

CRE - CREATIVE RELAXATION EXERCISE

CRE 41 - OLDER & HAPPY TOO!

"Begin to believe that it is possible ... for you ...
... because ... the best is yet to come ..."

A BRIEF EXERCISE FOR AGING COMFORT WITHOUT EFFORT

VERSION 10 - JANUARY 2004

Note: For older people with difficulties, some help may be needed in working gently on the program in a small group environment. Perhaps the suggestions in Exhibit G may be helpful for social aid workers.

SOURCE: Dr. Bob Boland (IUG), Dr. Catherine d'Arcangues (WHO), Dr. Giles Boland (Harvard), Lady Craig and the Team.

www.crelearning.com

<http://www.bu.edu/familymed/distance/cre/introduction.htm>

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SUGGESTIONS FOR GETTING THE MOST OUT OF THIS LITTLE PROGRAM

1. Take just a morning to study the program ...not alone ... but with a partner or even better with a small group to make discussions ever more stimulating (see Exhibit G).
2. First, listen and respond to the audio tape Part 1 (CRE) without the text (30 minutes).
3. Then, listen and respond to the audio tape Part II (Reinforcement) (20 minutes)
4. Then for each section, talk about the "General Theme" and the questions that interest YOU. Read only as much of the text as may be of interest and helpful (60 minutes). You can always do it later.
5. Listen and respond again to the audio tape Part 1, with the Text (30 minutes). Any difference?
6. Start a daily diary and make a plan for the next month.
7. After completing the program, use the audio tape DAILY for just one week, and again as needed.
8. Repeat this routine again after a month.

Note: So many ideas in this little program have been inspired by: Dr. Viktor Frankl, Dr Michael Yapko, Dr. Robert Schuller, and Dr. David Burns whose books are listed in Reading List (Exhibit E)

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1. INTRODUCTION

GENERAL THEME - NO-ONE CAN FORCE ME TO BE HAPPY! BUT CAN I REALLY CHOOSE TO BE HAPPY? ... WITH POSITIVE THOUGHTS ON ACHIEVING, CARING AND ENDURING? ... WITH SOME HOPES FOR THE FUTURE?

This is a little book to help older people to help themselves, to be happy, despite the handicap of the years. The book has text to study and an audio tape to help you relax and find answers to important questions about yourself. When the CHILDREN have all grown up and gone away - the loneliness can be OVERWHELMING! Even worse than losing a home!

But, depending upon our culture and personality, we may CHOOSE to be happy in three key ways ... A ... C ... E ... by finding strong positive factors in all or any of the following ...

- A - Achieving - recognising our personal achievements ... and/or
- C - Caring - loving and helping others in need ... and/or
- E - Enduring - learning to endure suffering well as an example to others.

Finding a reason to be happy, is easier when we have:

HOPE to give us CONFIDENCE and DREAMS about the future.
POSITIVE (not negative) ASSUMPTIONS about PEOPLE and LIFE.
HUMILITY to accept HELP
POSSIBILITY THINKING
WILLINGNESS to CHANGE

and we: **"Begin to think it is possible ..."**

Questions:

How do you feel about being older and happy too? What is important to you now? Would the DHI (Exhibit A) help you to relax? Can you try ACE (above) NOW ... and again ... the next time that you face ... a very difficult problem?

2. TARGETS

GENERAL THEME - DO I HAVE SOME MEANING TO MY LIFE? CAN I DO ANYTHING ABOUT IT?

In this little program you can begin ... to:

- a. Be more confident to dream of positive things about the Meaning of Life and the World.
- b. Think about Achieving, Caring and Enduring to help other people to be happy.
- c. Be a ... "Possibility Thinker" ... looking around for alternatives for tough problems.
- d. REFRAME the BAD into GOOD opportunities and turn "Hurts into Haloes" with Compassion, Conscience & Commitment.
- e. Think positively about the future.

Question:

What seems to be the MOST important for you?

3. GOOD REASONS NOT TO BE

GENERAL THEME - SO MANY GOOD REASONS NOT TO BE HAPPY?

You make positive and negative assumptions about "Life" all the time e.g. that the chair you sit in will not collapse, that the food you eat will not poison you, that the wine will not harm you, that you have not yet got AIDS etc. BUT by making NEGATIVE assumptions it is so easily to justify NOT being happy. So let's be NEGATIVE with ACE:

A - Achieving - nothing:

Poverty - not enough cash to survive properly?

Able and ready to work - but NOTHING available

Obesity ... a fat slob?

Disablement - loss of physical and mental

powers?

Home - nowhere to live?

Innocent victim - of God or Fate?

C - Caring - failure:

Family and friends almost all dead

Children all grown up and away now - nobody cares about you?

Hate - people and things?

Little children - too overwhelming?

Just do not care - about anything or anyone?

E - Enduring - everything:

Older you get ... deeper in debt ...

Pain impossible - acute and chronic?

Sickness and medication - no good any more?

Loneliness - all the rest of my family are dead?

Victimisation - why me?

Fears of past and the future - terrible?

Question: Which ones are important to you just now?

4. GOOD REASONS TO BE

GENERAL THEME - ANY REALLY GOOD REASONS TO BE HAPPY EVERY DAY?

And yet for older people ... living TOO LONG ... BUT STILL GOING
so let's be POSITIVE for a bit:

A - Achieving - success

Still alive and kicking with food and a place to sleep!

Not yet a fat slob? Well not really ...

Not having AIDS or TB or Ca yet?

Still able to take care of yourself and interact with ONE friend?

Having children that progress in life.

C - Caring - success

Some family and friends left ... to help.

Helping others?

Not infecting others with depression - even if they deserve it?

Giving a good example to children?

E - Enduring - success

Not being confined to a wheel chair - yet?

Not being blind?

Not being confined to prison or a psychiatric home?

Not being a miserable older bugger?

Not being confined to poverty or starvation in Africa?

Question: Now how would you react to suddenly becoming blind or completely paralysed? How to face the real tough times of life?
Do you want to change a bit and be happy?

5. AGING ASSUMPTIONS

GENERAL THEME - AS I GET OLDER DO I REALLY GET WISER?

We all make so many ASSUMPTIONS about ourselves and other people which may or may not be true! For example with ACE.

A - Achievement:

- Being respected by young people?
- Being wise (an illusion)?
- Having memories of the good times?
- Feeling proud of yourself and your values?
- Feeling able to do a job however small?

C - Caring:

- Helping loved ones?
- Caring for someone or some animal (cat, dog or bird or elephant)?
- Feeling needed?
- Having children who care?
- Being loved by family and friends

E - Endurance:

- Still being able to learn something new?
- Being able to change and relate to children and others?
- Feeling "rich" - in so many ways?
- Being able to bear pain and sorrow.
- Able to change some lifetime habits?

Question: What three things seem to be most important for you?

6. MONEY ASSUMPTIONS

GENERAL THEME - PERHAPS MONEY IS THE ANSWER? WILL IT STOP YOU GETTING SICK? WILL IT BRING YOU LOVE? DO PEOPLE LIVE TOO LONG?

Tonight when you win the Euro 1,000,000 on the LOTO you will be RICH and happy for ever? Alas - NOT TRUE (as proven by extensive research on LOTO winners! LOTO does give good positive hope to millions who never win. However a LITTLE more cash can be a positive.!

Some MONEY-RICH people are always seeking more money! They spend all their time protecting their money from being lost. Yet they cannot take it with them when they go! Shame? Alas for money-based older people drug/alcohol addiction are easier to afford and suicide is not uncommon. Being MONEY-RICH cannot protect you from cancer and disaster! But you can use it to help others ... that's a good idea ...achieving ... something!

The really "RICH" people of the world are the ones with human values and character (like Mother Teresa whose strength was Compassion, Conscience & Commitment) to face all the problems of life ... economic, physical and psychological ... with confidence ... in themselves and HOPE in the future.

With such human values you can be rich ... every day ... with or without more cash, because such values give you the HOPE and CONFIDENCE ... to meet all the challenges of the new day ... which are a mystery until you meet them. Sometimes a little daily prayer either to yourself (your SCM - Sub Conscious Mind) or to God ... as you may choose ... may help you to feel RICH in a new way:

"Good morning SCM (or God). What are you up to today?... Can I be part of it please? ... Give me STRENGTH for the day and HOPE for the future May I be a "window" for your light to shine through ... I am, I can, I will, I believe ... Thank you SCM (or God)!!"

Questions: Do you feel RICH? Do you have a child or family or friend or cat or dog to care for? Can you still get about, move your arms, legs and face? Do you have MONEY-RICH friends who are not happy? Why?

7. SELF ANALYSIS

GENERAL THEME - DO I REALLY KNOW MYSELF PRETTY WELL? DO I REALLY WANT TO? WILL IT HELP ME TO FIND MEANING IN MY LIFE?

Take ten minutes to do Exhibit B and find out a little more about yourself. Perhaps you will be surprised? After all, where-ever you may go, you always take yourself with you. Do people think of you as a miserable older bugger? Do you care? Depression is infectious. Should you care?

Now, think back to some SAD family memories? Can you turn each sadness into something valuable? Can you turn "Hurts into Haloes"? Can you learn to overcome sadness and find a rich strength of character, which serves you well? This is called "Reframing" of negative experience into a positive framework, of which we learn in this little program!

Now put those SAD memories into a "mental box" and leave them on the shelf in your SCM cupboard. You may need them later very occasionally but NOT every day. Leave them in the past and work on TODAY and tomorrow!!

Now think back to some HAPPY family memories. Children? Mother? Fther? Brothers? Sisters? Friends? Good times in the family? These are your TREASURES to keep in mind every day.

Question: Who in the family had a tougher life than you? How did he/she survive? Do you have some of these inborn FAMILY STRENGTHS in your blood?

8. THE KEY DECISION

GENERAL THEME - HOW COULD I JUST DECIDE ... TO BE HAPPY?

When YOU ALONE make THE KEY DECISION TO BE OLDER AND HAPPY regardless of what you now have or do NOT have IN LIFE ... the problem is 50% RESOLVED. Then all you need to know is - HOW TO DO IT? Recognise that you cannot ...even with your great age and experience ... you cannot ALWAYS do it alone ... and thus you must be humble and willing enough to ask for and to accept a little help.

Perhaps this little program will help you to recall some new ideas? After all, when you REALLY want something, what must you do?

ANSWER: OPEN YOUR EYES!!! PERHAPS THE SOLUTION IS JUST THERE OF YOU IN FRONT OF YOU ... AND YOU SIMPLY COULD NOT ... OR WOULD NOT ... SEE IT!!

In seeking to be happy, you must also distinguish "peanuts" from "coconuts". Coconuts are the really important things of life. Peanuts are little unimportant things that bother you, annoy you, even enrage you, and yet really don't matter at all !! You get EI (emotional investment) make a big thing out of nothing! So from now on recognise and deal with the coconuts of your life and leave the peanuts to the MONKEYS!!!

Question: Are you happy? Do you have food to eat? Clothes to wear? Somewhere to sleep tonight? A friend or a pet? Anyone who needs you? Anyone or anything you care about? How do these things help you to be happy? What peanuts are you getting enraged about? Can you decide?

9. LIFE CAN BE TOUGH

GENERAL THEME - WHY IS MY LIFE GETTING WORSE ALL THE TIME?
HOW CAN OLD PEOPLE CHANGE? EVEN A LITTLE BIT?

Life is complex. We see only our PERCEPTIONS not reality. We are intensely EI (emotionally invested). We can seldom be really objective.

Yet Life gives us so many problems to deal with as we survive each day: waking up, getting dressed, making meals, cleaning up, doing jobs etc as well as the major problems of cash, poverty, home, family, friends, sickness, social failure, psycho failure, physical failure etc. ... How can we possibly manage to survive? We have to get going ...!

Your psychological condition affects physical health SIGNIFICANTLY, and it affects everything else about you. So be CAREFUL ... when you have a problem you CANNOT resolve ... and so you CONFIDENTLY say to yourself:

"That is just the sort of person I am ... so NOBODY can help me!!"
PRIDE!!! Just RECOGNIZE the pride you have taken resisting necessary CHANGE ... and almost taking PRIDE in your failure to be happy!!

Better to be a little more HUMBLE and say to yourself ... I SOMETIMES I CANNOT do it alone and I MUST welcome some HELP ... to SUCCEED!
Even at MY age ... WITH ALL MY EXPERIENCE!!

And finally BEWARE of the "VICTIM COMPLEX". If you believe you are a VICTIM of Fate or God ...then YOU ARE RIGHT ... and you can EXCUSE yourself from making ANY effort to be happy. You can infect OTHERS with your misery!

So you see, we MUST GET OUT of the VICTIM COMPLEX and feel FREE to find JOY in our life, and thus feel free to REACT ... and to CHANGE ...

Question: The world is changing, Are you ready to change? Why?

10.

TOOLS FOR CHANGE

GENERAL THEME - AM I TOO OLD TO CHANGE - EXCEPT FOR THE WORST?
WHAT ABOUT JUST ONE LITTLE CHANGE ... FOR THE BETTER ...TODAY?

Mother Teresa's great concept of being happy ... was to do what you want to help people ... and even if they reject you ... do it anyway ... with Compassion, Conscience & Commitment!!

Yoga, Thai-chi, Christianity, Moslem faith etc can all give you strength to be happy.

Rev. Robert Schuller of the Crystal Cathedral (see web site or CNBC or Limelight TV every Sunday at 07.00.hrs) suggests the five step approach: Stop feeling a victim. et a dream about the future. Reframe negatives into positives. Be a possibility thinker. Believe in yourself that God loves you

Scientology (see web site) has a fine record of helping so many unhappy and drug addicted people, to find happiness and a new purpose in life.

Self Hypnosis and Cognitive Therapy (see Dr David Burns web site) are wonderfully effective for change, when your REALLY decide to ... GIVE UP some of your favourite "hang-ups" ...

Logotherapy with Dr. Viktor Frankl in which you search for and find, MEANING in your life and you feel RESPONSIBLE for it.

Finally, euthanasia is available from the EXIT societies in Suisse and other countries whereby you can leave life gently whenever you really want to, with single plastic bag.

Question: But if you cannot CHANGE to find happiness in this life, will you be happy in the next "eternal life" ... which may go on so much longer? Perhaps better to try to find it now ... before leaving ...for whatever it is ... who knows? ... may as well be prepared?

11. SEVERE PRACTICAL DIFFICULTIES

GENERAL THEME - WHAT ABOUT MY GENERAL WEAKNESS AND CHRONIC PAINS?

Older people have SPECIAL mind/body problems, not really appreciated by most younger people, except by those that become handicapped and yet still find meaning in life.

Some of our "older" handicaps to being happy may often be:

Pain - acute and chronic despite all the medication

Hate - unable to forgive people for past harm

Health weakness - inability to move and feel well

Tragedy - loss of a child so many years ago

Cancer - fear of painful treatment and death anyway

AIDS - fear and shame

Obesity - shame at being a fat slob

Grudges - unable to allow others to be happy

Jealousy - feelings of unfairness

Depression - finding little value in life - a BIG CROSS

TO CARRY ...à nd so hard to put it down ...!+

Pride - unable to change

God - unable to believe - except to blame

Doctors - treatment expectations failures

Suicide - failures

Family & friend disasters

Solitude - which becomes a preferred state etc . etc.

Each one can be OVERWHELMING!!! It is is "CROSS" of SADNESS that you KEEP ON CARRYING on YOUR BACK because you have DECIDED to CARRY IT and NOW cannot put down. So your problem is HOW to PUT DOWN the CROSS at last!!!

Question: Could it be worse? Which OVERWHELMING cross of SADNESS have YOU been carrying all these YEARS Why do you KEEP ON punishing yourself? What can you do about it? Accept a little help ... and STOP it !!!

12. MIND/SPIRIT/BODY CARE

GENERAL THEME - I AM SO TIRED ... WHAT CAN I DO ... TO CARE FOR ... MY BODY ... AND MY MIND ... AND MY SPIRIT ... EVERY DAY? WALK OUTSIDE TO SEE THE SUN, SKY AND WORLD EVERY DAY ... IT IS WONDER!!

The psycho effects of mind over body are as yet only 40% discovered by scientific research. Your mind controls your body in so many ways. When your mind is positive your body has a CHANCE to be healthy and happy in so many ways! Your spirit inspires you and gives your energy!

Some simple things to do for mind/body care:

- a. Start EACH day with two BIG glasses of water!!
Most of all, BELIEVE in it ... as the best therapeutic medication!!! It costs almost nothing and litre a day can work miracles for you. Alcohol and smoking in moderation are OK. Excess is not really necessary!!
- b. Drugs - plan to reduce drugs taken every day; with weight reduction the need for hypertensive and other medical drugs so often becomes less and less.
- c. Weight - find a new way with SH or CT to bring obesity to normal limits and your heart will rejoice and diabetes STAY AWAY!!!
- d. Use a LITTLE exercise daily to put down that "CROSS". Exercise of both body and mind, for only eight minutes morning and evening, can work wonders for you. WALK with someone as you find the way to suit YOU best:

Exercise Body - 2 minutes - lying flat on the floor, raising legs high in the air (5 times), then hands to touch toes (5 times) and then straight legs raised about 10 cm from the floor (one minute).
Eyes - 2 minutes using the CRE - Eye Alert to exercise both eyes and thus maintain your vision skills.

Exercise Mind & Memory - 2 minutes - with à Daily Health Induction (DHI) (Appendix A)

Eexercise Spirit - 2 minutes - the prayer to the SCM or God (above) with with Compassion, Conscience & Commitment.. which HELPS YOU to put down that cross AT LAST!

CUSTOMIZE exercise to fit YOUR personal needs.

USE a little exercise to PUT your mind and body into such a relaxed confident state... that you CAN resolve problems ... with no drug side-effects .

Even handicapped people can do some Thai-Chi exercise with the hands very slowly. Find out what you can do now.

Health exercise brings such LUCK to your health.

Question: What exercise of body, mind & spirit, can you NOW begin to manage every day? What did Gary Player, the golfer, say about LUCK?

Answer: "The more I EXERCISE the more LUCK I seem to get!!!"

13. SELF HYPNOSIS (SH) & COGNITIVE THERAPY (CT)

GENERAL THEME - HYP/COG SEEMS TO BE SO DIFFICULT! DOES IT REALLY WORK? PERHAPS I ALREADY DO IT ... IN MY OWN WAY? COULD I DO BETTER?

WHEN you let yourself go ... Self Hypnosis (SH) is a powerful NATURAL tool for control of pain, stress and depression. It gets the MIND to cooperate better with the Conscious Mind. It helps to change us ... knowledge, skills and attitudes.

SH is simple efficient and effective with practice and it has no drug related side effects. You are actually doing some SH now in this program and yet you are in complete control all the time!. Many books available including Dr. Michael Yapko (See Exhibit E).

Question: How can you get SH to work well for you?

b. COGNITIVE THERAPY - CT

The key is to recognise your Distortions (see Exhibit C), like:

"When one thing is bad ... everything is bad" ... SIMPLY NOT TRUE!!! So just REFRAME your negatives into positives ... and give YOURESLF ... control ... be in charge of your thoughts ... and become positive ...

The books of Dr. David Burns on "Feeling good" are often as effective as psychological therapy, because they encourage people to help themselves, and this to develop CONFIDENCE! See his latest book "Handbook for Feeling Good" in Amazon Books on the web.

Question: How can you get CT to work well for you?

14. SIMPLE WAYS TO BEGIN TO CHANGE

GENERAL THEME: WITH ALL OF MY TOUGH PROBLEMS ... HOW CAN I CHANGE NOW? BUT ... WHAT ONE LITTLE CHANGE MIGHT WORK FOR ME TODAY? HOW TO DO SOMETHING DIFFERENT ...EVERY DAY?

Be a "Possibility Thinker" and seek alternatives for your problem of "How to be Older and Happy too". Here is "THE 25 PLUS ALTERNATIVE APPROACH" in finding ways for change.

Only YOU can decide what fits YOU. BUT put a TIME and DATE on it ... so that you COMMIT ... and you are on the way ... to achieving it ...

1. Start today. Change some ONE little THING FIRST TODAY- to prove that you can do it. Sit in a different chair today. Change some small routine. Make the effort to talk with someone you hate.
2. Change - change your physical location for living and social interaction and thus change your mind and your body.
3. Change your personal habits - sleeping, eating, clothes, friends, social life ... and you will change your K S & A.
- 4.. Find someone NEW or some thing NEW to love and care for and your personal problems may fade away.
5. Use SH and Cognitive Therapy with Dr. Burns and begin to correct some of your cognitive distortions (Exhibit C).
6. Find ways to meet and care for new people - including both children and older people.
7. Try to find God and ask for help fro others ...

who

are also looking

8. Learn some new skill and practice it.
COMPUTERS... yes you can ... it opens up a NEW INTERNET WORLD to explore ... YES ... you can ... so SURPRISE yourself ... start tomorrow ...
9. Learn a new language and become a different personality. See movies WITH others and try to visit that country.
10. Take up smoking and alcohol in reasonable amounts.
11. View some sex movies or books to stimulate your appetite and then do it e.g. La Pianiste.
12. Stop feeling like a victim and feel in CONTROL of your life. it is not what happens to you in Life that matters, but rather how you DECIDE to PERCEIVE it!
13. Dye your hair (from white to nice brown or blonde) and change your clothes and whole appearance - feel different ... without spending too much!
14. Read some books about people who survived Dachau and Auschwitz and see how their experience compares with yours (Exhibit E).
15. Begin to keep a daily diary and make a plan for the future rather than wasting time on the past. Record daily the good news and positive factors and how you react to the negatives.
16. Find social contacts who are happy - it is infectious! Watch children 5-8 years coming out of school ... it's inspiring!
17. Avoid depressed miserable people who infect you with their misery (like an AIDS virus!) - unless YOU can help THEM!

18. Get a cat or a dog or a parrot to look after every day.
19. Forgive everyone who has harmed us and thus get the CROSS of HATRED off of your back and OUT of your system for ever. DO NOT HATE ANYONE - you only harm yourself!
20. Buy a laptop computer and explore the web contacts.
21. Invite the neighbours in for a drink and chat.
22. Do crossword puzzles, dance and play cards to avoid Dr. Alzheimer coming to call on you!
23. Change your furniture in your room, flat or house around completely ... to help YOU to get away from the bad habits of the past!
24. Do something different - MAKE a future to look forward to - - don't cling to the past.
25. Check up on Euthanasia by contacting the EXIT society (see web), so that it is freely available when needed at a later time, with simple plastic bag.

An application of the "The 25 Plus Alternative Approach", for dealing with a sleeping problem is given in Exhibit F.

Question: How will you start TODAY ... TO DO SOMETHING DIFFERENT ... EVERY DAY!!

15. REFRAMING CASES

GENERAL THEME: REFRAME? COULD I REALLY FIND SOMETHING GOOD ... IN EVERY SAD LIFE EXPERIENCE? WOULD IT ADD MEANING TO MY LIFE?

Now YOU are the doctor. Perhaps you will have realised by now ... without thinking about consciously ... that we become happy not directly ... but indirectly ... as we find ... for ourselves ... our ... a very personal ... "Meaning of Life" ...

So study each case ... with with Compassion, Conscience & Commitment. ... and decide how YOU would help each person involved ... to find meaning and happiness ... by REFRAMING realities towards ... ACE (Achievement, Caring & Endurance)

Write down your ideas and then look at ours (Exhibit D). Then record what YOU learn about each case and about yourself.

1. Erickson - A patient came in saying:
"Doctor - I want to die. My wife whom I loved so dearly is dead. I see no point in living. I want to die!" Reframing?
2. Auschwitz - A Jewish psychiatrist from Vienna spent three years in this concentration camp and survived, by finding some purpose in living. Reframing?
3. Vietnam - Colonel Doe was on his last mission over Vietnam and was due go back to the USA in a week, when he was shot down and spend 2037 days in a Viet prison torture camp. One day sick, depressed and desperate he heard the noise of a "cricket" in his cell and found someone communicating with a wire through the wall. What message did he get that ensured his survival? Reframing?
4. Jersey - A woman with cancer for seven years a suffered another lung haemorrhage leaving her husband desperate with grief. Reframing?

5. Berlin - In 1942 a young Jewish girl arrived home to find her parents had been taken to a concentration camp and no friends would help her. How to survive?
6. Marriage - The husband of 25 years takes off with his secretary leaving the wife and three older children. Reframing?
7. Lesbian - Husband with 25 years of marriage and three children finds that his wife has become lesbian and about to leave him to live with her lover. Reframing?
8. Lady 97 years - Finally taken from her home for 30 years to live in a nursing home with total loss of her older independence. Advice?
9. Fired - Husband fired from job after 25 years and now three children at university and funds running out. Reframing?
10. Father 77 years - resistant to change in his home and books and resistant to any care from his wife. Deeply depressed by lack of opportunity to exercise his older economic skills. Loses things all the time, angry with the world. Refuses to re-organise his office with hundreds of books. Reframing?
11. Widow 68 years, with one son 44 years older living far away in USA, feels useless and attempts suicide. Only interest is golf. Reframing?

12. In Germany, a few years after World War II a doctor examined a Jewish woman who wore a bracelet of baby teeth mounted in gold. "A beautiful bracelet" remarked the doctor. "Yes" said the woman gently: "This one is Miriam, this one is Esther and ... " ... giving the names of all of her nine children. Then she added ... "and all of them were taken to the gas chambers." Shocked the doctor asked: "How can you live with such a bracelet?".

Now think carefully for five minutes ... about what the Jewish woman replied

16. FIVE GOLDEN RULES

GENERAL THEME: WHAT ARE MY GOLDEN RULES OF LIFE? DO I HAVE A MEANING OF LIFE ... FOR ME? ARE MY RULES WORKING WELL FOR ME?

1. Expect some good news every day - and you will get it!!
2. Learn to reframe each negative event in your life into a positive.
3. Like Mother Teresa ... when you have the chance to help someone ... do it anyway ... with Compassion, Conscience & Commitment.
4. Let happiness arise almost unconsciously from:
 - a. Achievement - Recognising your personal achievements, and/or
 - b. Caring - Loving and helping others in need and/or
 - c. Endurance - Learning to endure suffering as an example to Others and ... as a lasting memory ... of you ...
5. Be humble and welcome help from others.

... And so be sure to SEARCH gently to find MEANING in your LIFE and then feel RESPONSIBLE for it ..as you ..."**Begin to believe that it is ...for you ... because ... the best is yet to come ...**"

17. CONCLUSIONS

GENERAL THEME: PERHAPS I CAN PUT ALL OF THIS CHAT ... INTO SOMETHING USEFUL ... FOR ME?

1. Being older and happy has nothing to do with objective reality. It has a lot to do with your emotional perception of the world as you would like it to be. SO NOW, get into the NEW HABIT of doing the DHI (Exhibit A) twice each day (just before you sleep at night and first thing as you awake in the morning).

2. As you find with SH and CT the skills of relaxation of mind and body, so you will find ways to change yourself to perceive the world in a positive not negative way, and begin to find all of the alternatives you still have available.
3. Reframe your reality with Compassion, Conscience & Commitment ... and surprise yourself by finding that you can indeed be older and happy - and leave behind you a wonderful memory for your loved ones, of which you will indeed be proud.
4. Sometimes a little prayer is helpful either to yourself (SCM - the Sub Conscious Mind) or to God ... as you may choose ...
"Good morning SCM (or God). What are you up to today?... Can I Is part of it please? ... Give me strength for the day and hope for the future May I be a window for your light to shine through ... I am, I can, I will, I believe ... Thank you SCM (or God)!!
5. Concentrate on the "coconuts" of being older and happy, and leave the "peanuts" to the monkeys!
6. Keep a diary every day to record feelings about life (positives and the negatives) and make plans for a month ahead.
7. Make the "Key Decision" and then plan on "How" to achieve it, so that YOU will be REMEMBERED as someone who INFECTED others with Happiness and NOT MISERY.
8. So from this moment on ... expect some good news every day ... and make A...C... E ... work well for you every day ! Good luck!
9. And now READ the most wonderful book which will CHANGE your life: "**Man's Search for the Meaning of Life**" by Dr. Viktor Emil Frankl (Pocket Books - New York) ... and finally ... "**Begin to think that it is possible ...**"

EXHIBIT A DHI - DAILY HEALTH INDUCTION

EVERY DAY, TAKE A LITTLE TIME, FOR YOUR MENTAL AND PHYSICAL HEALTH, BY GOING INTO A TRANCE WITH VERY GENTLE SELF-HYPNOSIS. TELL YOURSELF HOW LONG, YOU WISH TO REMAIN IN TRANCE, E.G. 5 MINUTES, 15 MINUTES ETC.

TO GO INTO TRANCE

1. Tell yourself that you are going to do your self-hypnosis.
2. Make yourself comfortable. Begin to breathe very deeply.
3. Close your eyes and pretend that you cannot open them for five minutes.
4. Relax your whole body ... by visualizing each part carefully ... from the top of your head to the tips of your toes ...
5. Begin slowly and mentally ... to count down from 10 to 0.
6. Imagine a beautiful white healing light ... coming from above your head ... relaxing and
Healing every part of you ... as it passes through your whole body ... and out of your toes.
7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... to Sooth and Heal every part of your body ... right up to the top of your head...
8. Then make simple POSITIVE suggestions to yourself ... to feel well in MIND & BODY ... so that you ... help yourself ... to feel better ... day by day ...

TO WAKE UP FROM TRANCE:

Tell yourself that when you wake up you will feel very well, very happy and very Motivated to achieve what you need.

Slowly and mentally count up from 0 to 10 and open your eyes.

Stretch the arms and neck. Relax.

NOTES

Practice: For the first ten days practice twice a day. On awakening in the morning, (To plan for the day) and just before sleeping at night (to hand over one key problem to Your subconscious mind). When you practice before going to sleep, do not awaken with a count of 0 to 10, simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.

Suggestions: Determine what you want. Make only those suggestions that are simple and positive. Repeat them several times. Always be clear on how you want to think, feel and behave. Never suggest anything you DO NOT want!

EXHIBIT B - SELF ANALYSIS

(Adapted from Dr Burns - see reading list)

For questions 1-15 select a score (0-3) to reflect your feelings this week.

0	1	2	3
none	some	often	always

1. Sadness: Do you often feel sad?
2. Discouraged: Does the future look hopeless?
3. Low self-esteem: Do you feel worthless?

4. Inferiority: Do you feel inadequate or inferior?
5. Guilt: Do you often blame yourself?
6. Uncertainty: Is it hard to make decisions?

7. Irritability: Do you feel angry and resentful?
8. Interest in life: Have you lost interest
In your jobs, home, hobbies, family or friends?
9. Motivation: Do you have to push hard to do things?

10. Self-image: Do you feel older and ugly?
11. Appetite: Lost your appetite?
Do you over-eat compulsively?
12. Sleep: Is it hard to get a good
night's sleep? Are you tired and
sleeping too much?

13. Sex: Have you lost interest?
14. Health concern: Do you worry about you're
Health all the time?
15. Suicide impulses: Is life worth living? Would
you would be better off dead?

Calculate your total score (0-3 for each question) and then see our reactions.

EXHIBIT B - CONTINUED - SCORING & REACTIONS

Total Score	Degree of Age Depression
0 - 4	none
5 - 10	normal
11 - 20	mild
21 - 30	moderate
31 - 45	severe (may need a little help)

Questions:

How do you feel about that?

Are you a bit surprised?

Do you believe it?

What can you do about it?

Alone?

With a little help?

EXHIBIT C - COGNITIVE DISTORTIONS

1. All or Nothing: Will I be a "Black or white" thinker today, whereby anything that is less than perfect is a total failure?
2. Generalisation: Will I see a single result as a pattern of inevitable never-ending defeat?
3. Filter: Will I allow only negatives to darken my reality today, as I (very carefully) filter out almost all of the positive things?
4. Positive disqualification: Will I reject positive experiences today, by telling myself that they "don't really count"?
5. Conclusion jumping: Will I jump to negative assumptions about the future, of a project, without any definite supporting facts, by simply "fortune telling" on the situation and the people?
6. Catastrophizing: Will I perceive disaster in everything today, by exaggerating the bad things and minimising the good ones?
7. Emotional reasoning: Will I convince myself that if, for just a moment, I feel something, then it is almost certainly true?
8. Obligations: Will I allow myself to feel frustration, anger or even guilt today, by adopting some of those false personal motivators like: "I really must" or "I ought to" etc.?
9. Labelling: Will I indulge myself in extreme over-generalisation, by attaching negative labels like "A real pain!" to things, to others or even to myself?
10. Responsibility: Will I perceive myself as responsible for everything that may go wrong today?

EXHIBIT D - REFRAMING ANSWERS

Can you help other older people to reframe negative events into positive opportunities?

1. Erickson - sadness into achievement
Did your wife love you?
What would have happened if you had died first?
You have saved her from all that suffering!
What would she want you to do now?
2. Auschwitz - suffering to achievement and endurance
Survive to finish and publish my research work
Survive to tell the world about the concentration camps
Find something to laugh about every day
Have confidence in the future.
3. Vietnam - suffering to endurance
Victim complex continues only if you allow it to happen.
Take full control your feelings and reactions.
Trust that God wants you to learn.
Survive to tell the tale.
4. Jersey - suffering to caring and endurance
Key concern for the husband survival and care of children.
Caring provides the strength to endure suffering with courage.
5. Berlin - disaster into achievement
Rejected by all non-Jewish friends.
Helped by teacher at school to take a new identity.
Achievement to survive the war.
6. Marriage - suffering into caring

Concern for the effect on the children
Avoidance of hatred in the family
Possibility thinking for alternative life styles.
Opportunity to make a new relationship
Endurance and caring

7. Lesbian - suffering into caring
Concern for the effect on the children
Avoidance of hatred in the family
Possibility thinking for alternative life styles.
Opportunity to make a new relationship
Endurance and caring.
8. Lady 97 years - achievement failure into caring
Could be worse. No cancer!!
Possibility thinking in the new life environment
Example to children on endurance.
Meeting new people.
Avoidance of guilt and infective depression
Opportunity to help other people in the home.
9. Fired - achievement renewal
Could be worse. No cancer!
Possibility thinking in the new life environment
Example to children on endurance.
Avoidance of guilt and infective depression
Opportunity to attempt new things
10. Father 77 years - achievement failure into endurance
No cancer. Example to the children
Not to become an infectious miserable older bugger?
Possibility thinking for alternatives.
Opportunity to change to achieve new things
11. Widow 68 years - ,endurance into caring

Could be worse. No cancer!!
Possibility thinking in the new life environment
Example to children on endurance.
Avoidance of guilt and infective depression
Opportunity to help other people.
New interests/laptop computer and the web
New achievements with possibility thinking

12. Quietly the Jewish woman replied: "I am now in charge of an orphanage in Israel."

EXHIBIT E - READING LIST FOR FURTHER STUDY

Man's Search for the Meaning of Life

Dr. Viktor Emil Frankl (Pocket Books - New York)

Feeling Good - The New Mood Therapy

Dr. David D. Burns (Avon Books - New York)

Turning Hurts into Haloes

Rev. Robert Schuller (Crystal Cathedral - Cal. USA)

When the Living Hurts

Dr. Michael D. Yapko (Brunner/Mazel New York)

Handbook to Feeling Good

Dr. David D. Burns (Avon Books - New York)

Hypnosis and the Treatment of Depression

Dr. Michael D. Yapko (Brunner/Mazel New York)

Free Yourself from Depression

Dr. Michael D. Yapko (Brunner/Mazel New York)

Final Exit

Derek Humphrey (Dell Publishing - New York)

Man's Search for Ultimate Meaning

Dr. Viktor Emil Frankl (Pocket Books - New York)

The Hiding Place

Corrie ten Boom - (Christian Literature Crus. - London)

Self Hypnosis - Complete Guide

Brian Alman (Brunner/Mazel - New York)

Hypnosis in the Relief of Pain

Ernest & Josephine R. Hilgard - (Brunner/Mazel - New York)

EXHIBIT F - THE 25 PLUS ALTERNATIVE APPROACH

When nothing seems to work well for you, CHALLENGE yourself to think up 25 PLUS alternatives for possibly resolving the problem. Then DECIDE to make some of them WORK for YOU.

For example - The Problem of Sleeping at Night:

- 1. Change sleeping habits that do not work ... adopt NEW ones that do. Change your "sleeping" to ... dreaming ... resting ... relaxing ... travelling... imaging ... wandering ... in different ... places, times, durations, physical positions (try fetal and others) ... and company.**
- 2. Like Churchill learn to sleep for ten minutes at any time of the day or night to refresh yourself.**
- 3. Join a group of non-sleepers and to share common experience and learn how others have found new ways to overcome the SAME problem ... in a quiet restful environment?**
- 4. Use logotherapy's "Paradoxical Intention" in which you set your mind on staying awake all night and NOT going to sleep, and then laugh at yourself!**
- 5. Take sleep medication - but only once a week deliberately as a REWARD. Sleep with a cat or other pet for company**
- 6. Research non-sleepers who never sleep but have found ways to relax and survive with NO sleep at all ...just physical and mental relaxation.**
- 7. Make a list of your "Cognitive Distortions" and do something about ONE of them.**

8. **Make a 90-minute confidential audiotape in which you relate all your sleep problems ... very very frankly ... about the things that happened in the past and how you felt.**
9. **Find a gentle solution as a wonderful example to your kids on overcoming their future problems.**
10. **Take away all fears of being alcoholic with a wonderful faith in God who loves you.**
11. **Ring up the help line of the Crystal Cathedral in California.**
12. **Start to see Rev. Schuler on Lifetime TV each Sunday morning with his approach of dreaming, possibility thinking and expectation of success.**
13. **Reject the "pride" idea ... "That is the sort of person I am ... nobody can help me to sleep" ... "help" aids us all.**
14. **Throw out the "Victim Complex" - God has something SPECIAL for you to learn.**
15. **Read the Meaning of Life by Viktor Frankl in Auschwitz ... so begin to laugh at yourself and the problem ... smile ...**
16. **Watch TV once week and be bored to sleep.**
17. **Start to write your autobiography... with all the details ... for your grandchildren - a best seller.**
18. **Keep the mind open to new ideas ... open your eyes ... the answer may be just in front of you.**
19. **Ring me up every day to hear my problems and complaints ... any time day or night.**

29. Be grateful that sleep is a problem for you and not your loved ones.
21. Expect some good news every day ... and count your blessings too.
22. Be grateful indeed for a healthy non-handicapped family.
23. Research the oldest living man who sleeps only every two days ... in Russia.
24. Find someone to help with the same or a worse problem or and resolve problems together.
25. Keep a daily diary of progress and list everything you have learned about yourself since the problem began ... change attitudes
26. Write up a case history of your problem and try to identify the initial causative factors. What were those events and why did they affect you then and not before? Then take benefit from the analysis.
27. Make a list of worse things that could have happened.
28. Sleep anywhere any time during the day for 10-60 minutes, as needed ... just ... "I am not available until three o'clock"
29. Stop calling it "sleeping" ... call it something else like ... drifting off ... relaxing ... letting is go ... off on a trip ... dreaming ... goofing off ...
30. When not sleeping use the time to draw pictures or write comic stories.

31. Tell yourself that you either sleep or you do that horrid horrid householder chore (that you DETEST) ... in just five minutes time!
32. Add a little more love and affection to your nightly activity.
33. Finally don't give up ... a solution will come in time ... far far worse things happened to Viktor Frankl and he survived ... to find something to smile about every day ... and ... to find meaning in life ...
34. "Begin to think that it is possible ..."

EXHIBIT 6 - SUGGESTIONS FOR SOCIAL AID WORKERS

- 1. For older people with difficulty in reading or concentrating, some help and creativity may be needed in working gently in a small group environment.**
- 2. Set up a quiet private environment for a group of 3-5 older people to meet together 45 minutes twice a week for three or more weeks.**
- 3. Gently present the objectives of the program. Play the audio tape (Part 1 CRE). Gently present Section 1 - Introduction. Discuss the questions arising.**
- 4. For the following session play the audio tape (Part 2 - Learning Reinforcement). Gently present Section 2 - Objectives. Discuss the questions arising.**
- 5. Plan other sessions as appropriate using the audio tape (Part 1 or Part 2) frequently as a learning reinforcement.**
- 6. Give us feedback and new ideas please ... for making the program more and more effective in helping people in different cultural environments.**

EXHIBIT H - FINAL WORD - FROM DESIDERATA

CHALLENGE: PERHAPS YOU CAN LEARN IT BY HEART ...?

Go placidly amid the noise & haste of Life. Remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Hate no-one! Speak your mind quietly & clearly and listen to others, for even the dull & ignorant, have their story. But, avoid loud and aggressive persons, who are vexations to the spirit. If you compare yourself with others, you may become vain & bitter, for always there will be greater & lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own job or hobby, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your money affairs for the world is full of trickery. But let this not blind you to what virtue there is. So many persons strive for high ideals and everywhere, Life is full of heroism.

Be yourself and especially, do not pretend love or affection. And do not be cynical about Love and Caring, for in the face of pain & sadness, Love and Caring are as perennial as the grass. Take kindly the counsel of your years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginations. So many fears are born of fatigue & loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees & the stars. You have the right to be here. And, whether or not it is clear to you, there is no doubt that the universe is unfolding as it should.

Therefore be at peace with yourself and with God, whatever you conceive him to be, and whatever your labours & hopes. In the noisy confusion of Life, keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a Beautiful World. Be careful. Strive to be happy ... and to help someone else to be happy ... as you see beauty ... in the sun ... and the sky ... and as you decide ... to expect some good news ... every day!