique, you will then get the desired results so the new actions happen naturally and automatically.**

**Some examples of responses or behaviors that you might want to change could include a desire to generate more creativity, improve your concentration and**

**recall, become more assertive, have more energy, break bad habits such as fingernail biting, chronic lateness, help with some addictions, and so forth.**

**You can literally use this technique for thousands of ideas for self-improvement.**

**It may not work 100% for everything—nothing does. Meantime, just go for it ... experiment ... and have fun!**

**First, identify the unwanted behavior, response, or attitude. Clearly separate the behavior from the intention in your mind.**

**In the beginning, it might help to create a setup statement on paper such as: "I want to communicate with the part of me that is causing me to (state problem, for example, procrastinate with paying my bills)."**

**Writing your focus statement down can be helpful when first learning this exercise, followed by reading it aloud.**

**Begin with, "Even though a part of me is causing me to (insert the problem, for example, procrastinate with paying my bills), I honor and respect the part of me that has positive intentions for my care and protection."**

**Rest either hand on a table, your lap, or a chair arm, palm down, in a very relaxed position.**

**Lift your index, or any other finger fully while quickly repeating the following words (and they may be said quietly) "to your finger":**



**I won't be able to return my finger to its original position any**

**more quickly than my unconscious mind begins to generate and utilize at least three or more behaviors which it feels are superior to what it had been doing and which are totally appropriate and acceptable to all parts of me,\* (optional: ... and I will be delightfully surprised to discover how easily I am able to get the outcome that I want.)**



**Now wait patiently for your finger to indicate that your internal processing is complete.**

**You will know when this is done by seeing your finger lower back down to its original position. Sometimes it happens in a few seconds; sometimes it takes several minutes ... or more.**

**Interestingly, you may or may not even know what the better choices are that have been**

**selected at the unconscious level.**

**You may discover what they are while reflecting on a later event that had within it better decision making.**

**You may find yourself in a situation similar to an old one and suddenly you discover that your old behavior or response has been replaced by a new one; you may simply discover**

**that the quality of your life is enriched.**

**Sometimes it will be a little different. Sometimes it will be a lot different, and sometimes it will be completely transformed.**

**Whichever way it is for you, you have experienced taking control of your life by changing your response.**

**Sometimes, the results may not**

**be immediately evident. It may be a few days before you notice that a change has happened.**

**About 80% to 90% of the time, you will only need to do this exercise once to get your desired results.**

**Alternately, repetition may be needed when dealing with a problem that has many layers. Persistence pays!**

**Note: You may realize that with will power and intent, you can purposefully bring your index finger down, even though the procedure is not complete.**

**This will not interfere with the internal processing, however.**

**Later, when your attention is elsewhere, if the internal process is incomplete, your finger will automatically pop**

**back up again. If it is complete, however, your finger will not go back up by itself; it will return to its original position.**

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**Concept developed by René Pfalzgraf**