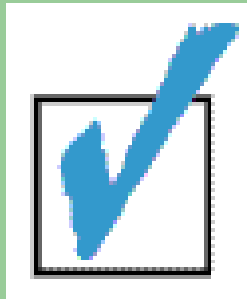


CHILD System-Gaining Inner Health for a Healthier Body

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





CHILD System

- CALM
- HEAL
- INFORM
- LIGHTEN
- DIRECT

CHILD

Stimulus

Feelings:
Lonely
Abandoned
Forgotten

Old Response

Feelings:
Ill at ease
Depressed
Lost
Hopeless
Ready to give up

Calm
Heal
Inform
Love
Direct

New Response of Hope
Inner Healing



Calm down

- Gain a healthy, rational & realistic outlook on what is happening to when you are depressed, lost, hopeless & ready to give up which could lead you to use your old unhealthy habits

Journal work:

- Identify situations in which you have felt abandoned, isolated, neglected or forgotten and you were ready to give up on yourself so you used your old unhealthy habits



Heal

- Through self-affirmation & self-direction tell yourself to carry on in life with your goals to achieve so you can use your goals as your road map to success for improved health management

Journal work:

- What can you do in situations to make yourself feel relaxed, calm & motivated to keep on trying without the use of your old unhealthy habits?



Inform

- Inform yourself about your positive attributes competencies, skills & abilities to help you handle any crisis, challenge, or tribulation which comes your way

Journal work:

- What messages do you need to give to yourself when you were feeling down, forgotten, neglected, or abandoned so you will not resort to using your old unhealthy habits to help you feel better about yourself?



Love

- Love yourself unconditionally so that you do not lose faith in yourself, so that you are strong enough to handle any disappointment, failure or setback, which comes your way

Journal work:

- List your positive competencies, skills, abilities & attributes which you can rely upon as a shield from over use of your old unhealthy habits when you are feeling badly about yourself:



Direct

- Direct your thinking & emotions so that you do not allow yourself in future to fall into self-pity or self-destructiveness so you can overcome any sense of loneliness, abandonment, or being forgotten which comes your way

Journal work:

- What thinking do you need to change so that you do not lose faith and trust in yourself and to keep you from resorting to use of your old unhealthy habits to make you feel better about yourself: