

Building a Happier You from Deep Inside

By Thomas H. Budzynski, Ph.D.

Purpose. Why is it so hard to be happy? Some experts say that it is because we are burdened by negative, self-destructive, unconscious “scripts” which are “programmed” into us early in life. We start out as innocent, expressive, asking-for-what-we-want, loving, trusting little babies. How did we get to the point where we are fearful, distrusting, stressed, self-destructive adults? Our mothers, fathers, siblings, teachers, ministers, other children, and other adults managed to scare, punish, degrade, embarrass, humiliate, and confuse us, not to mention acting as bad role models. They say one thing and do another; who can you trust? All of these experiences affect the brain, causing it to develop an identity that is badly skewed toward poor self-worth and distrustful of anything good. (“It won’t last” or “I don’t deserve it; I’m bad.”)

The concept of “Little.” These negative scripts are mostly based on that damaged early-childhood subpersonality that has been called “Little”. It is the brain’s version of when we were young. Interestingly, the split-brain research of the 70s showed that the logical, semantic capability of the right or nondominant cortical hemisphere in adults remains that of a four to seven year-old child throughout life. Could this be the seat of what has come to be known as our “inner child”? A flood of contemporary psychotherapy books focus on the “freeing” of this innocent, loving core of our personality called the inner child. This process may take two to four years of regular therapy, and in some cases may never succeed. This tape and the audio/visual stimulation program can be of significant help in this effort. Let’s see why this may be so.

The Peniston Protocol. In the late 80s Drs. Peniston and Kulkowski showed that the relapse rate in a group of alcoholics was significantly reduced by means of training the participants to carry into a twilight (theta) state visualized images of goals specific to their problem. Earlier, Rita Sullivan in Oregon completed a Ph.D. dissertation in which alcoholics heard an anti-addiction subliminal tape which was presented automatically by a “Twilight Learning” biofeedback machine. This technique also was successful in decreasing relapse rates compared to the control group.

What these two studies have in common are the way change information is processing while the client maintains a theta state. Studies have documented the special properties of the theta state. It is characterized by the unguarded acceptance of incoming information. The unconscious then processes the information and attempts to implement the directions suggested. In the *Building a Happier You* program there is a combination of audio messaging and audio/visual stimulation which we believe closely approximates the technique used in the studies just described. The light/sound session creates the proper brain state and the cassette tape guides you into the imagery of your own personal agenda.

Note: The Peniston Protocol, as it has come to be called, requires 36 to as many as 60 sessions of daily training. Results are not usually felt until ten or 15 sessions (some feel better almost immediately), so have faith, stay with it and results will come.

Finally, in attempting to generate a mental image of “Little” you may wish to use a photo of yourself at age four to seven if you can find one. If you can’t get a photo, perhaps you can ask parents or siblings what you looked like at that age. And, for those of you who have difficulty visualizing, just talk your way through the scenes.