

M-M Therapy Switching Example

The Rule of Three: 3 Places to Move Your Mind

Problems Exist in the Mind	1) Move Out of the Problem Perspective	2) Move Into the Solution Perspective	3) Move Into Spirit, God, Virtue Perspective
1) Personal, family, social, work, school.	It is terrible and should not exist.	It is inconvenient but not impossible.	God will heal and keep me. I serve virtue.
2) Feelings about the above problem.	I feel hate and fear about it.	It is unpleasant but I can deal with it.	Faith in God to do what is right. I trust virtue.
3) Feelings about the above feelings.	I feel angry and guilty. I feel scared and shame.	I feel encouraged to overcome the problem.	I am confident in God. I rely on virtue.

For more information, please read *Mind-Moving (M-M)*.