

Tame Your Brain For Relationships
~ By Jan Tincher

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About the author

Jan Tincher is a Master Neuro Linguistic Programmer and Hypnotherapist. Visit her website at <http://www.tameyourbrain.com> She is an award winning writer and has written hundreds of articles on the techniques and strategies of NLP. Check out the last page of this ebook if you are interested in an ebook or ecourse in learning how to succeed.

Here are five articles with techniques and tips
to help you succeed in your relationships.

Is Your Relationship A 10?

Are You Too Shy?

Do You Have Problems With Relationships?

Living Hell -- Are You Living It Or Giving It?

Do You Love?

Is Your Relationship A 10?

~ By Jan Tincher

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Do you and your partner have the same arguments over and over? Do you wish he or she would just pay attention to you, at least once in a while? Why do you have to keep getting yelled at or keep yelling at your partner over the same things again and again? Why can't he or she just understand you?

Well, you know what? They might be thinking the same thing about you. Why don't you take steps to change that?

Why not decide right now to set aside a time to really talk with your partner, your spouse, your significant other, your children, your parents, or whoever is close to you. Ask the questions below that are appropriate:

“On a scale of 1 to 10, how is our _____ relationship?” (Insert business, sexual, parent/child, or working relationship.)

Are the answers under 10? Then ask this question:

“What would it take to make it a 10?”

Keep the discussion flowing. Listen and participate. Don't be satisfied with an 8 or under. If you settle for less than a 9, be prepared for some jolts along the way.

Ask weekly. Have fun with it. Get to know your partner, your spouse, your significant other, your children, your parents, or anyone who is close to you, all over again.

If you're in a relationship, why not make the most of it? Life is meant to be learned about, lived, loved.

Thanks for reading.

Are You Too Shy?

~ By Jan Tincher

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Are you too shy? Do you have trouble in your relationships because of it?

Shyness is a feeling. A person feels shy, therefore, a person “is” shy. As we’ve discussed before, feelings can be changed. If you no longer feel shy, you no longer are shy.

Let’s start with how shyness begins. Usually, it’s your thoughts that start it. They go like this:

“Oh, no. I can’t talk to him/her. We have nothing in common. They wouldn’t be interested in anything I have to say.”

“Oh, no. I can’t talk to him/her. I’m too shy.”

“Oh, no. I can’t talk to him/her. They are so much richer/prettier/more handsome/more popular than I am.”

“Oh, no. I can’t talk in front of people!”

You get the picture. You’ve already run through the scenario and wound up the loser. Why? Because when someone comes out the winner -- when they are so much richer/prettier/more handsome/more popular -- someone also comes out the loser. No contest there, right?

How can you change that? Well, you change the trigger that says to your brain, “I’m shy”.

What’s a trigger? When you have a trigger, you have the same reaction, time and again, to a person’s voice, looks, attitude. You feel like you can’t help the reaction, it’s automatic. When you smell pine, you think of winter/Christmas. When you hear a loud voice, you have your own unique reaction, good or bad. If you are shy, although not purposely, you were no doubt triggered in your

formative years to be shy.

How? By thinking the same thoughts, or something similar, as the ones listed above. If you come to a particular person and shyness sets in, you are triggered by something that person says, how he or she looks or acts, or possibly his or her tone of voice or expression. That person has taken you out of your comfort zone. You need to deactivate that trigger. To learn how, go here:

<http://www.tameyourbrain.com/deactivatingtriggers.htm>

When you have deactivated the triggers, you need to give yourself a boost in the gregarious direction. Here's how you do it:

Stand in front of a mirror and show your brain what it is you want to look like (posture, expression, etc.), act like, and feel like the next time you are with someone you USED to feel shy around. When your brain sees how it is you want to be enough times, it will go in that direction.

So, here's what you do. (It doesn't matter how many times the shy reaction sets in, what matters is what you do about it.) Whether it happens once a week or several times a day, every evening or morning or both, stand in front of a mirror and make your changes -- reenact the situation like you wish it would have happened.

The more your brain sees it, the more your brain can't help but bring it into your reality. Remember, the more you think it, the more you say it, the more you attract it. DECIDE what it is you want in your life and reenact what you have decided in front of your mirror.

Again, the more you think it, the more you say it, the more you attract it -- in front of your mirror. What are you "attracting" in front of your mirror? That's what you will be seeing in your "reality", probably sooner than you think.

Good luck, and let me know how it works!

Thanks for reading,

Jan

Do You Have Problems With Relationships?

~ By Jan Tincher

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It's pretty simple why relationships work or don't work.

These are the main ones reasons relationships don't work:

One: You go into a relationship without knowing what you want.

Two: You go into a relationship with a firm picture of what you want, with very little flexibility.

Three: You go into a relationship not caring what you're going to get.

Four: You go into a relationship knowing something better will come along, and you'll go after it.

If you are about to go into a relationship, wouldn't you rather it was one you were proud of, one you were happy in, one you felt great about? One you're going to enjoy telling your grandkids about?

How do you do that?

First, if you don't know how to do that, check around. Go to places where couples are and watch them interact. What do you like about what you are seeing? What don't you like?

After you've done this several times, you go home and write a list. Yes, I know. Lists can get you in trouble sometimes. Well, this list is just a list of what you saw that you liked. That's all. You just liked what you saw and wrote it down.

There are those who say to write down what they don't like also. I say Why? If you write down what you don't like or want, you are attracting it. In your mind, you say "I'm going to stay away from 'that'." Your brain hears whatever "that" is, and that's exactly what you will see. You are attracting "that" simply by thinking about

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it. It isn't exactly what you are saying that matters, it's what your brain is hearing that counts. Think about this.

“I'm not going to give that person a piece of my mind, no matter how much I want to.”

Or this.

“I'm not going to eat that cookie.”

Or this.

“I'm not going to spend all my money before payday.”

Your brain doesn't acknowledge “not”, so take the “not” out. What is your brain hearing -- over and over?

What inevitably happens? You do give that person a piece of your mind. You do eat that cookie. You do spend all your money before payday. Because chances are, you are saying it or thinking it over and over.

Again, I say, Why write down what you don't like? Why not concentrate on that that you do, and attract that into your life?

Going back to your list, what if it has things like love and respect and trust? Are you going to be able to attract love and respect and trust?

If you don't love, respect, and trust your inner self, then it's going to be hard to attract love, respect, and trust. Why? Because love attracts love. That means you have to love yourself in order to be loving and attract love.

Do you think you deserve love?

Do you think you deserve respect?

Do you think you deserve trust?

If the answers to those questions are no, what can you do about it?

It goes back to what are you telling your brain.

If you don't feel worthy of someone else's love, respect, or trust, you won't attract it.

How do you go about making it so that you do feel worthy?

You find three times a day to sit and relax. You visualize scenarios where you are worthy of all good things. Start seeing everything you do as good. Start, right now, making yourself the type of person someone can love, respect, and trust in your mind. It will soon come true in your life. What you see and believe, you can achieve.

Good luck!

Thanks for reading.

Jan

Living Hell -- Are You Living It Or Giving It?

~ By Jan Tincher

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Is every day a nightmare? Is the person you are living or working with finding fault with everything you say or do? Or are you finding fault with everything that person does? Do you wonder how it got this way?

I used to be that way. I was finding fault right and left. Our baby was a year old, the finances weren't great, I felt like I was being taken for granted, and I wanted more. More from my spouse, more from my life, more from me.

And guess what? No one was providing "more".

That being the case, I started complaining about everything. There was nothing I didn't find fault with. One day I woke up and realized what "I" had created. All by myself. I had created a living hell in my own home.

I couldn't believe it. I had always considered myself an upbeat person, but I looked in the mirror and truly did not like what I saw. And I hadn't liked any word, phrase, or sentence that had come out of my mouth for a long time. How my husband was handling it, I didn't know.

I decided if anything was going to be done, I was the person who was going to have to do it. There had been no loving touches for quite a while, and we hardly talked to each other, probably because he didn't want to hear anything I had to say ... and who could blame him?

So I started making changes in my life, and ultimately in the lives of my husband and small son. Of course, it didn't happen quickly. I had some issues that didn't go away overnight.

The important thing was, I realized "I" had to change inside before I could change even a little on the outside. I knew my husband wasn't going to trust the fakey

nicey-nice approach -- Heaven knows I hadn't been "nice" for a long time.

I had to do something to let him know I knew I had messed things up, AND that I was going to change -- if it killed me. I certainly couldn't go on as I had been. We had grown so far apart, I didn't know if we could ever recapture what we once had.

One night we were driving somewhere, and I cracked a joke. I laughed and laughed, admittedly more than was warranted, but he saw the laughter in my eyes. It was something he hadn't seen in a long time. He looked at me out of the corner of his eye and said, "Is something going on here that I don't know about?"

I said simply, "Yes, honey. I am practicing laughing. I want to bring laughter back into our marriage."

He smiled.

"Uh uh," I said, shaking my head. "I said laughter."

He didn't say too much, and I started to worry. Finally, he stopped at a stop sign and turned to me and said, "You're going to have to tell a funnier joke than that."

I understood what he wasn't saying, but it was the best olive branch I had ever been offered. The next morning, he woke me up with a kiss. It was the first voluntary kiss I had received in a long time, and I cried. He just held me, then out of the blue, he told me a joke.

I couldn't do it on my own, and I think that was his way of telling me he was there for me -- and, unless I did something a lot worse than I had -- he would be with me always. The next kiss was for forgiveness, the next was for love, and the next . . . Well, you get the idea.

If your marriage, your partnership, your love is on the rocks, don't give up. Find a way to make things different. As in every problem, it all starts inside. As with every solution, it all starts inside. Be good to yourself today. If you're having problems, figure out how you can make things better -- inside. I guarantee you, once you feel better inside, your outside starts to change for the better FAST.

Don't wait for the other person to make the change. Life is too short.

Thanks for reading,

Jan

Do You Love?

~ By Jan Tincher

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Do you love people? Do you love things? Do you love people and not things? Do you love things and not people? Do you love yourself? Do you love whatever you're addicted to? Do you love money? Do you love the thrill of the "chase"? Do you love the feeling of defeat?

Don't laugh. The feeling of defeat can be a definite turn on for someone who doesn't succeed at anything except defeat. The point here is to find what you love.

You see, everyone loves something. Even the person who says he doesn't know how to love. At the bare minimum, he loves the feeling of not knowing how to love, simply because he is in his "comfort zone." If nothing else, people "love" to be in their comfort zone, even if the comfort zone excludes love.

Again, I say, everyone loves something. It may be in varying degrees, but it's still a form of love.

If someone asked you if you felt loved, and your answer was "no," but you wished you did, then this article is for you.

Many people don't feel loved, but wished they did. The problem is, they don't know how to feel love. They don't realize that love can be a learned response.

There are people out there who are loved, who are loving, and who love. Lots of times, but not always, one person is all three. Are you saying to yourself, yeah, that's THEM. I'm ME. Nobody loves me. That may be your reality, but it's not law. I say: If you can think, you can learn. If you can learn, you can love. If you can love, you can be loved.

Practice loving yourself, and understand and believe that what goes around comes around. Isn't that simple?

Once you love yourself, you will automatically send out love. We're not talking romantic love here. We're talking basic life -- we're-happy-to-be-alive-we're-in-love-with-the-world love.

My life turned around once I discovered how to love myself.

Do you want to know how I did it? Here's how:

Whenever I had a negative thought, I said, "Thank you, Lord!"

I triggered myself to immediately recognize that I was having a negative thought, and to say, "Thank you, Lord!" in its place!

The minute a thought came in that said anything negative, I went immediately to "Thank you, Lord!"

Your words could be the same or different. It doesn't matter as long as you replace your negativity with something that is not negative. Your words could be, "Hot dang! I did it again! I ain't going to do that no more!", and then smile like you've never smiled before. It really doesn't matter. Whatever you choose to say will stop the old habit of thinking badly, and the smile alone will do wonders. When you get the negative thoughts gone, you'll have plenty of room to feel the love you are giving yourself!

Take control of your life and your thoughts now. Stop the bad thought the minute the first word comes out and replace it with words that you now choose to say.

Again, say what makes you feel good. Because if you are feeling good, that nullifies the situation, taking away the negativity.

In case, you didn't realize it, negativity does not promote love. We need to promote love in ALL our thoughts, so we can become used to having love in our lives.

What you are really doing is helping yourself immensely. You know how? Remember, What goes around, comes around? You've now decided to stop the bad from going out. That, alone, will change your life. Make it a point to only send out good.

Truly. Only YOU can decide. Only you can fill your life with love. Once you have love inside, you'll receive more of it, because that's what you'll be sending out.

Thanks for reading,

Jan

If you would like to read more about relationships, check out these sites:

Cheating In Relationships <http://www.cheatinginrelationships.com>

Male Female Relationships <http://www.malefemalerelationships.com>

Power Relationships <http://www.powerrelationship.com>

Dear Reader,

I hope you liked reading “Tame Your Brain Toward Feeling Peace”. My name is Jan Tincher and I am a Hypnotherapist and Master Neuro-Linguistic Programmer in Forest City, Iowa. I trained with Richard Bandler and Anthony Robbins. AND I did the famous *fire walk*! I have had a successful private practice for over 13 years, and I definitely believe in the key to success is feeling at peace, feeling joy, feeling happiness. I hope you find these articles insightful in how feeling at peace can change your life.

If you would like to see more of my writing, please go here:
<http://www.tameyourbrain.com/> I’m sure you will find something you like!

Thanks for reading,

Jan

P.S. Check out the following page. It’s my way of saying “Thank you”!

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Thanks for reading, and I hope I've been of help!

Jan