

Rick Hanson describes the three important steps that turn momentary experience into long-term change. (How to awaken joy more deeply, more 'solidly'.)

Three steps to notice, focus, and install the good

Good experiences are fleeting – (we can help) make them last

1: “If people repeatedly (a half dozen times a day, thirty seconds at a time – that’s three minutes or so a day) notice a good experience that is already happening, or skillfully create a positive experience, then that’s the doorway into building up a key resource inside. Under either condition, you start with a positive experience. That is step one. You have to light the fire.

2: Once you get it going, step two is to add logs to the fire. Stay with the experience. Give it to yourself. Be with it. Let it last ten/twenty/thirty seconds in a row. *(It takes around 30 seconds for an experience to really register in the brain/body/mind) enough to have a lasting impact.)*

Help the experience fill your body. Move out of the concept. Bring it down into your body, your emotions – because that is mostly where we’re wounded. Help the experience become real for you.

3: In the third step, like warming yourself by the fire, absorb this positive experience. Prime the memory systems; sensitize the memory system by intending and sensing that the positive experience is going into you.

Those are the three basic steps of taking in the good.” (p. 9-10)

from

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