

DR LINDA WILSON



*made easy!*

**PEELING WOMEN  
OFF THE CEILING**

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Dr Linda Wilson has asserted her right to be identified as the author of this book.

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## Chapter 17

# Change right here right now and become your own favourite person

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Here we are at the culmination of the book and I trust it's helped you make, at the very least, some small breakthroughs and brought you some stress relief. I hope you now understand that you can be the creator in your own game and not just a player in it.

I hope you have learnt that being aware of, catching and directing your thinking can change everything and that this requires being fully present. As we have discussed, many of us spend the majority of our lives either in the past, or in the future and rarely in the present. This means we are rarely right here, right now. But, right here, right now is the only moment we have any influence or power. Right here, right now is where relationships happen, including the one with ourselves. My guess is you yearn for the authentic connections we can only feel when we are really present to those around us, and especially when we are present to ourselves.

By learning and applying the strategies in this book, you will become your favourite person to be with and the mastermind of your mind.

If you spend time determining that *who you are* is really *who you want to be* by taking a look at the problems in your life, you might discover so much more about yourself than you ever imagined. If you don't already, learn to enjoy your own company. You are already successfully producing what you hold within you. If you don't like it, use the techniques, use them often and change it. See what you find out about yourself and I hope you get to LOVE spending time with you, relaxed, content, in control.

## **Change your mind, change your health**

By following the advice in this book, you are choosing to literally 'change your mind' so it can become a powerful, unique and fun place to be. If we are going to spend so much time using our mind (a lifetime to be exact), we should at least be running the show and having some fun. And guess what? You now know it is simple. Just ONE better question and one straight forward technique and your mind is yours to cherish, respect and use to achieve the peaceful states that enable you to be the best version of yourself, compassionate, powerful, resilient and creative. Choose YOU.

If at any point you feel like you're not getting anywhere, read through the chapter summaries I have recapped below, and remind yourself that you are not broken and that each and every thought is potentially a new beginning.

## **Chapter 1: Why do we feel stress? – Because we can**

### *Summary*

- We are just as capable of being happy as we are of being stressed.
- Stress is a lazy response because it doesn't require consciousness and evaluation.
- Happiness requires an active choice.

- Remaining curious about our reactions can help us change them.
- The good news is you can get to choose.

## **Chapter 2: The game of life is set up with inherited rules – but you can change them**

### *Summary*

- There are rules to our game of life.
- We learn them before we are consciously aware we are doing so.
- We apply them, most of the time, without being consciously aware we are doing so.
- If we are lucky they work, if not we feel everyone else is cheating at the game.
- As we grow we have the potential to assess our rules and decide, ‘Are these the rules I want to live by?’

## **Chapter 3: A simple example of ‘The Set Up’ – the complex weaving of ourselves**

### *Summary*

- Rules of life are inherited from those who raise us.
- There are infinite variations in the rules.
- Whilst life may be unpredictable, the way we react to things is always according to our rules.
- Most of the time we don’t know how to get new rules, even if we know we need them. We ask ‘Why?’
- Sometimes, we find a way to rewrite our rulebook by asking better questions like, When, Who, Where, What, and How.

## **Chapter 4: There are no broken people** – we're just playing with outdated rules

### *Summary*

- You're not broken, you're just operating from a set of rules that no longer serve you.
- You can manage stress by addressing the meaning you apply to the stressor (trigger) and changing it if required.
- You cannot change anyone else; they have to do that for themselves.
- When you change what's within you the whole world and everyone in it looks different.
- The more you identify your 'meaning making', the easier it gets to change it.

## **Chapter 5: Meaning makes the difference** – to you and me and everyone around us

### *Summary*

- Stress impacts every system within the body – especially if we believe it will.
- More and more research is discovering that what we think directly impacts our body, down to the gene level.
- What happens in the mind also happens in the body.
- You can use the body to address the mind and the mind to address the body.
- If you don't address both the mind and the body simultaneously results are muted.



## **Chapter 6: You – a hamster on the wheel of repeating rules**

### *Summary*

- We repeat behaviours even when we want to stop because we haven't changed our internal environment, rules and expectations.
- Even the best will in the world won't be strong enough to maintain a decision to change if the change we hope for is too different to what we have going on inside of us in the rules department.
- There are lots of reasons we do what we do but they always come down to what we hold within us. Most of the time we hold onto the rules we know because they are to do with 'belonging' and 'placement'.
- We can feel helpless to change.
- Change is possible.

## **Chapter 7: Having unrealistic expectations – a war with reality**

### *Summary*

- We bring our perceptions and beliefs to every situation, even when they're wrong.
- Numbness is also a feeling usually generated by overwhelm.
- Your feelings, or lack there of, are an opportunity.
- Asking the 'Why?' question keeps us in a victim state.
- Persist – this means you might fail. Persist anyway, just start with the strongest feeling.

## **Chapter 8: What happens in the brain when we're stressed?** – Chemical meaning making

### *Summary*

- Your brain and body are connected chemically and through 'experience'.
- Your level of stress and your interpretation of that stress in any given moment can determine whether you are a creative genius or a violent offender.
- When we understand the way our brain operates we can create solutions using exactly the same 'hardware' and 'software' that interprets our experiences.
- Working with the natural flow of the mind is the best way to create fast change.
- You can use your body to influence and understand your mind.

## **Chapter 9: Resource States. Asking better questions to get better answers** – the only way forward

### *Summary*

- Going after different results in your life can take courage.
- You may feel very uncomfortable along the way as you are challenged to adapt.
- Learning to ask better questions makes all the difference.
- Asking better questions makes you the creator of your game not just a player in it.
- Asking better questions enables adaptability.

## **Chapter 10: Two Models of the World** – you get to choose; above or below

### *Summary*

- We can live below or above the line, but it is our choice and our choice alone.
- We can directly influence our emotions using our feelings to move us above the line or to keep us below the line.
- There are benefits to living below the line – we get to be victims and it can never be our fault. We also get to continue our addictions. This way of living is self-perpetuating. We allow our emotions and feelings to perpetuate our way of being.
- The most powerful difference between ‘above’ and ‘below’ is the questions we ask.
- There are benefits to living above the line – we get to be solution finders and leaders. We also get to do a lot of the things we love because we know that doing so sustains us. This way of living is self-perpetuating. We use our feelings to manipulate our negative emotions.

## **Chapter 11: The Ultimate POWER Question** – When you get stuck, ask yourself, ‘How do I know I have this problem?’

### *Summary*

- The only way we really know we have a problem is because we feel it.
- When we go ‘looking’ for a feeling we reconnect our mind with our body.

- We have no chance of helping others resolve their problems unless they're ready.
- Heal yourself first and then what you bring to the world is a healer.
- Deal with yourself first and then teach others by example.

## **Chapter 12: The faster we become aware the faster we can repair**

### *Summary*

- The faster we become aware the faster we can repair.
- We gain power by bringing awareness and focus to our feelings and emotions.
- Step back far enough and you can become the non-judgmental observer of your emotions.
- Noticing what is happening within us takes practice.
- Our body is our greatest ally.

## NOTES

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