

# GAUGE WORK

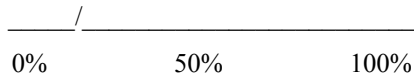
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## Beat ANY fear in an instant

An adaptation of a process developed by Astra Johnston, a therapist with the Lifeworks Group, Perth, Australia, GaugeWork may be thought of as using the metaphor of a “gauge” or “meter” which is nominalized or labeled with the name of a desired state. The gauge itself is then “treated” with your favorite technique, or simply by picturing it set at 100%, or by commanding the subconscious mind to “set” the gauge on 100%. 100% represents the acquisition of the desired mental or physical state.

Example: Here is a gauge that might represent a desired state of being totally comfortable speaking in front of groups:

The “Speaking with Total Comfort in Front of Groups” Gauge



Here, we have a gauge that runs from 0% to 100%, with the slash representing where we think we are now in relation to the desired state. Oftentimes it is necessary only to give your subconscious mind a command to “set this gauge at 100%” and that is done immediately and automatically. It has been used to eliminate phobias and trauma in just seconds.

### **Treat the Gauge, Not the Problem!**

It is important to treat the gauge, not the problem. The subconscious mind will readily correct a gauge whereas the mind may avoid treating the actual problem. The problem is completely treated when the gauge is set to 100%. If there is a blockage, i.e. the gauge won't go higher than, say 85%, the blockage is removed from the gauge. If there is still discomfort when the gauge is set at 100%, there is probably a different aspect that needs another gauge. For example, if the gauge above got stuck on 85% and would not move no matter what we did, I could deduce that there is some other element of this that needs to be addressed first, like maybe s/he is afraid of making a fool of him/herself - so we make another gauge labeled "not making a fool of myself". Then, when that gauge achieves 100% we'd return to the original "Speaking" gauge and see if it can now achieve 100%.

### **How Many Gauges Can We Have?**

We have an infinite number of gauges. You might like to keep a record of the gauges you have worked on, and also construct a “Meta-gauge” which represents all gauges. This record can be handy because sometimes gauges sneak back down. It is even quicker and easier to re-treat until soon they are stuck solidly at 100%.

### **The Aim is Always 100%**

Treatment of gauges is always with 100% being the desired result. It's important to have uniformity and this way all gauges can be treated together. A result of “100%” also has positive connotations of completion and excellence. When we treat positives such as self worth, happiness, comfort, etc. we of course want these to be set at 100%. When we treat negatives such as worry and fear we describe the gauge in terms of what the client says: "not worried" or "not so afraid" or etc. In this case, using the negative term in the label of the gauge seems to work okay so long as you return to a positive gauge for ultimate outcome (what would you have if you were no longer afraid or worried, for example?).

### **What Does the Gauge Stand For?**

A gauge represents ALL aspects of the problem. We may never be consciously aware of all aspects of a problem, whereas the subconscious mind knows every single thing that has contributed to it. The problem can include beliefs, feelings/emotions, thoughts, memories, associations, fears from the past, present and future, and perceptions - things that have been heard, seen, felt, tasted, smelt and maybe sensed in other ways.

### **An Accurate Representation of Progress**

This technique is a way of being aware or “gauging” how much of a problem has been treated (e.g. half of it, none of it, all of it, 23% of it, etc.), and dealing with it very simply and quickly so that it is 100% treated. It's also a way of gauging how much of a positive belief, feeling, etc. that we have.