

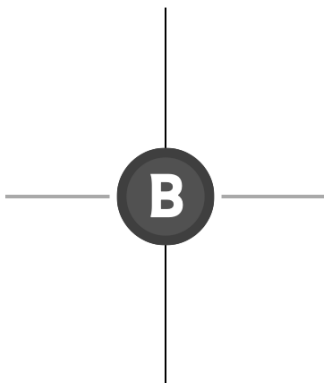
# Introducing the iView

## Practical Self Help

The iView is a practical, easy to use self help model that leads to a better life. Once you have read this document then it is time to start practising, which is done via the App. The basic instructions are all here. Applying the framework to your life is where the hard work starts.

## Focus on Behaviour

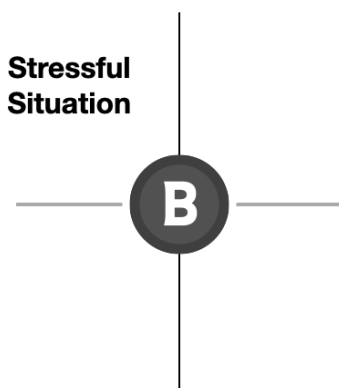
Success begins and ends with learning to 'change what you can'. It is easier to change behaviour than to change thoughts or feelings. It's not that you cannot control the way you feel or think, it's just that you cannot control them in the long term. A better life is about the long term.



**Behaviour Leads to a Better Life.** On the iView we put behaviour at the centre of everything, as it is what you can control.

## Problems as Patterns

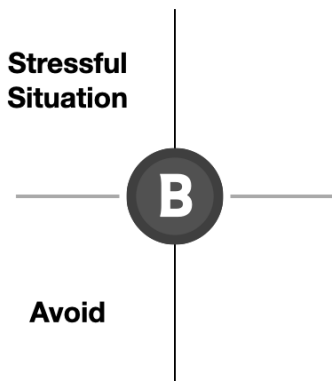
Problems come in two forms. Some only happen once or twice, and you solve them. We aren't interested in those. Others repeat and turn into longer term patterns. These slowly get worse and have a negative impact on your life. For instance, falling out with a family member could turn into an ongoing stressful situation that has a negative impact. Let's use that example on the iView.



**Problem Pattern = Stressful Situation.** The problem always goes in the top left of the iView. It's the start point of the work.

## Repeated Behaviours

Patterns on the iView are patterns of repeated behaviour. In our example the repeat behaviour might be to avoid the stressful situation. That makes sense as the stress is also avoided. The behaviour of avoiding the stressful situation would appear at first sight to be a good idea. The avoidance makes sense as people don't like to feel bad, so it is a normal reaction. However, because it works to reduce stress the behaviour will be repeated in the future.



**Behaviour = Avoiding Stress Situation.** The repeat behaviour goes in the bottom left. Note that it makes complete sense to do this!

As you repeat any behaviour over time then it starts to become automatic. You don't think about it any more. We call this Autopilot and generally speaking it's very useful.

### Autopilot

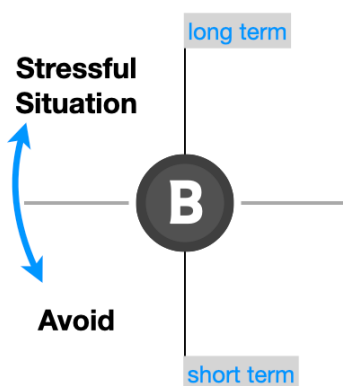
Almost all of our behaviour happens automatically, if you think about it. Autopilot is universal, and everyone functions automatically most of the time. So, thinking about today can you see how behaviour has been handled by your Autopilot? For instance some of these:

- Washing
- Getting dressed
- Opening and closing doors
- Making drinks for yourself and/or others
- Tying shoelaces
- Using a smart phone

Did you have to think about HOW to do any of that? No, I don't suppose you did. The fact is that most of what we do was learned in the past, stored in Autopilot and is then produced on demand. Could you think of something you did today that was NOT on Autopilot? It's very useful, and makes life a lot easier.

### So where does it go wrong?

The drawback with Autopilot is that it only knows what works in the short term. So avoiding stressful situations is good in the short term for reducing stress. It works. The problem forms over the longer term because Autopilot cannot see the pattern slowly developing. Only you can. Almost all problems are a form of this pattern.

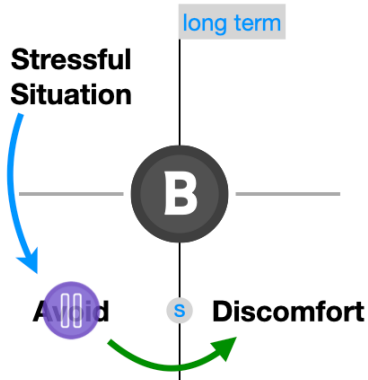


**Pattern = Works Short Term, Gets Worse Long Term.** The worse it gets the more you avoid. The more you avoid the worse it gets.

The lower half of the iView shows what works in the short term. However, Autopilot cannot see the long term as the pattern feeds on itself, slowly building and getting worse. The harder you try the worse it gets! Autopilot is a normal human tendency and underpins almost all problems.

## Getting back in control

To regain control you need to switch Autopilot off. This is what the Pause button does. In reality you can only pause the Autopilot, as it cannot be controlled either. Pausing happens as you learn to NOTICE when Autopilot avoids the stressful situation. Noticing behaviour is what allows you to pause. It is the first skill that you learn in the App, and it requires practice.

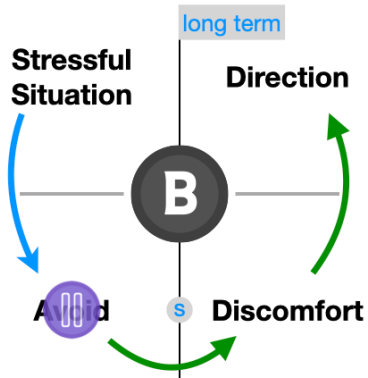


**Pause = Noticing the Avoidance.** There is a catch here, as there is no more short term stress release. Pausing increases discomfort.

Here you see the reason why change is so hard. You have to pass through the discomfort in order to reach lasting change. The App is about training you how to do that and build a better life.

## At the Crossroads

Everyone's normal instinct is to fix the stress and get rid of the discomfort. Inevitably, you will end up going back to avoiding unless there is a reason to stay with the discomfort. That means being connected to something more important in the longer term. We call that your Directions.



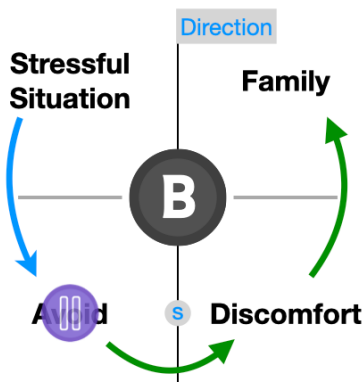
**Directions = What is Important Long Term.** Without a clear direction then it's hard to be willing to go through the discomfort of change.

## Directions

Directions are about what is important and meaningful in the longer term. These are what make up a better life, and what you will be developing on the iView. Here are some examples:

- Family
- Work
- Community
- Social
- Parenting
- Education
- Personal
- Health

By clarifying your Direction the iView become like a compass to guide you through the discomfort. Directions are what help you overcome the Autopilot and build a better life. Let's assume that building a stronger family relationship is the direction in our example.

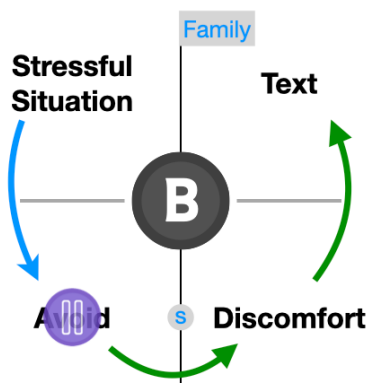


**Direction = Stronger Family.** Being connected to the direction helps you overcome the difficulties of change.

### First Step

Clarity on the direction allows you to work out the steps that can take you there. The only thing in life you can really control is the next step to take. The iView acts like a compass to help you work out the first step. Then it is about putting one foot in front of the other.

Say in the family example then the first step might be about contacting the person or people. You could make contact in any number of ways, perhaps a text message.



**Step = Send a Text.** Start small and get going. Make the first step doable. If it is easier then you are more likely to succeed.

The secret of the process is to take that first step and keep moving in the right direction one step after another. In the short term it will feel uncomfortable as you break the habits of the past. Once you get going and start to build a better life then it gets easier. Knowing your directions is key to finding the path. Change is hard!

### The YouTurn

Once you understand the iView then you have a chance. On the left hand side you can win in the short term and lose in the long term. You could say this is one step forwards, two steps back. On the right hand side of the iView you can experience discomfort in the short term and build a meaningful life in the long term. You could say this is one step back, two step forwards. By noticing the difference you can make a YouTurn and get your life on track. Noticing is the key skill.

### Noticing made Simpler

To make learning the process a bit simpler we could say the left hand side of the iView takes you AWAY from the better life. In the example you can see that the problem is connected to the

direction. The real problem is that the 'family' part of your life is suffering. By performing the YouTurn then you start moving TOWARDS a better family life. The iView allows you to alter the balance of Towards and Away behaviour in your life so you are travelling in a better direction. Noticing Towards and Away is one of the first new habits you will learn on the App.

### Practice is the Process

This is not a complicated model to learn, in fact you have already learned it. That's it! The instructions are pretty simple, and the iView is very practical. The work is in the practice and that is what the App is for. The trick is to build it up over time, like going to the gym. Start where you are and take it from there. Persistence will pay off. Do the work and it will take you towards the meaningful life that you want. Small steps lead to big results.