

C.R.A.P Board

Best-selling author and neuroscience expert Mark Waldman developed a powerful tool to stop the brain from ruminating on problems, fears and weaknesses, the C.R.A.P. board.

C.R.A.P. stands for Conflicts, Resistances, Anxieties, Procrastination and any other problem you think you have. Turns out that this technique has 30 years of cognitive therapy research behind it, and the neuroscience of watching your negativity (mindfulness) is profound: your brain disconnects from its worries when you relax and observe it on a sheet of paper!

Here are the instructions:

On a single sheet of paper write down at least 20 of your limiting beliefs, worries, fears, weaknesses, doubts - real or imaginary.

Then deeply relax and ask your intuition what else you should add to the list. Then add all of the weakness that you believe other people would say you have.

1. Now relax as deeply as possible as you gaze at the paper in front of you. Don't judge anything you see; just observe it like an object in the room.

2. As you gaze, yawn, slowly stretch

Optional: and if you are comfortable doing so gently stroke your hands and arms (it stimulates areas in the brain relating to self confidence, so this is particularly effective if you have low self-esteem). You should immediately notice a reduction in intensity.

3. As you look at each item on your list, ask yourself: are these negative thoughts REALLY true? Are they happening right now? Most of the time you'll see that they are just memories.

4. Next, repeat this phrase as you look at the items that aren't really true: "These problems are not real; they are memories from the past projected on the future."

5. For those that are true, write down 2 things you can do today to lessen that problem, and repeat this exercise for 7 days.

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Put your Crap Board on the wall where you can see it regularly while at work. BUT DO NOT THROW IT AWAY! If you do, your unconscious mind will start to ruminate on all that negativity. But when it's on a sheet of paper, there is a neural "disconnect," as if your brain knows that your crap is safely tucked away and on hold.

When new negative thoughts and feelings come up, quickly jot them on your crap board. Each day you will notice less negative thoughts. Remember: old memories are always "there" in your brain, but you don't have to listen to them or believe they are true. You can even talk to them and tell them to shut up! They usually will. Then focus on your 3 deepest values for that day and the new belief you want to embed into your memory.

Some people believe that writing down their "crap" will make it manifest in the world. Nothing can be farther from the truth...it's one of the biggest misinterpretations of the Law of Attraction, a concept created by Ernest Holmes in the 1930s and espoused by Napoleon Hill and others.

When you meditate on your crap board, you'll see that many of the items are not really true. Cross them off, or write "not" or "cancel" (a Silva technique) over it!

DON'T put your crap board in an envelope or a drawer. Post your crap board next to your vision board, your accomplishment board, and your pleasure board. The more often your brain sees the list, the less reactive it becomes. The crap remains, but it doesn't affect your daily life!

