

Bob Goodwin's *Emotional* **DRAFTING**

**TOOLS FOR SURVIVING THE
EMOTIONAL ROLLER COASTER**



StoriesAndPlays edition - 2012

License Notes:

This book or eBook is licensed for your personal use only. It may not be re-sold or given away to other people either whole or part thereof. All contents including images are copyright. If you would like to share this book with another person, please purchase an additional copy. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please return to the appropriate website or bookstore and purchase your own copy. Please contact the author if you have publishing, advertising or other commercial interest in this publication. Thank you for respecting the hard work of this author.

Emotional **DRAFTING**

CONTENTS

[Introduction](#)

[Welcome](#)

[The Basic Draft](#)

[The Reliving Draft](#)

[The Writing Draft](#)

[Draft of Creation](#)

[The Thoughtful Draft](#) (TD)

(TD) **[Bedside Manners](#)**

(TD) **[The Task at Hand](#)**

(TD) **[Package & Post](#)**

(TD) **[Never say Never](#)**

(TD) **[Warm Tea!](#)**

(TD) **[Where is that Horse?](#)**

[A Draft in the Room](#)

[Just in Closing](#)

Information on **[Bob Goodwin](#)**

[Work sheets](#)

AN INTRODUCTION TO...[\(GO BACK\)](#)

Emotional **DRAFTING**

You may have already read this Introduction online. If so just skip straight to the “Welcome” on page 5.

Have a quick read through these first few paragraphs then take a look at the various SITUATIONS described below and see if any of them cause you concern at some significant level.

When I say “concern” this means apprehension, anxiety, worry, stress, irritation or other inner discomfort of some kind. And when I say “at some significant level” this has to be a subjective measurement by you – in other words the level of discomfort has reached a point at which you would like to do something about it. Or maybe it is already well passed this point! If you never have experienced such discomfort, you are one of the lucky ones - so you may have obtained this book with the view to helping someone you care about or just to check out what this Emotional Drafting thing is all about! In either case that’s great!

What is drafting? In the context of Emotional Drafting it means two things. Firstly, outlining or drawing up a design or plan, and secondly, recruiting or conscripting – if you like, pulling together resources and skills in a plan to overcome emotional hardships. In essence you will be drafting a number of alternative responses, emotions and behaviours to improve the quality of your life.

Over weeks, months or years you may have tried many ways of managing these problems or you may be completely stuck with no idea of what to do.

In Emotional Drafting I do not refer to other publications or to famous analysts and therapists from present or past. I do not refer to any specific models of therapy at all, but I will be endeavouring to guide and assist you. I will also want to stimulate your thinking and alter your perceptions and / or interpretations.

I have had over 30 years of experience in a wide range of mental health services in both hospital and community settings. I am a qualified general and mental health nurse with a degree in counselling. I have visited thousands of people in their own homes and I have witnessed hundreds of problem scenarios. And it is from this real life experience that I offer you an opportunity to make changes for the better in your own life. This book is reality based. I will not be giving you any strict instructions, but I will be offering you choices, challenges and opportunities. As with any self directed helping, it will be up to you to experience and experiment and find what best works for you. It will be up to you to give Emotional Drafting your best shot by re-reading and modifying the techniques to suit your needs – this is what “Drafting” is all about.

The old saying “*you reap what you sow*” holds true here as it does in so many other areas of our lives.

There is no doubt that some of the information or instruction I pass on to you may be partly familiar and may even be used to some degree in other therapies. These are included (with my modifications) because I know they can help and I have used them and seen the benefits.

All this information is presented in an easy to read format, with reminders, explanations, memory cues and prompts and a few original images to compliment the messages within. While there may be some humorous references this is a serious publication that offers seriously useful help.

So now have a look at the scenarios below and see if any are familiar to you. This is a just a short list intended to give an overall idea of some areas that can be targeted effectively with Emotional Drafting.

SITUATIONS:

I try hard at work. I go out of my way to please and / or help others. But no matter what I do and how hard I try I feel constantly unappreciated and /or even disliked by some of my colleagues.

I know in the past I had really great times and wonderful experiences, but now it all seems to escape me and sometimes I wish I could turn back the clock.

I sometimes get so preoccupied with past occurrences / events that I can't even get through my normal daily routine as I used to.

I have changed my medication so many times but I only seem to get short term benefit and then I'm back to square one. It seems so hopeless.

Normally I am an easy going person, but the continual traffic congestion when I go to work and the other stupid drivers turn me into some sort of crazed monster!

All these deadlines just stress me out. The closer I get to them the worse it becomes and then I can't even think straight.

At times my mind is so active with troubling thoughts that I can't even concentrate on the everyday activities that are necessary. My family must be ready to give up on me.

I need to make changes in my life, but it all seems too hard and I don't know where to start. I thought by now I would have achieved so much more.

Sometimes I feel I just need some “time out” from all the hectic and stressful pressures I am constantly confronted with. At home or at work there is no let up.

I have had so many difficulties in my life that now I rarely get any enjoyment at all. I just seem to be existing rather than living.

Emotional Drafting can help with anxiety and stress, depression, improving self esteem, attention and concentration, relationship issues, anger management, building resilience and stability and so much more!



Emotional **DRAFTING**

[\(GO BACK\)](#)

Welcome to Emotional Drafting. Congratulations! You have taken your first step to make real changes in your life. Recognition of a problem and the desire to change are crucial with any self help program.

All I ask is that you read and re-read this book. Get to know what “Draft(s)” work for you. Practise them frequently and become an expert.

First up let's lay out a few points. Many people (far too many) have deep seated problems that go back a long way, even all the way back to their childhood. There are many major traumas that impact on our development and affect our psyche in a multitude of ways. Severe injuries to our being can be caused by sexual and physical abuse; traumatic physical injury; death or loss of loved ones; extreme physical events – such as war and natural disasters; school yard bullying; domestic violence; bankruptcy; and so many more.

Such trauma alters our behaviour and feelings. Sometimes these alterations and discomforts are with us 100% of the time, but it may also be that they only occur in certain situations – e.g. on anniversaries; when on public transport; when alone; when there is too much noise; or just before going to sleep.

With these deep seated, long standing issues you have some choices. You can embark on extensive counselling or psycho-therapy to help you come to some resolution and assist you to “*move on*” or “*come to terms*” with these problems. This sort of treatment is lengthy and difficult with many challenges along the way. I know this works for some people and it may work for you, but Emotional Drafting is NOT structured this way.

Having said that, I should point out that it is not necessary to have had a severe trauma to be experiencing problems - sometimes these difficulties develop over time without any obvious reason. It is possible than you may have suppressed the trauma, but it is equally possible that there never was any such trauma in the first place. In either case, from an Emotional Drafting point of view, it is irrelevant – so let's not go searching for answers that may not exist. A lot of people do this form of self punishment day in day out – there comes a time when you must stop banging your head against the brick wall and set about seeking solutions for issues of today.

Emotional Drafting targets the feelings and behaviours that you actually have now. If you can gain control over yourself, your emotional discomfort, the unwanted aspects of your behaviour then you can get on and enjoy life more fully.

I strongly believe that there are times when it is best to “*let sleeping dogs lie*” and work in the here and now.



You're sitting comfortably on the beach. Do you really want to go in here?

THE BASIC DRAFT

[\(GO BACK\)](#)

Q. What are we looking for here? A. Feelings of calmness; tranquillity; peace; relaxation.

This is the starting point! And this is a simple process, and one which I will refer back to throughout the rest of this book. I say it's simple because it is easy to describe and really quite easy to do. I think of it a bit like I think of lawn bowls – easy to do, but more difficult to master!

So this is all about relaxation. It sounds obvious to say that you can't be stressed and relaxed at the same time, but it is likely that even when you are in a relaxed state that there is some internal tension persisting, especially if you have been stressed or anxious for a long time. This is why repetition, self education and self awareness are so important.

Stress, in one form or another, is a major symptom of many emotional problems, so it is wise to have ways of managing it. Once you are skilled at relaxation you will be able to do it almost anywhere – on a bus; during your lunch break; in a crowd of people or at the supermarket. You will be able to do this quickly and efficiently and without anyone knowing you are even doing it.

The key to nearly all relaxation processes is breathing.



TIP No.1

CHALLENGE: How can I read this and relax at the same time?

OPPORTUNITY: You can work this really well with two people – one reading / one relaxing. The person you do this with should NOT be anyone who is connected in any way to your current troubles. Alternatively, you can simply read this through 2 or 3 times and leave it to memory – sometimes writing keywords or steps on a sheet of paper that you attach to a spot that you can easily view from your relaxed position will work fine (I have included quick reference sheets at the end of this book for you to copy or print out for this purpose). Another alternative is just to have the book (eReader ;iPad; laptop) close at hand and read from it as you go – just because you need to move your hand and arm does NOT mean you cannot relax effectively. Remember that when you are completely familiar with this you won't need prompts, other people or even a comfy chair!



Let's get comfortable

Find a fairly quiet place. You can lie down or sit in a comfortable chair. To begin with you will need 20 to 30 minutes. Switch off or mute all phones, turn off the TV. Optional is the use of music - heavy rock, metal and rap are out, but something tranquil is fine. You can buy relaxation music CDs if you wish, but this is up to you.

Now you're in your quiet place move your body and limbs a little until they are in the most comfortable position you can manage. Use cushions, pillows, blankets, fans or air conditioning so it is all just right for you.



Focus on your breathing

Notice the sensations in your body when you breathe - the rise and fall of your chest with every breath; the movement of your tummy; the cool flow of air through your nose or mouth; the slight movement in your shoulders. Try to breathe fully using your diaphragm i.e. your diaphragm should go down and your tummy go out. Also notice the feeling of your body against the surface on which you are relaxing. Let your body go loose and imagine it to be sinking into the chair, couch or bed. Try to hold this focus for a couple of minutes.



TIP No.2

CHALLENGE: My mind keeps drifting off, and I can't hold my concentration.

OPPORTUNITY: This is completely normal to begin with. It will improve with practice. If worrying thoughts drift into your mind do your best to not react to them and allow them to drift away – tell yourself that for the moment you are doing something important and any other matters can wait for the time being. A useful idea is whenever you realise that you have been distracted use this as a cue to relax a little more deeply. The same applies to sounds that you may hear

e.g. a car horn; a mower; or people outside talking – use these as a reminder to relax even further and let your body go loose and heavy. If really necessary you may need to find a quieter spot or try using headphones.



Talking to yourself

Now, with every expiration of air say one of these words (to yourself or aloud) - "release" "let go" "relax" "unwind" – you may have other words that work for you so use them also. You are *releasing* and *letting go* of stress and tension with every breath you breathe out. Change the word with every outward breath so you use 3 or 4 of these words in any order that you choose. Whether someone is helping you or not you should time these words to coincide with your expiration – breathing slowly... and evenly... – “relax” – “let go” – “release”. Spend 2 or 3 minutes with this step.

You can choose now to proceed to the next step or repeat from step 2. If you're a beginner, or if you still feel quite tense, I suggest repeating at least one more time before going on.



Let's muscle up!

While keeping that lovely slow and easy breathing going I want you to shift your attention to various parts of your body. Starting with your toes, feet and lower legs - tighten these muscles tightly for 5 to 10 seconds. Curling your toes; pushing your ankles and knees together; or trying to point your toes upward will help here. Now let them relax and go loose - notice the marked difference between the two sensations of tension and relaxation. Try to let this part of your body become loose, heavy and relaxed.



TIP No.3

CHALLENGE: I have difficulty tightening some muscles.

OPPORTUNITY: If some muscle groups are difficult simply leave them out of the routine – this is fine. In fact, if you prefer, you can leave out the “tightening” part completely and just go through the different areas of your body and notice any sensations they have and just let them go loose and heavy against the chair, couch or bed. Some people do much better without the tensing up - so choose what’s best for you.

Before moving on take a moment to briefly switch back to the breathing focus and use some of the keywords for 3 or 4 breaths.

Move your attention to your upper legs, thighs, groin and buttocks and tighten the various muscles for 5 to 10 seconds. This can be done by slightly rolling your legs inward and squeezing your buttocks together (pretend you are trying to hold a pencil between the cheeks of your bottom!). As before relax the muscles and notice the differing sensations. Take your time, then once again 3 or 4 breaths as noted above.

In the same way continue to move through other muscle groups i.e. abdomen and lower back (suck your tummy in); then chest & upper back (roll shoulders in and hold a big breath in for a moment); then shoulders and neck (shrug shoulders up); then face, jaw, cheeks, lips and forehead (close lips tightly, clench teeth, frown, screw up your face).

Don’t forget to go back to the 3 or 4 breaths between each group.

To finish spend the last couple of minutes as you started - focusing on your breathing and the key words.

Remember repetition of these exercises is essential - you can't overdose on this!!
Enjoy & relax.....

As you get better and better you will be able to relax with just a breathing focus and possibly the use of some keywords. When you’re ready try it out on a bus or a train – but do it early on your journey so you don’t miss your stop!



Fijian Sunset

THE RELIVING DRAFT

[\(GO BACK\)](#)

Q. What are we looking for here? A. Various positive feelings / emotions that we once experienced. They were good then and we want them back now!

This is a wonderful and powerful technique and I must admit it is one I use regularly and to great effect.

I would suggest that you have already worked through the Basic Draft a few times and you feel reasonably proficient in achieving a good level of relaxation.

You may, however, hop straight into this Draft if it sounds like the thing for you – some basic steps are included in any case.

If this is your first time or if you are still in the “getting familiar” stage please go through these first few steps.



Let's get comfortable

Find a fairly quiet place. You can lie down or sit in a comfortable chair. To begin with you will need 20 to 30 minutes. Switch off or mute all phones, turn off the TV.

Please move your body and limbs a little until they are in the most comfortable position you can manage...

If all this sounds familiar you're correct - we are repeating the first 3 steps of the Basic Draft!



Focus on your breathing

As per Basic Draft above



Talking to yourself

As per Basic Draft above



First the Question?

First of all, while relaxing, ask yourself what is the feeling or a state of mind that you want for yourself today? What is this that you had once but are now having difficulty achieving? And if you had it now you know you would feel so much better.

For example it may be self confidence; the ability to think more clearly; a sense of inner peace; improved concentration; or happiness. So when you have answered this question you can move to the next step.

TIP No.4

CHALLENGE: Wow! There is so much I want – please let me choose more than one!

OPPORTUNITY: I would suggest not selecting too many at once as this will make the next step quite difficult. Perhaps a couple at a time that sit together nicely would work fine. Remember, you can easily repeat this process for any number of positive emotional feelings or states of mind you wish.



Time Travel

I want you to go back in time. Take a trip back in your life – there is no restriction as to how far back you can go. Take your time. You are on the lookout for a particular memory – a positive one and one that targets the state of mind you are seeking from step 4. As you think back you will remember much – you will recall and discard numerous thoughts before you find what you seek.



TIP No.5

CHALLENGE: What do I discard? What do I choose?

OPPORTUNITY: You should NOT be targeting a memory that has any connection with the difficulties you are currently experiencing, or that has some connection with a past negative experience. For example a memorable day on a quiet beach may be great, but if you had an experience of being stung by a blue bottle or jellyfish this may be counter-productive, and again, if you recall a lovely day with your partner when you were both happy this may be great also, but if your partner is now having an affair this would be a poor choice!

If you are finding it difficult to access the memory try recalling past events in your life e.g. significant birthdays or anniversaries; holidays; birth of children; past Christmas or New Years Eves. Or you could think back and ask yourself – what was I doing this time last month (6 months ago; last year; 5 years ago). Sometimes thinking of previous places where you have lived can be useful. Also, it may help to switch back to a breathing focus to increase your relaxation and help open up your mind a little more.



TIP No.6

CHALLENGE: I have thought about it and unfortunately there are no positive memories I can recall.

OPPORTUNITY: Okay – now this is not as bad as it might first sound. But it does mean that you cannot use the Reliving Draft at this time. You may be able to come back to it when you do recall something positive, but if you don't just move onto the Draft of Creation which will guide you through a similar process.



Seizing the Moment

Now you have it - the time when this feeling / state of mind was there for you. Take a moment to relax a little deeper – take a few breaths - use the keywords and relax even more.

Now it is time to amplify this memory. First think about what you could see – be very particular – notice all the movement that was happening – notice all the colours – notice any sort of activity – notice light and shade – clean and dirty – close and

distant objects – notice the tiny things as well as the more obvious bigger things. Stay with this visual process for at least a couple of minutes....

When you feel you have covered all the visual aspects you can move on. There is no hurry. Take all the time you need.

Now try to recall everything you could hear. Sounds made by other people or animals – sounds made by nature (water sounds; wind or breezes; rustle of leaves in trees) – sounds made by cars or machinery – sounds made by household items (phones, computers, cooking, TV or radio, music) sounds made by yourself (breathing, eating or drinking, footsteps, splashing).

When you feel you have covered this area you can move on. Once again there is no hurry. Take all the time you need.

TIP No.7

CHALLENGE: I am finding it awkward remembering what to do as I go along.

OPPORTUNITY: Yes, this can be challenging but you will manage. Please go back and read TIP No.1 or print or copy the sheets at the back of this book for quick reference.

Stay with this positive experience and now remember what you could feel. When I say feel I mean this on two levels – what you could actually feel as in the sense of touch and what you were experiencing emotionally. Focus on the tactile area first – were you touching anything – was it cool, warm or hot – could you feel anything brush against your skin (even the air) – were your feet in contact with any surface – was there dryness or moisture – was taste or smell involved? Stay with this tactile area and explore it fully.

Moving on to the internal feelings this experience gave you. Identify them clearly – these should be those you were targeting from Step 4, but don't be surprised if you are able to access other emotions now as well. Take your time now and enjoy this feeling – study it and savour it.

It is fine now to incorporate any or all of the strong visual, auditory and tactile memories you have also. Really paint this picture vividly and soak yourself in it!



A Key to Your Mind

While you are enjoying this moment find a word or short group of words that you can associate with this experience. Make this word or phrase specific to this memory. Try to avoid a word or words that you might hear every day – this is special – just for you. When you have got it say it aloud (preferably) or firmly to yourself. This is your valuable Reliving Key.

Take your time with this memory and say your Reliving Key 2 or 3 more times. Another useful addition is to combine the saying of your Reliving Key with a specific touch that you will use in combination. You will then have added a great tactile link. Some examples might be – a light stroke across the forehead with your finger; a touch on the cheek; licking of the lips; clasping your hands together; or a light squeeze of your ear lobe.

Now, in your own good time, bring yourself back to the present.

Once again, as with all these Drafts, repetition is essential. You need to consolidate your Reliving Key (and touch) a number of times. As you do this you will notice a number of things – the process will be easier and quicker – you will achieve an accurate level of recall for your memory – the target feeling or state of mind will become stronger.



TIP No.8

CHALLENGE: I have tried a few times but I am still having trouble getting in touch with the targeted feeling.

OPPORTUNITY: There may be a couple of reasons for this. Firstly, try to gauge how strongly you are getting into the reliving of the selected memory. Are you taking enough time to access all the four areas? If some little aspect of this past experience pops into your mind and it is something that you thought you had forgotten, or at least had not recalled for a long time, this is a great sign that you are deeply into the memory. Secondly, is the memory you selected a strong one? You might want to try searching for something different and go back to step 5. Remember, there is nothing wrong with taking a break and trying again at another time.

The Reliving Key is the essential element of this Draft. It is something you can take with you wherever you go. Have you ever heard a song on the radio and it immediately took you back to a particular event or time in your life – be it pleasant or otherwise? Do you have an emotional reaction to people of a particular appearance – positive or negative? Have you ever seen an old car which reminded you of a time in your life long since past? Maybe you noticed something on the TV and it wound the clock back to a different place in your mind. These are all emotional pre-sets we have in our minds and they are not under voluntary control – but now you have set one of your own and a pretty good one too. Well done!

Now you have the Reliving Key to work for you in the same way, to create a positive state of mind. For a while you may need to accompany your Reliving Key with some relaxing breathing or some of the recall processes described in step 6, but over time you will find that the simple saying of the Key, either aloud or to yourself, and using the touch will be enough to induce the state you want.

A Real Example: Faith had a troubled life with family conflicts and a messy separation. She was severely stressed much of the time. I assisted her with the Reliving Draft and she accessed a fantastic memory of herself on her favourite horse galloping down a deserted beach through shallow water. What great visuals, sounds, tactile sensations and feelings there were here! Her Reliving Key was the name of this horse – “Grayson”. Faith phoned me one day – she had started a new job as a traffic controller and said she had been getting a lot of abuse from unhappy drivers. She was excited to report that she had used her Reliving Key (*Grayson*) while standing there with her “stop/slow” sign and it worked like a charm – she felt calmed and in control within seconds.



Bunya Mountains – Queensland - Australia

THE WRITING DRAFT

[\(GO BACK\)](#)

Q. What are we seeking here? A. To get rid of emotional baggage; to find some resolution to, or a way around, persistent troubling issues.

This is not difficult and I know, before I even begin to explain it, that you can do this. Perhaps you have a difficulty with a relationship (past, present or future!); an on-going problem at work; an issue to do with grief and loss; or some past trauma that keeps rising up and causing you concerns. There may be issues concerning family, friends or neighbours or there may be financial and business challenges.

Let me say straight up that this will not make those problems go away, but it can help you improve your understanding of the issue; it can help you put it in perspective and it can help you move past the obstruction it is causing in your life. It may also open your eyes to different options and potential solutions.



Don't Get it Right Just Get it Written

This is a solitary exercise and a private one just for you. You need some time on your own to do this so plan ahead or seclude yourself where you will not be disturbed. The time you need may vary from 15 minutes to an hour – you may even need to continue this over several sessions. It is useful to give yourself a specific amount of time – set an alarm if necessary. Obviously this Draft involves writing. As you would know there are many ways to write and it does not matter if you use a computer, an iPad, a typewriter or a pen and paper.

TIP 9.

CHALLENGE: I am really bad at writing. I haven't written anything for years. My spelling skills are none existent.

OPPORTUNITY: None of that matters here. The only thing that will stop you is that you never learned how to write – but even then you can substitute with a recording device and achieve the same result. So no excuses - the rules here are – grammar and spelling do not matter; sentence structure is unimportant. All that matters is that you write it and you can read it because it is only for you.

You need to bring the troubling issue to mind – this should be easy enough and you probably do this more often than you would like anyway, but now you are doing it with a purpose. Start by writing it down with a brief, “*simple as you can*”, description. Use actual names of people as you would refer to them – e.g. “Mum” may be fine but “my partner” would not. This brief description is now the title of this work.



Can you be Frank?

Bear in mind that you would write differently for different problems. When writing about grief and loss for example you would be thinking it through quite differently than you would an issue of domestic violence.

What is needed here is detail – lots of detail. This detail is essentially about you – about your emotional feelings and your most open and honest thoughts. Of course you will need to write about others as well as they will be part of this scenario.

TIP 10.

CHALLENGE: I don't like writing this stuff down. Someone else might get to see it. I feel exposed.

OPPORTUNITY: This is why this needs to be private. Keep your writing in a safe place. If it is digitally written – password protect it and call it something bland like “tax receipts” or “recipes”. The work you are doing here is in the actual writing and expressing yourself stage – this does not need to be kept when you are finished. In fact, some people make a deliberate point of a ceremonial destruction of the document and they find this act helpful.

CAUTION: Going through this process can be upsetting and can sometimes leave you feeling quite drained and at times fragile. If the matter you haven chosen to write about is a major life trauma then I recommend that you plan ahead of time to either have someone you can talk to or call for support should you need it. This person would be someone you can trust – remember, you would not be talking with them about the issue necessarily unless you really wanted to – they are simply there for support and comfort and to make you a nice cup of tea.



The Express Train

Let the writing flow freely. As you think of it – as you feel it - write it down. The order of things does not matter. Include names, places, things that were said, everything that you felt – don’t hold back, this is your chance to express yourself clearly and completely – you don’t get this opportunity very often so make the best of it.

Past acquaintances, lovers, relationships, friends and foes, family, colleagues, business partners may all have a part to play in your writing. Exact dates and times are not necessarily important unless you can clearly recall them and they were very significant in the whole scenario. Actual words spoken, body language, your behaviour and that of others is important. Most of all how you felt must be the driving force behind your writing.

TIP 11.

CHALLENGE: It seems I am stuck. I can’t exactly recall things and I don’t know what to write down.

OPPORTUNITY: If you get stuck you can try brainstorming – i.e. just write down anything that comes into your head – words, phrases it doesn’t matter – don’t analyse it, don’t dwell on it just get it down - you can look through it after a few minutes. Write and brainstorm for 2 to 5 minutes. Then look over what you have written. Group common ideas together – cross out bits that are irrelevant. Now see if you can expand on these thoughts with more detail. Don’t be worried about taking a break if you need to. You can come back to it later – sometimes a break will allow your mind to quietly work away in the background and when you come back words and feelings will flow more freely.

STEP 4

The Alarm Bell Rings

Your time is up! You need a break - maybe there is still more to do. If so you will need to save and store this in a secure spot and schedule a time for part 2. If you feel you are completely finished you need to decide what to do with your writing – trash it or treasure it? If you keep it make sure it is safely stored. If you trash it do it thoroughly and if you choose do it with some style and ceremony!

Is the issue clearer in your mind? Have you resolved anything? Is there any sense of release or comfort? Do you want to take this any further and discuss it with someone?

If you have a little more time available now would be a great time to do the Basic Draft.



Glasshouse Mtns from Bulcock Beach – Caloundra - Australia

DRAFT OF CREATION

[\(GO BACK\)](#)

Q. What are we looking for here? A. A sense of safety and security combined with peace and tranquillity. An opportunity to consider matters from a new perspective.

There are some similarities between this Draft and the Reliving Draft. The main difference is that here you are creating a special place for yourself rather than seeking a memory to target a particular state of mind. This works well with someone to guide you, but as already noted this is not essential (see TIP 1).

Refer to the Basic Draft for the first 3 steps.



As per Basic Draft (above)



Did Someone say Steps?

Picture yourself standing at the top of 10 steps. You are quite safe. These steps lead to an amazing place, but to get there you need to relax even more deeply than you have before. If for any reason you need to wake up during this Draft just say the words "AWAKE NOW" at any time. This is your mental cue to becoming awake and alert.

As you step down, slowly, one step at a time you will notice how much more relaxed, loose and comfortable your body is becoming. Take your time – one step at a time. More and more relaxed. Repeat those keywords with every breath you breathe out ("*relax*"; "*let go*"; "*unwind*"; "*release*"; "*loose and relaxed*"; "*at peace*"; "*very calm*").

Work your way slowly down the steps counting them as you go. At the same time becoming aware at how deep your relaxation has become, that little bit more with every step.

Continue down the steps. Every time your foot moves down to the next step that wave of relaxation spreads through and over you.

Take all the time you need until you reach the bottom step.



Let's Build Something

As you remain relaxed I want you to let your thoughts wander into a special place. I choose to this place call "heaven's gift shop" – you may call it what you like – but this place has anything and everything that has ever, or has never, existed. It is here where you will assemble a special place of your own. This special place may be any dimension or absolutely anywhere you choose it to be - from complete sub atomic nothingness to the size of a billion distant galaxies!

The special place you build is dynamic – that is you can add or delete, change or modify any aspect you like in an instant. This place is secure – it is a place of safety – a place of comfort – a place of peace.

Now think of it and build it in your mind. You have everything at your disposal – every piece of technology invented, imagined and dreamed of – everything from a grain of sand to an infinite plethora of materials only limited by your imagination.

You need to now spend a few minutes putting this special place together. When you are done you may like to give it a secret or special name. Say this name to yourself and add in a tactile sensation as well (as described Step 7 of the Reliving Draft). This will be useful for the many future times you will be dropping in. When you are ready, use the "AWAKE NOW" button to bring yourself to a comfortable, rested but alert state.



Can I Move in?

In a sense, yes you can move in whenever you wish. Visit often – redesign – add new features.

I deliberately gave little direction in the building process. This is your construction and you need not be influenced by me or anyone else.

As you become practised with the Draft of Creation try dropping in and spend some time to gently consider any issue that has been causing you concern. You will find you can do this with a completely open mind, allowing you access to alternatives that previously eluded you, or other options that you may have dismissed in the past but which you can now approach from a different point of view. So this special place is more than just a wonderful relaxing and peaceful hide away – it can also be a place of reflection and a place for problem solving (if that's what you want it to be).

So the process in future is to follow the Basic Draft (this will become easy over time as you practise) and relax, then use your secret special place word and tactile

sensation to go back for a visit. You may like to use the 10 steps again to deeper your relaxation and intensify the experience.

A Real Example: Roger was recovering from a depressive illness, but still experienced frequent periods of agitation and anxiety. He feared he could slip back to serious depression at any moment. Roger used the Draft of Creation and built himself a structure similar to a large silo. It was made of large interlocking smooth rocks held together by an unbreakable resin. The silo was sealed on all sides and he was able to enter by filtering his body through the rocks which were in harmony with only his DNA. Inside the silo the large rocks radiated different colours and intensities of light and warmth – there was no gravity. By humming in different ways he was able to control all features within the silo (light; warmth; gravity; colour; and relaxation intensity). This was (and continues to be) a place of great comfort, security and relaxation. Roger calls it the “Hummer Tube”.



TIP 12.

CHALLENGE: I would like to use this to achieve more than feelings of safety, security and peacefulness. Can this be done too?

OPPORTUNITY: The quick answer is yes, but it will depend on you and how well you can “build” a scenario to replicate the desired situation at which the target state of mind would exist. After this it would then rely on how well you can access these feelings. What you are really asking here is – “can I experience a state of mind that I have never experienced before” – if you think about that statement you can then appreciate the challenge that lies ahead. Of course if you had this state of mind previously you would be using the Reliving Draft.



The Grand Canyon

THE THOUGHTFUL DRAFT

[\(GO BACK\)](#)

Q. What are we seeking with this Draft? A. A state of mind in which we can more readily resolve problems and feel more at ease by adopting alternative thinking strategies.

There are no individual steps here, but there are several **STOPS** where you can pause, reflect and try it on to see if it fits!



Bedside Manners

THE PUZZLE: You have probably said it yourself, or someone has said it to you – “*Did you get out on the wrong side of the bed today?*” Basically, the day got off to a bad start and only got worse – it’s just one of those days!

THOUGHT: So instead, while you are still lying there in bed, make the decision that you are going to get out on the right side! Sounds simple enough to say, but it is really a complete mind set that we are seeking here. Tell yourself that the traffic you encounter today will *not* cause you irritation – in fact you will be especially generous to other drivers, allow them space and let them cross over lanes – even let them have that elusive car park!

When you’re at work things that upset you yesterday or last week will *not* do so today and when you encounter a hurdle you will know that the system is testing your resolve and you will rise above it. You can even decide that today you will be more accepting of your colleague’s short comings – you will even offer assistance and support where you can. Did you say you were taking in some nice biscuits for morning tea?

If you feel the need through the day you can take yourself aside (restroom; spare room; bathroom; quiet area). Take a couple of deep breaths and reaffirm your commitment to the day. Ask yourself this question – “*Do I want random people controlling my mood and behaviour? Do I want random people determining how my day will go? Should I be the one in control?*”

Of course you can apply this process to any number of other situations than just the above examples. It works equally well in families and with relationships – and in all sorts of places like educational facilities, trains, gyms, churches, sports grounds and hotels.

At the end of the day ask yourself how you did – maybe you made it through the whole day or maybe you lost it at the first traffic snarl. Consider what was gained and lost with this process. Is it worth doing again?



The Task at Hand

[\(GO BACK\)](#)

THE PUZZLE: Sometimes you may feel fragile and vulnerable, worried about how you can cope from one moment to the next.

THOUGHT: There are times when a day seems such a long time or the morning is just too far away. Breaking time down into smaller chunks can help. *“What will I do over the next 30 minutes?”* or *“How can I make it past the next hour?”* Redirecting your attention to smaller even seemingly trivial activities can help in giving your poor brain some time out. Some examples are listed below, but whatever you choose do your best to fully engage on the task even if only for a few minutes at a time. If you could manage it the Basic Draft would be a useful tool at these distressing times.

These are temporary techniques to give you “time out” and to buy some time until you either feel less distressed or are able to engage in something more substantial (see other Drafts and **STOPS**).

Read a paragraph or two from any book or magazine. When done ask yourself about what you just read. If you need to read it again do so. Try to focus your attention on the words and description used. Now try to write out a brief outline of what you just read.

If you have any hobbies or interests that require some hand eye co-ordination this might be a time to do a little. You may not feel like doing it but just see what you can manage for a short time. Alternatively, you can do something simple like colouring in

or drawing, maybe a jigsaw or building houses out of playing cards (I have managed 14 stories high – can you rise above it!).

Take a sheet of paper and begin tearing a narrow strip. The object is to try and get the longest narrowest strip you can without breaking it. If you break it start again and try for a longer one than the last turn (wrappers from Minties sweets have been used for this by many people).

Think about your favourite piece of fruit or your favourite vegetable. Think about it in detail. Shape, size, weight, feel, colour, taste, and some creative recipes. How does it grow? How do you buy it and what does it cost? What do you eat it with? Write out some notes and try to draw a picture or two. After a few minutes try to stop thinking about it for a further 5 minutes – this part might even be more difficult! I have tried a number of times myself NOT to think about bananas for two minutes – but it's close to impossible!

If you can't decide on a course of action write out a list of pros and cons. Just be sure you are basing your list on factual information rather than what the negative turmoil inside you is trying to generate. Generally speaking, if your list is top heavy with negatives then you are not being impartial and you should do something else and try this later.

Try the Criss-Cross word exercise. Now this might be similar in some ways to a crossword but its way easier. You will need any size sheet of paper – if it has lines across it this is even better. You need to rule it so it looks like a big empty crossword (with no black squares). Starting in the left top corner square put in any word you like either across or down – next add a new word which uses one letter from the first word. Continue adding any words you like with the goal of finishing your last word in the bottom right hand square. Now start in the top right corner and work your way to the bottom left corner – at some point you will have to cross over your first lot of words (following usual crossword rules of course). If this is too easy try doing it with Christian names; towns; food products or sporting items (no doubling up!), or you can even try using words that describe how you're feeling, what you're doing and where you are.

There are many more simple tasks you can try, so if the above **STOP** applies to you I would suggest that you spend some time when you are not distressed thinking of a few more. Make a list and post it on the fridge or mirror so it is ready to go should you need it. Add to this list when you think of something else – if you try something and it's not so good for you cross it off. Be like a squirrel storing nuts for the winter.



Freezing conditions & no one is swimming in this pool



Package & Post

[\(GO BACK\)](#)

THE PUZZLE: There is so much tension building up you can actually feel it in your body. It may be like a big knot in your stomach; or a blockage in your throat; or a tight band around your head; or a continuing ache across your shoulders and down the back of your neck.

THOUGHT: I want you to notice exactly where this discomfort is. Describe the nature of the pain in as much detail as you can to yourself (or to whoever may be with you). You can even write it down if you wish. Give it a rating from 1 to 10 (10 usually the worst ever!). Put your hand on it if you can and close your eyes – give this pain a colour – now give it a name. Do your best to encapsulate this discomfort in your mind – that is, wrap it up in a strong binding or enclose it in a capsule of some sort. Now, as you breathe try to feel yourself breathing around this encapsulated object. This object is not part of you – it is an intrusion but you are working around it. It will reduce and go away, but in the meantime you can work around it.

Repeat these statements to yourself as you breathe evenly and slowly – *“It is not part of me”*; *“It is an intrusion”*; *“It will reduce and go away”*; *“I can work around it”*; *“As I relax I am in control”* – make up your own statements to suit your circumstances. Use the description you have given this unwanted discomfort.

If possible try to find a quiet area with reduced stimulation. Sometimes a slightly darkened room can help.

Now may a good time to work through the Basic Draft. Go through Steps 1, 2 and 3 only and repeat them as necessary.

If you have the opportunity you could also consider a massage, a warm shower or a relaxing bubble bath.

CAUTION: Tension and anxiety can cause many physical symptoms, but at the same time some of the pain described above could be related to a medical condition. If your symptoms persist a medical check up would be worthwhile.



Never say Never

[\(GO BACK\)](#)

THE PUZZLE: Do you get that feeling from time to time that nothing seems to be going right for you? Why is it always *you* that cops all the crap? Why is it you never can get an even break? Are you sick of all those times when you just can't do what you want or need to do?

THOUGHT: The words "*always*" "*never*" and "*can't*" are traps we make for ourselves. These words are absolutes, and while they may be fine to use on some occasions they are quite often just lies!

Let's have a look at some examples. "*When driving I always hold the steering wheel*"... well, thank you for doing that! "*I always end up spilling food on my clothes*"... really? Can you think of just one time when you didn't do this? If you can then your statement is wrong.

And again – "*I can never teleport my body*" ... fair enough... me neither! "*I can never find my car keys in the morning*"... okay I guess this is somewhat of an exaggeration.

Sometimes we direct these absolute statements at others (often our kids or partners) "*You never take me out to dinner*" "*Why do I always have to remind you...*".

What happens when we use these statements is that we perpetuate a negative perception or feeling and we also load up someone else with this negativity. This also has a tendency to set ourselves or others up for failure next time round. Try using words that are more accurate such as "*occasionally*" "*sometimes*" "*about once a week*".

Let's look at the statements above and see how they might sound with different wording – instead of "*You never take me out to dinner*" try "*We haven't been out for dinner in ages*" and instead of "*Why do I always have to remind you...*" try "*How about you do it next time without a reminder...*". What do you notice? Less confrontational that's for sure and also setting up for some chance of success next time round.

Take a look at these "*can't*" statements. Maybe you can think of some others too.

"I simply can't get out of the house just yet"

"I can't face going to work today"

“I should visit my friend – but I just can’t deal with it at the moment”

“I’ve been so busy. I can’t help you this weekend.”

“I can’t get my head around this Emotional Drafting”

Okay, now I want you to re-read all of those statements but substitute the word “won’t” in the place of the word “can’t” – i.e. *“I simply won’t get out of the house just yet”*. Try the others now...

Now that sounds a bit different doesn’t it? It now implies some responsibility and a degree of choice. So make your choice – because there are very few occasions when we don’t have one. Of course there are always some very clear *can’t*s – *“I can’t jump of the Earth and land on the moon”*... well I guess that is fair enough! ... *“I keep putting in the lotto but I just can’t win the big one”*... hmmm, maybe you’ll have more luck with the first one.

The above deal also applies to similar words such as *“unable”* – replace with *“unwilling”*, or for *“could not”* substitute *“will not”*.



Warm Tea!

[\(GO BACK\)](#)

THE PUZZLE: Do you often feel disorganised or there seems just too much to do and you rarely seem to get things finished? Maybe you thought by this time in your life things would have been quite different.

THOUGHT: I want to talk about setting goals. Yes, there has been much written about this and to be honest it may be tarnished with the *boring* brush. I should state though that many (maybe even the majority) of “successful” people use goal setting in one form or another in their everyday lives.

First of all, for basic everyday matters, let's not complicate things and talk goals - instead let's just say lists. From my own point of view I do well with a list. If my wife goes off to work and I have the day at home it is not uncommon for her to leave me a list. Usually these are related to running the household, paying bills or meeting other people. I am really quite happy with this. It gives me a sense of purpose and direction and I know that when I complete these things I can go to work on my own list which is already sitting right there in my head!

Many people with depressed feelings, anxiety or who are easily distracted do well with a simple list on a post-it note. If you have these problems try using a list - don't put too much on it - maybe up to 5 basic things. This way you can take your time and be confident you will accomplish all the tasks. Accomplishing your goal or completing your list is important and has its own intrinsic reward. You can also give yourself something more tangible if you wish. This can be as simple as a piece of chocolate or other food treat. Other great rewards can include - a night out to dinner; a massage (maybe from your partner); a bubble bath; a movie night; a new book or magazine; or even cash in some circumstances. These more substantial rewards are generally for achieving a short or medium term goal, but please yourself - you earn it - you enjoy it!

When attending an appointment, whether it is for medical, business or pleasure purposes, it might be useful to make a list of check points you need to address. There have been many times when I have talked with someone post appointment only to find they had forgotten to mention important details.

Deadlines can be a significant cause of stress and many people find that their stress levels increase the closer they get to the approaching date and unfortunately with this increased anxiety often comes a decreased ability to get the job done! It may be a project, a report, an assignment or submission. This all links in to planning (goal setting) - where possible consider making your own deadline or due date. Plan this to be 10 to 14 days sooner than the actual date. The key here is that when you have done this you need to be absolutely committed to your *new* deadline and as best you can put the real one out of your mind - at least for the time being.

Remember - anxiety is okay up to a certain point and assists with motivation, however in excess it impairs organising and problem solving. You might like to Google "flight and fight" to take a look at the many ways stress and anxiety can impact on our bodies (or check your Members page for an article). The Basic Draft can help here.

As for actual goal setting, there are some key points below you should keep in mind.

Think about what you really want with you life. Some areas can include - relationships; career; sport; finances; business; health; education; community service.

Be clear that this goal is what *you* want and not what others want for you.

Describe your goal clearly and with detail (see below).

Make your goal achievable. You might want \$10,000,000 and while this may be possible it obviously won't happen overnight. You will probably need to break your

goal down into smaller short term goals e.g. *“I will be a better parent”* a terrific goal but we need something with more clarity - like *“I will read my toddler a story at night at least twice a week – starting today”* and there may be several others along this line, which, when put together, achieve the objective of being a *“better parent.”* Another example – *“I am going to run a marathon”* – that’s fine, but obviously a training plan is required. A shorter term goal may be something like *“I will be able to run 10 kilometres in less than an hour within 6 weeks from now.”*

As seen above setting a realistic time frame is important and this links in with motivation. The goal and time frame need to hold your interest and you need to be able to see your progress. There are many weight loss programs, for example, that set very attractive but unrealistic goals – this is partly to suck people in of course, but it also sets them up to fail.

Be prepared to modify your goal. As life moves forward circumstances change – challenges come our way – our needs and desires change.

W – What you really want / **A** – Accurately described / **R** – Realistic / **M** – Modify or move the goal posts / **T** - Time Framed. So get to it and make yourself some WARM T!



Where is that Horse?

[\(GO BACK\)](#)

THE PUZZLE: Have you found that you tried and tried, but regardless your mood still feels low and you just find it so difficult get on with your usual activities?

THOUGHT: It is very challenging for people with depressed feelings to get out of an endless rut where they feel stuck and to some extent hopeless.

CAUTION: Depression is a serious illness. Some of the key symptoms are low mood; loss of appetite (possible weight loss); loss of energy; loss of motivation; loss of interest; loss of libido; sleep disturbance; early morning waking; poor self esteem; feelings of guilt; and sometimes suicidal feelings. Depression is a treatable illness and if you have some of the symptoms above you should be contacting your local mental health service or your local doctor.

It is possible you may need medication. You may need some psychological interventions and you may need various forms of additional support.

The Basic Draft in this book will be of help now - and when your depression starts to lift the other Drafts will also be helpful.

So, back to the *horse* thing!

This is a cognitive strategy that some people find quite difficult. This is because I am going to be suggesting that you do something that you don't feel like doing and probably don't want to do, but it will not be something you can't do. If you believe you can't do this then take a look back at **STOP 4** above.

What is required here is that you "put the cart before the horse". That is, go through the motions and do those basic simple things that you have been neglecting, disregarding or putting to one side. It may be - washing the dishes; cooking a meal; going for a short morning walk; ringing a friend or relative; going out for a coffee; sending an email; finding a local support group; bathing your dog; watching a DVD; or listening to some music – the list is extensive, but you don't need to do everything at once. So do something, don't stop to think about whether you want to or not just do it because you have done it before and you need to do it now.

Physical and mental health are very closely linked. If your physical health is compromised then your mental health is very likely to suffer sooner or later – you are more likely to suffer from a low mood, frustration and irritability. If your mental health deteriorates then this has a likely impact on your physical health. Deterioration in your emotional state can reduce your level of activity, alter your nutritional and fluid intake, reduce social interactions and alter your level of concentration and attention.

So "putting the cart before the horse" means making an effort to do things you have been omitting. You will be partially imitating the behaviours that you were doing perfectly okay when you were feeling brighter. The idea here is, if you put yourself in the right place and go through the behaviours the horse will catch up! That is your mood and other negative emotional feelings will improve. You will be able to give yourself some positive feedback for your achievement and in addition you will decrease the chance of adding a physical ailment to the equation.

So, work out what tasks you can do – make a short list – don't over think it – just make a start.



Kookaburra looking for worms – Bunya Mountains – Qld - Australia

A DRAFT IN THE ROOM

[\(GO BACK\)](#)

Q. What is this all about? I don't like drafty rooms! A. Drafty rooms can be an uncomfortable place to be and this is where we are now! So what we want here is to gain some understanding of other people attitudes where we can, and also to find some personal insights.

THE PUZZLE: *"I try hard but I feel unappreciated and even disliked by my colleagues. Why don't people like me?"*

It seems reasonable to me that most people like being liked and enjoy some appreciation for their efforts, but if you are someone who doesn't really care either way then feel free to skip right by this Drafty uncomfortable room.

Okay – this can be tricky and I apologise in advance for any perceived insensitivity!!

Firstly, I need to assume that you are deserving of appreciation and secondly, that you are a likeable person. So then, you are **NOT** bossy, moody, distant, a loner, preoccupied with personal issues, verbally aggressive, defensive, depressed, a constant worrier, socially incompetent, self absorbed, disorganised, disagreeable, have a criminal history, have an infectious disease, have personal hygiene issues, intolerant, demanding, have a mental illness, over-bearing, passive aggressive, a political activist, a religious zealot, a health fanatic, sexually inappropriate, overly sensitive, a perfectionist, imposing, suggestive, overly flirtatious, argumentative, or an axe murderer?

I hope you get the point here and this is by no means an exhaustive list!

Granted, a number of these things *should not* make you unappealing or prevent others from showing you positive recognition, however, other people are not as perfect as you, and they are seduced by pressures from peers and from society. Unfortunately social stigmas still do exist and people everywhere are influenced by them. Changing a perceived stereotype is not an easy task. Changing your behaviour is also challenging but not out of the question providing that you're prepared to change rather than wanting everyone else to change around you.

The other point here is sometimes people take a dislike to other people for no obvious reason. It could be that there is some negative unconscious link buried deep in their mind that your personality sets off - and it is likely they themselves do not even know this. We should also add that there is also the likely probability that the other person(s) have their own issues and agenda and are not either aware of their behaviour or do not care about it. So there are times when we will just have to accept the situation as it is and work within the constraints we have around us. The question is, if we are aware someone does not like us, respect us or appreciate us - how should we respond to them? Do you want to let someone else's behaviour change the way you normally act? Should you just be your usual self? Should you be seeking more information? We always have choices.

Looking back at the rather extensive list above - are you in any of those (or other) groups? Is it possible you could be and not be aware of it? Perhaps that is a silly question – because if you weren't aware of it how could you answer affirmatively! Just think about it and be totally honest with yourself.

If possible you could seek some clarification by asking people. If you ask really close friends you are likely to get a modified or watered down response and this would be unhelpful. Try asking people who know you, but are not so close to you as are friends and family – but be prepared for a potential negative response. Below are a couple of statements you could use (or alter to your needs) – it is important that if you get some harsh criticism that you don't respond back negatively – after all you did ask for it!. A good technique is to say clearly and calmly - *“thank you for that, and is there anything else you would like to add?”*

“I am working on some self awareness techniques and I need your honest feedback. Is there anything I do or say that contributes to any disharmony or discomfort around here?”

“I need some feedback from you on how you believe I am going here. I am prepared to make some changes.”

“Is it possible I am doing anything to upset the karma in the office?”

“Do you think I could get some comments on the work I've done recently. I've been unsure if I covered everything that was required.”

“I get the impression that I am not that popular around here. Do you have any suggestions how this has happened and how I can fix it?”

“I really like the way you presented that paper today. Well done!”

What's with that last statement?

Paying people a compliment is a great way of getting some feedback. You might have noticed that when you say something nice to someone or they say something positive to you it is almost automatic for a complimentary response. So do a bit of fishing and see what you drag in! You should be able to work out if the return compliment was genuine or just a knee-jerk response.

Let's assume for a moment that you have been told that there is something about you that people are finding some problem with. Now you have this information – do

you believe it? Are you upset by it? Do you want to do anything about it? Should you just ignore it? Unfortunately, these are all great questions, but ones which you will need to answer. I can say that if you accept the information as being correct (or close to) it may help to further discuss this with your colleagues (maybe you *can't* – maybe you *won't*) and attempt to get them onboard to assist you. And remember to bring in a nice morning tea once in a while!

Now let's assume the opposite. No one has given you any significant feedback. To me this raises three main possibilities.

1. Maybe they feel it is just too hard for them to be honest and open with you
2. Perhaps they have their own issues to deal with and are not really that bothered about you
3. You have misread the situation and incorrectly interpreted the reactions of others. As mentioned above you may need to consider accepting certain difficulties and working around them.

Much of the above refers to work situations but could be equally applied to others i.e. social gatherings; community and sporting groups; or extended family situations.

I don't pretend to have all the answers here, but I do hope it has at least provoked some wider consideration and opened your mind to some opportunities that you may not have yet recognised. It is often helpful to examine issues with your logical hat on and your emotional hat off – now there's a challenge!



Emotional Drafting – just in closing!

[\(GO BACK\)](#)



Jungfrauoch – “Top of Europe”

I hope you have found something personally helpful in the various Drafts. They are a true representation of the work I have done over many years with individuals, couples and families (and continue to do). Of course I did not always refer to them as Drafts and now use this term to group these effective strategies together. A Draft implies so much – it means pulling in resources – it means assembling strengths – and a Draft is also a work in progress as are our lives – so it can be always be altered, updated and improved.

There are some pages following that you can use for a quick reference if you require. Just copy or print them out – there is enough space for you to write some additional notes as well (extra prompts; Reliving Key; or other keywords).

The images included here are very deliberately selected, use them to provoke a feeling or rekindle a memory or just explore them and allow your mind to travel freely.

Please re-read this book and become proficient in the areas that you most need. I will be glad to hear from you. Let me know what works for you and also let me know what areas you are having difficulty with. I will do my best to respond to all emails. You can find my contact link on the website www.emotionaldrafting.com

Now that you have your copy of Emotional Drafting you also have full access to the member’s area of the website and can receive the Emotional Drafting newsletter (if you so choose). If you haven’t already done so, and you would like these services, just send me an email via the [CONTACT](#) link.

All the best for your future

Bob Goodwin

Some extra information [\(GO BACK\)](#)

Bob has been writing for some years. He has written some short stories, short plays, one act plays, short screenplays, feature length screenplays and one novel. If you would like to take a look at some of his work please visit [Smashwords](#) or the [StoriesAndPlays bookstore](#). There are numerous items that you can download for free and others that you can preview and/or purchase.

There are also many articles on the Stories And Plays [homepage](#) related to mental health, indigenous issues and remote area nursing. You are most welcome to read these and comment if you wish.

All items in the Bookstore are available as a PDF.

If you need Adobe Reader just click the icon below.



Your worksheets are on the following pages.

[\(GO BACK\)](#)

THE BASIC DRAFT



Let's get comfortable



Focus on your breathing



Talking to yourself



Let's muscle up!



Focus on your breathing

(repeat Step 2 - to finish)

THE RELIVING DRAFT



Let's get comfortable



Focus on your breathing



Talking to yourself



First the Question?



Time Travel



Seizing the Moment



A Key to Your Mind

THE WRITING DRAFT



Don't Get it Right
Just Get it Written



Can you be Frank?



The Express Train



The Alarm Bell Rings

DRAFT OF CREATION



Let's get comfortable



Focus on your breathing



Talking to yourself



Did Someone say Steps?



Let's Build Something



Can I Move in?

[\(GO BACK\)](#)