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Do you ever ask yourself "why do I do that" and wonder why certain situations or habits seem so difficult to change? Is it temperament or something else?

Habits--"Good or Bad"--are Imbedded in the Brain

Research shows that our brain pattern or response to stress starts early. Researches used to believe that temperament was biological, but new research has shown that temperament is something that evolves over time, as a combination of biology and interactions beginning in utero and continuing over time. I often hear people say, about a longterm habit like being late, or procrastination "that's just the way I am." What they don't know is that who they are can change!

It can be disheartening to think that some of those difficult habits--yelling under stress, trouble following through, or even self doubt--might be wired into our brains. On the up side, our brains are reforming throughout are lives, and are highly impacted by loving relationships--good friends and loving relationships do help us heal, change and grow!

Guided Imagery is a Powerful Tool for Change

Visualizing love, happiness or a calm response to stress changes the brain! Guided imagery has been shown to be an effective tool for change. Whether you want to stop smoking, lose weight, increase your chances for medical recovery from a major illness or reduce the effects of Post Traumatic Stress Disorder, guided imagery is an effective tool. *"Wow, I went home and totally released the anger I have felt toward my mother for years,"* said a member of a Language of the Heart guided imagery group after her very first group session.

Guided imagery is helpful in so many environments--medical facilities, mental health organizations, schools (imagine a group for students to visualize school success), correctional facilities and sports training organizations. Because it engages both the cognitive and emotional areas of the brain, because it engages the senses, it often has a more powerful and lasting impact. Cognitive therapy may help challenge and change thinking patterns, while guided imagery can also release the emotional patterning that holds those thinking patterns in place.

Amy Donnan, MA, LP is a psychologist who provides consulting services and training to a wide variety of organizations, as well as a guided imagery c.d., and emotional healing tools for children. For more information, see her website at www.languageheart.com. Classes and workshops can be scheduled in your area and designed for your group.

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