

# LEAD FROM WITHIN: REWIRE YOUR BRAIN FOR EMOTIONAL STRENGTH

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We will talk about the rewire framework today. What is the rewire framework? Let me tell you that this will actually help you break free from your emotional patterns if you're emotionally disturbed. This is going to help build mental strength and, of course, stay calm under pressure. Let's see how it works.

Let's move on to the next step. Now that you have identified the pattern, what exactly is causing it? This is very important. Is it a person who made you anxious? Is it a situation which has created that anxiousness? Suppose you're angry. Did someone make you feel angry, or was that a specific situation? That is a trigger. You must identify the trigger. That is the next step. A particular trigger is causing a pattern. This engages the anterior cingulate cortex for emotional regulation and cognitive flexibility. The brain-based tool which you're going to use here is mapping the trigger. Who has caused the trigger? When or where did it happen?

This is based on the concept of neuroplasticity, the property or tendency of the brain to rewire. Let's say you have old programming in your brain, which is not resourceful. Because of that old programming, you face a lot of hardship, troubles, or are emotionally dysregulated. But by rewiring those patterns, by rewiring your brain, everything is possible. You can stay calm under pressure, and you can reach your goals.

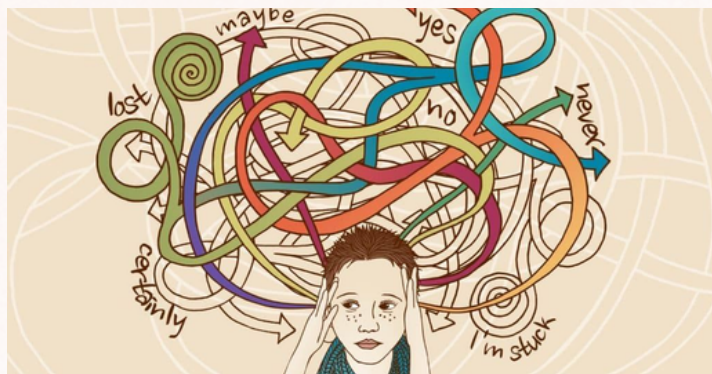
The first step in this framework is recognising the pattern. A pattern is something you see on a repeated basis. That can be an emotion. This is also called a neural loop. Let me give an example. You might, at times, feel guilty, completely exhausted, pressurized, or you might be anxious. This is a pattern. How does this happen? The prefrontal cortex in your brain gets activated, and you are in automatic survival mode. The prefrontal cortex is for planning, focus, and decision-making. But the amygdala hijacks the prefrontal cortex when you are afraid or anxious. What happens then? You might not be able to think through and stay calm. Of course, you might not be able to make the right decisions as well. You have to identify what exactly is causing the trouble. When you notice recurring emotions or thoughts, start journaling. Take a journal and write how you feel. What does the disturbing emotion feel like? If you feel anxious often, that is your default pattern. Journal it. Write it down because that is a kind of self-reflection. What exactly is on your mind? You're reflecting on yourself. This is the first step.



Now you know the difference between a trigger and a pattern. A trigger is nothing but a stimulus that activates the automatic pattern. So, identify that first, and then why it happens. Recognise if there is an old memory or experience that could be running on a loop in your brain when you don't focus on something specific. It's like a playlist - when you load songs and start playing, you don't have to interrupt it. It keeps on playing. So, you must recognise the previous experiences. Suppose there is a trigger which will disturb you. How are you going to prepare to respond to that trigger? You can plan to manage your situation if you know that a particular experience or a memory is causing a reaction.



Let's see how we are going to do that. There are brain-based tools for that. We have the habit of talking to ourselves daily. There are 60,000 to 70,000 thoughts which come into our minds. Not all the thoughts are positive. 90% of the thoughts would be negative. What you tell yourself, you will see. You have a story or a narrative, which you have scripted for yourself based on past experiences. Now, because you believe that to be true about yourself, you're going to see the same thing unless you change your story and inner dialogue.

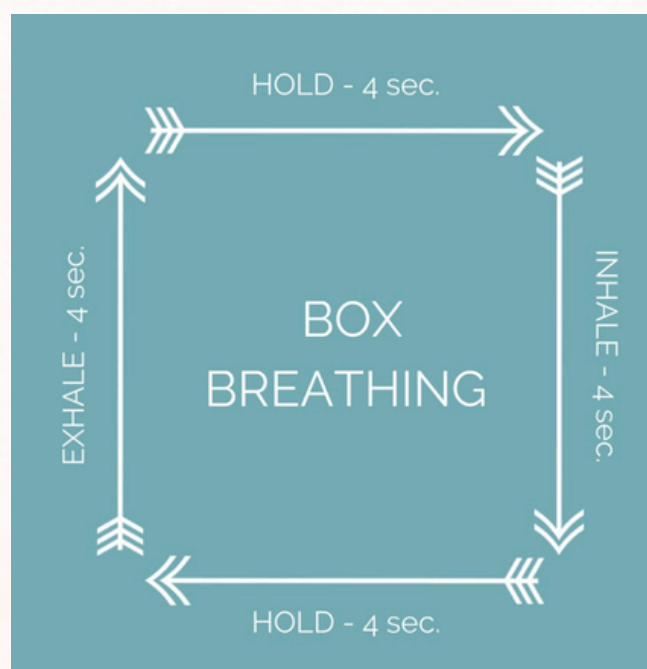


Start acting. Pay attention to your thoughts. What exactly is going on in your mind? If you criticise yourself, you think you are not good enough and are always tense or angry, or that people do not understand you, you're going to see the same result tomorrow. If something negative, like overthinking, comes into your mind today, you're going to experience the same thing tomorrow. So please be very mindful of the story you have crafted about yourself. If you have positive self-talk about yourself, suppose you say, I am good enough, I am confident, tomorrow you will experience it, because now you feel that you're confident. What you can do is shift your tone. Reframe your inner self-talk. This can be from negative self-talk to positive self-talk. Do you want to be emotionally regulated? Do you want to be confident? Do you want to be calm? Your brain does not know the difference between imagination and reality, and it is always listening to what you're telling yourself. Now, you know what exactly is causing the problem. Interrupt that. You can do some breathing. Inhale for 4 counts, hold for 7 counts, and then exhale for 8 counts. You can do either this, or something called box breathing. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts, then repeat the cycle 5 to 6 times. After a few repetitions, you will feel relieved. Your stress will reduce 50 to 60%, and your cortisol level, the stress hormone, will also reduce.

What happens because of this reframing? You start feeling good. Out of any negative situation, you will learn something, and this is part of evolution. Once you understand this, and you start feeling good, obviously, you are ready to take the next step. As human beings, we become great mentors because of all these experiences. We can overcome situations and lead a positive life via cognitive retraining.

Let's say you've had difficulties, you've had traumatic experiences, and you have lots of stress because you have a lot of things going on for you. You're overwhelmed. But when you keep rehearsing your new identity, you feel the calmness, the confidence, and your nervous system is regulated. This will activate your mirror neurons.

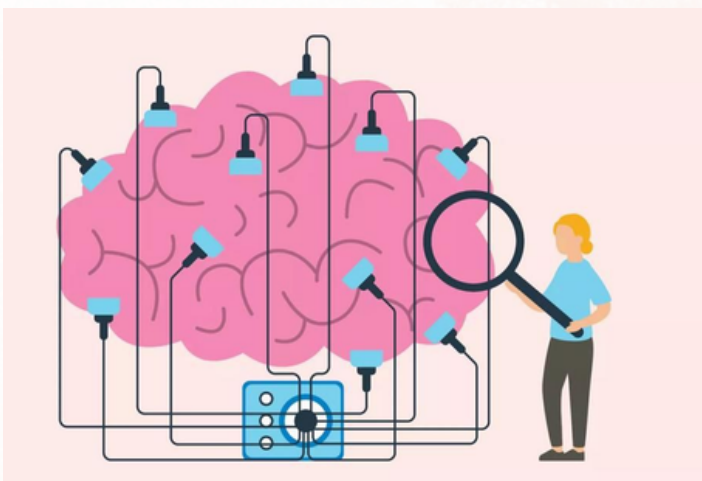
Persistence is the key to rewiring your brain. All the old memories and experiences are hardwired. It's not something which has happened in a day or two, but right from your childhood. So, for rewiring to happen, what you need is mental rehearsal or visualisation. When you wake up in the morning or before you go to bed, your subconscious mind is very receptive. Whatever you visualise at those times, it will be programmed easily. Since the brain would be operating in the alpha frequency here, it would be receptive. If you cannot do it, don't be hard on yourself. You can take a few minutes of your time before going to bed. Keep your gadgets away for at least one hour before.





You must keep practising it regularly. A lot of sportsmen and celebrities have found this successful. If it works for one person, it will work for everyone. But the key is to understand and apply it right. For the first few times, you might feel resistant. But consistently, if you practice for 3 or 4 weeks, things will shift for the better, and you will start feeling natural.

Now you have to embody this through aligned action. This embodiment is very, very important. You are becoming the version of who you desire. Your nervous system has to feel safe to act. When there is fear, the amygdala hijacks the prefrontal cortex, which we have already discussed. That should not happen. The brain does not want us to be successful because it was not designed for that. It will always keep you safe. But we have to teach it new things. That is the reason we are rewiring the brain. We are doing so by giving some instructions, and that is the reason we are using these brain-based tools.



As I said earlier, repetition rewires the brain. How does this happen? Myelination. It is actually your brain's way of making the repeated habits easier. Your brain will rewire through the process of myelination, and you will see new habits. Earlier, you felt restless; that was your old habit. But out of repetition, you have come up with a new habit. So, you feel calm, you feel confident. That is your default behaviour now. Earlier, your behaviour was different, but now it has shifted. So, start taking small actions, and make your brain believe that it is safe.

## 6. Embody Through Aligned Action

### Emotional Insight:

Prove to your nervous system that it's safe to act as your new self.

### Brain Insight:

Myelination (Myelination is your brain's way of making repeated habits faster and easier, practice literally wires them in.) strengthens when you take consistent action — making new habits stick.

### Brain-Based Tool:

Anchor Action — One small <sup>✓</sup>behavior daily that aligns with the identity you're building. ✓

We have discussed different steps in the rewiring framework. What would happen if you applied this framework? Earlier, you were emotionally overloaded. You did not have time for yourself, and there was a lot of self-doubt. After applying the rewire framework, you will have mental clarity and very healthy boundaries, and now you become a leader. I have concluded and will take questions.



# Q and A

Q. Some people say that you need to know your capacity. So, how do I perceive what my capacity is?

A. I would like to say that you are the creator of your reality, not others. What you claim to be true about yourself is what you're going to attract. No one can decide your future. Just to strongly believe that everything is possible. If you think there is any skill gap, of course, you can upgrade your skills. If others are telling you that you don't have that capacity, don't believe that. You don't have to argue with anybody. Feedback is really important. When somebody gives you constructive feedback, take it. But if you think that feedback is not going to serve you or it's putting you down, you don't have to take it up. Believe in yourself, have faith in yourself, and keep going. You will definitely reach your goal.

Q. Please tell us if this framework is useful for psychological patients.

A. Patients can complement this framework along with the therapy that they are already taking. They don't have to be hard on themselves. The greatest weapon which any human being has in this world is their mind. So, with a very strong mind, you can achieve anything you want. If anybody is taking on therapy or medication, you can definitely work on it, simply through visualisation and believing something positive about yourself.

Q. Could you suggest some good insight books where I can gain more knowledge?

A. I will suggest 'Breaking the Habit of Being Yourself' by Joe Dispenza. If you want to be somebody new, you must break your old habits. I would recommend this book; it has changed my life a lot.

Q. Sometimes, people with lived experience tend to have larger-than-life goals. How do we get that to be realistic in the context of living a normal life, whatever you choose to call it?

A. You can have any number of goals, but you have to believe that it is possible for you. Only when you believe that it is possible for you do you attain it. When the goal is unrealistic, you will drop it. Having multiple goals is fine, and some people have manifested their dream life and have had multiple goals in their lives.



Q. Sometimes family members talk nicely in front of you but criticise you behind your back. That is disturbing to me, because they are my relatives. So, how to overcome that?

A. What you resist persists. So, first, accept it. Things will automatically dissolve when your nervous system is calm and regulated. I talked about the mirror neurons earlier; people around you will reflect that same behaviour. If you're calm and regulated, people around you will be calm.

Q. How do I break old habits and replace them with new habits?

A. The rewire framework is completely about breaking old habits. Based on your habit, you will act. Before taking an action, you have an emotion. You might feel angry. If you're feeling angry, what kind of action will you take at that moment? Do you think that you will take the right action? No, there you have to change your habit.

Q. If I start with the story that I'm a confident person, wouldn't a part of my brain know that I'm just lying? Like, some kind of imposter syndrome?

A. That is resistance, and that's okay. Initially, you might feel resistant. I have come across that. But don't be hard on yourself. Just do it gradually. This is also the reason I'm asking you to do the mental rehearsal before going to bed, and immediately after waking up, because the subconscious mind will be receptive then.

Q. Due to anxiety, if there are negative thoughts arise, then how can we avoid them?

A. If you have negative thoughts, reframe them. Try to identify the trigger and flip or reframe the negative thoughts to something positive. Over a period of time, you will not feel anxious because you have already rewired your brain.

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