

Finding Your Target

The biggest challenge of learning to use Logosynthesis is choosing a good target to insert into the sentences. I deliberately said good, not best. There are many aspects to a distressing situation and no matter where you start you can begin to release the energy that keeps you stuck in feeling worried or anxious.

You usually feel these distressing feelings in response to something that happens in your everyday life. Whatever it is causes you to quickly imagine a story about what is going to happen next. For example:

- Your loved one is not home at the expected time and you create a story that s/he has been killed or injured in a traffic accident. Then you scare yourself even further by imagining how you will be alone forever.
- Your boss frowns at you and you create a story about how you are going to lose your job. Then you scare yourself even more by thinking about how hard it will be to get another job. A few seconds later you have a vision of yourself living in a homeless shelter.
- Your computer screen freezes and you create a story that you have lost all the work you have spent the last hour creating. Then you imagine that your computer has a virus and you will miss your deadline. Then you remember your father yelling at you for not finishing a job on time and how terrified you felt when you were 9 years old.

If you didn't imagine or remember these stories you wouldn't feel worried or anxious. When your energy gets stuck in the stories it isn't available to solve the problem of finding out when your loved one will be home or why your boss is frowning or rebooting your computer. You need to recover your frozen energy from these stories.

The worst part of the story becomes your target. You may see a scene in your mind, hear words or sounds, or even feel a sensation in your body as you tell yourself the story. Then a good target is:

- This picture of me eating dinner alone night after night.
- This fantasy of living in a homeless shelter.
- This memory of my father's voice yelling at me.

Insert targets like this into the sentences. Once you reclaim your energy from those targets your feelings of worry or anxiety will usually diminish and you will feel peaceful and ready to solve the problem at hand.