

STEIN CLENCHED FIST TECHNIQUE

Allow your inner mind to identify a time when you felt particularly confident and performed with excellence. You felt confident and strong about your ability and your performance. In your imagination, float back through time and space until you are actually there. As you enjoy that experience again, you can begin to sense those feelings associated with it - feelings of confidence and competence. And when you are aware of experiencing those feelings again, notice how those feelings get stronger, as you enjoy that experience again in your imagination. Feel all over again how really proud and sure of yourself you are. Let yourself feel again and again that 'can do' attitude. Let that strength and that pride flow through you. And now as you feel those powerful feelings, tighten and clench your dominant hand, and as you do so these positive feelings become even stronger. Feel that confidence and pride grow even stronger, the tighter you clench. That fist a sign and symbol of confidence and determination. That's right allow that confidence to fill your entire body while your unconscious mind memorizes all of these wonderful feelings. Because in the future, whenever you close your dominant hand into a tight fist like this, you will once again feel these feelings of confidence and strength flowing through you. Whenever and wherever you want to experience these feeling again, all you need to do is clench your dominant hand into a fist and that feeling of confidence will begin to fill you. Even now as you relax that fist the confidence remains.

Now once again go back in time to another competition (performance) when you felt really good about your performance and once again re-experience that calm, competent feeling as you squeeze that dominant hand into a strong, powerful fist. (repeat with same procedure and suggestions)

It will be interesting to note that, in the future, any time you clench that dominant hand, you will feel that sense of pride, and that 'can do' sureness increase.

Now you will have the opportunity to learn an effective way to replace ann feelings of uncertainty or self-doubt with feelings of confidence and winning

strength. Go back in your imagination to another time when you were feeling nervous and worried. As you remember that time and those negative feelings, let them flow down the other arm into your hand, and let them collect there. Notice how these negative feelings can be transferred and displaced into the non-dominant hand as you close it into a fist. When you are pretty sure that most of those bad feelings are collected there, locked in a fist where you yourself put them you can open your tight fist and let go of those unpleasant, nervous feelings. Move those fingers around, allowing all those unpleasant, negative feelings to flow out of your hand. Perhaps as if they are evaporating or falling on the floor. As you do this begin to clench your dominant hand into a strong, confident, happy fist. And you will discover that memory of unhappy, unpleasant feelings disappears and is replaced by feelings of confidence, strength and determination. Feel all that confidence and pride flow through you.

You now have a method to control your own feeling and create this same sense of well-being whenever and wherever you need to. Whenever you notice any self-doubt about your ability to do your best, just close that non-dominant hand into a fist. As you do so feel those unpleasant feelings and sensations flow down into that hand collecting and concentrating there. When those unpleasant feelings are there in that hand then you can neutralize them by simply squeezing your dominant hand into a strong, powerful fist as you open your non-dominant hand and let go of the self-doubt and uncertainty. The positive feelings will increase the tighter you squeeze that dominant hand. Just clenching that fist will infuse your whole being with so many good feelings and so much of those natural endorphins from your brain that for a long time, there's just nothing to bother or disturb you.