

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

abcd15. Vicious Cycle Modification

Dr. Victor Jean Ouellette June 1986

Modified March 6, 2008

Vicious cycle thinking is when your mind goes over the same thought pattern over and over again and in the process of this type of thinking, the body becomes revved up. Adrenaline may be secreted and it would take the liver about two hours to detoxify the adrenaline. The trick then, is to recognize this type of thinking very early in the cycle and then launch memorized procedures to block the cycle from continuing.

Here are some ways to break out of a vicious cycle of thinking.

1. Form a new fantasy.
2. Look for patterns or stories on the closed eye lids.
3. Try to make some sense out of the darkness when the eyes are closed.
4. Use a Mantra. (Sounds you say out loud or silently.)
5. Get up from where you are or get out or away from the present situation.
6. Breath holding.
7. Breathing control. Breath in for 3 counts, hold for 1 count, breath out for 6 counts.
8. Stale space breathing.
9. Breathing to the pulse beat.
10. Take your pulse.
11. Do a backward count from 100 by 3's or by 7's.
12. Review the happenings of the day.
13. Do a self personality critique.
14. Keep a pencil and pad nearby and write down ideas or problems.
15. Do some mild exercises, or strenuous ones if you are not trying to go to sleep.

16. Become aware of which physical patterns you have that are associated with the vicious cycle, then force yourself to avoid those patterns.
17. Teeth clenching
18. Eyebrow furling
19. Shoulder lifting
20. Breath holding
21. Breathing speeding up
22. Eye squinting
23. Fist clenching
24. Make a mental game of control. Think of the vicious cycles as someone else controlling you and you must regain that control of yourself.
25. Start singing a song. It is hard to stay angry when you are singing a rousing rendition of a children's song.

Take note of some initiators of vicious cycles.

1. Guilt
2. Fear
3. Anger
4. Revenge
5. Coming events
6. Preplanning performed mentally
7. Rehearsing for coming events

Copyright 1999, Dr. Victor Jean Ouellette, All Rights Reserved