

## **SWITCHING: The One Real Answer to Problems**

**SWITCHING:** Since switching is the answer and trying is the problem, the next question appears to be “How do I switch?” But since switching is simple and easy, the right question becomes “How do I get myself off the wrong ways and to switch to the right channels?”

**DO IT:** To switch, you switch. Yes, it is that easy. If it is NOT that easy, you are NOT doing it. To try to make it complicated is to lose it. You either switch or you do not: just like “on” or “off”.

**NOT HARD:** To say switching is hard merely means you are NOT doing it. There is nothing hard about switching as it is easy and simple. What is hard is getting yourself to quit giving into your weaknesses and to, instead, switch to what you already know is right. What is hard is NOT being motivated. What is hard is being identified with your weaknesses. What is hard is NOT having a willing attitude. What is hard is NOT standing up to your inner brat’s whining, demanding, and manipulating with you with blaming and damning. What is hard is giving up your defenses.

**RESULTS:** One of the best ways to get yourself to switch is to face the negative results of what you are doing so that you will switch. The problem with this strategy is your defenses that keep you from facing the negative results you keep getting. Some common defenses are denial, rationalization, terminal uniqueness, reframing, avoidance, escapism, waiting till, if only. These defenses protect your ego from looking bad to you by lying about the results of your following wrong channels. Of course, we easily see through others’ defenses but NOT our own.

**MIND BREATHING:** MB or Mind Breathing is an effective way to get yourself to switch channels. MB facilitates and encourages your switching by returning your mind to a state of balance. The imbalance exists because of dominance of the left side, the verbal side of your mind. You want both your experiential or visual mind and your naming or verbal mind to be fully functioning, fully active: balance. Practice both facing and hearing the problem NOT just thinking the problem.

**3 Rs:** The 3 Rs is an effective way to get you to switch channels because it first recognizes that you are on the wrong channel, secondly it gives you good reasons to switch channels, and thirdly it gives you a good channel to switch to. The 3 Rs: recognize the wrong channel, remove attention from the wrong channel, replace the wrong channel. A somewhat longer explanation of the 3 Rs: recognize the stinking thinking; remove the stinking thinking by repeatedly challenging yourself to look at what the stinking thinking promotes, produces, and protects (the 3 Ps); replace the stinking thinking with problem-solving or coping as appropriate.

**VENTILATION:** Ventilation, or talking about the wrong channel can either strengthen the channel or help you to let it go. If your ventilation is whining, blaming, or damning, then your ventilation is only reinforcing the wrong channels and so is your enemy. If your ventilation helps you to see the negative consequences of being on the wrong channel, then your ventilation will help you surrender your negative preoccupations so that you are ready to switch. Ventilation can prepare you to switch by helping you let go, or it can help you stay stuck on unproductive channels. Ventilation is either practicing and rehearsing the problem or letting it go through acceptance.

**WRONG WAYS:** There are many wrong ways to try to change channels that you should avoid. It is possible to put most of the wrong ways under the rubric of “trying”. You cannot try to switch, you must just switch. Trying to change the wrong channel you are on into the right channel you should be on—will keep you on the wrong channel as garbage cannot be turned into gold. Trying to control the wrong channel so that you will NOT be on it—will make you obsessed with it as you cannot control it as it is what it is. Trying to “not” (as in “don’t do it”) the wrong channel will get you to do it more as you cannot follow negative directions only positive ones. Demanding the wrong channel NOT be or change will just focus you more on it as it exists and it can only exist as itself. Whining about the wrong channel will NOT get you magically rescued from it, but it will keep you focused on it. Worrying about the wrong channel will NOT free you from it, but it will keep you thinking about it. Blaming the wrong channel for your being on it will NOT change it or get you free of it, but it will keep you listening more to it. Damning the wrong channel will NOT shut it up, but it will keep you speaking for and about it.