

A BEAUTIFUL MESS

*Embracing our stories –
even the hardest parts*

Biography – Miles Nitz, MS, LMFT

- Licensed Marriage and Family Therapist
- Take Charge Counseling and Consulting
- Parkview Physicians Group – Pure Health MD
- IPFW School of Education – Marriage and Family Therapy – Adjunct Professor
- Special Interest in Cognitive/Behavioral Therapy (CBT) & Neuro Linguistic Programming (NLP)
 - Stress Management
 - Weight Loss
 - Addictions

Audience Demographics

- Mothers Of Pre-Schoolers
- Full time moms + Full time jobs
- Wanting to:
 - Better handle stress or depression?
 - Stay calm when dealing with your kids?
 - Feel more energized, excited, happy?
 - Eat better?
 - Keep the house clean and tidy?
 - Improve relationships?
 - Become more passionate?
- What would you like to be different for you?

Beautiful & Messy??

- Oxymoron (sharp/dull)
 - Jumbo Shrimp / Paid Volunteer / pretty ugly
- Life's inherent inconsistencies
- Messy > normally a negative connotation
 - Negative vortex
- Could a mess really be viewed as beautiful?
- Change the perspective
 - Positive spiral

The Big Picture

- On the slides that follow are 10 sets of pictures
- The first picture of the set is a close-up shot, the second picture is zoomed out to normal range
- These are all common items that you will easily recognize once you view the **normal** shot
- The exercise is meant to have a little fun, of course, but also to illustrate in a graphic way what this presentation is about.
- See how many you get right

The Bigger Picture

- Both pictures in each set were of the same item.
- What was it about the second shot that made the picture more easily recognizable?
- How does this exercise illustrate what you think I will be talking about?

Changing Perspective

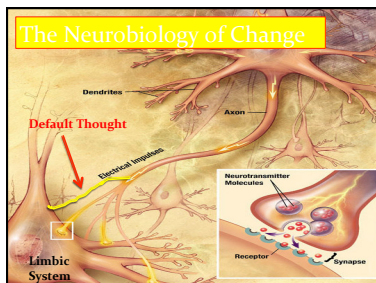
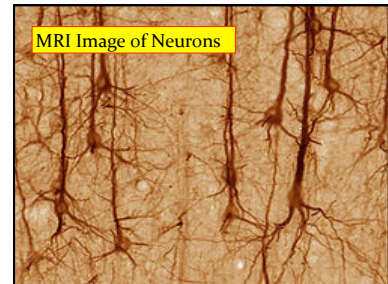
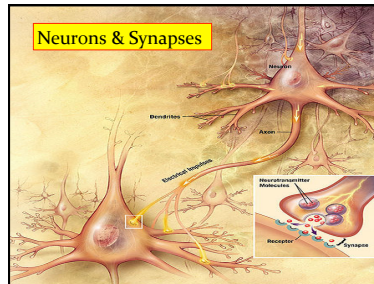
- More information
 - The second shot contained more information than the first shot
- Different perspective
 - Our brains have become accustomed to seeing things from a certain perspective, this is our **default perspective**
 - When we **change** the perspective, those things become almost impossible to recognize.
 - With practice it becomes more familiar

Neuro-Plasticity

- We have just experienced neuro-plasticity
 - Building new pathways in the brain
- If I showed you these slides next week, you would likely get most of them right.
- Our brains are that powerful – for good or for evil
- The trick is to **harness this power** of the human brain to **change the way we think**.

Default Perspective

- When the house is a mess, what does a mother of a pre-schooler tend to begin thinking?
 - I am lazy.
 - I am not doing something correctly.
 - Other mothers must be doing this better.
 - I am just not a good mom.
- If we truly are going to be able to view a 'mess' as a 'beautiful thing', what has to happen to the thought process?



Developing Perspective

I must not be doing something correctly.

A messy house means I am a lazy mom.

Other moms somehow seem to manage keeping their houses tidy and orderly - what is the matter with me?

I am failing and my kids are suffering because it.

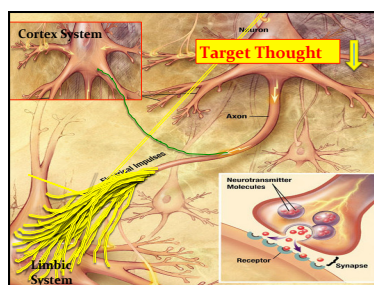
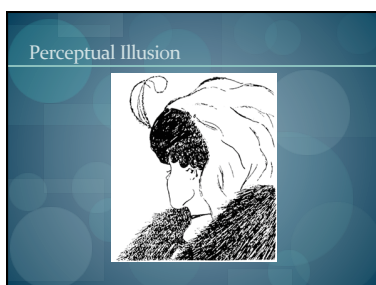
Let's face it, as a mother I am just a big failure.

Canceling Properties

- 180° Out of Phase**
 - Will result in silence when signals are combined.

A mess is ugly
A mess is beautiful

- Mutual Exclusivity** - One or the other, but not both.



A mess is a beautiful thing.

A messy house means I am busy doing all the other things a mom does.

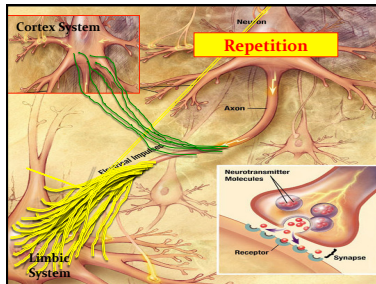
I am doing a great job of being a mom and an average job of keeping things orderly. I can't be 100% at both - nobody can.

Other moms are doing the same thing I am, I just don't see it because I only get to see what they want me to see.

There is absolutely nothing wrong with me.

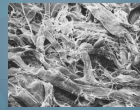
I am thriving and my kids are thriving too.

Let's face it, as a mother I am great, as an organizer I am average.



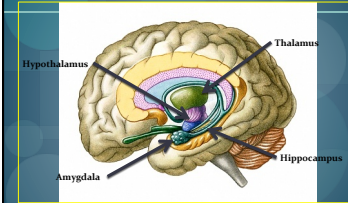
The New Perspective

- Our brains literally 'see' the new perspective - *"A mess is beautiful"* - like this at first:

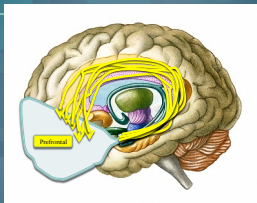


- It is foreign to the brain and just doesn't match our default representation.

Hypothalamus- Hormone Production



2 Competing Systems



Negative Thoughts (mess is ugly)

- Those thoughts that produce negative emotions and negative reactions.
 - I have no business being a mother.
 - Look at all these other mothers who are having such a great time, happy, excited and organized.
 - I am a horrible mother for being so lazy and losing my patience with my child.
 - And here I am, tired, my house is a mess and I lose my temper.
 - Nobody else feels this way.

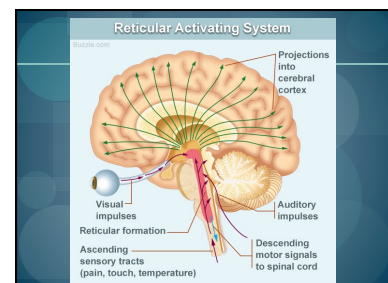
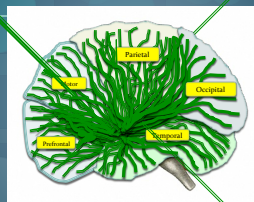
Building a New Perspective

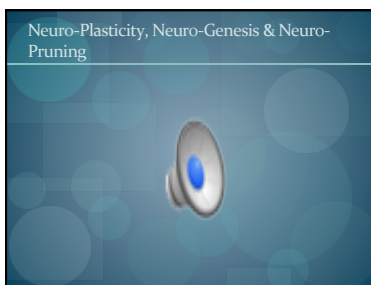
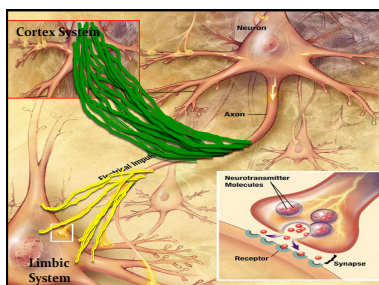
- For each of the negative thoughts we have come up with, we must design a positive thought that directly opposes the negative - is mutually exclusive in meaning.
- For example:
 - *"I am a horrible mother."*
 - Is replaced with ...**
 - *"I am a good mother, not perfect, but very good."*
- Saying it once or twice is not good enough.
 - The new perspective must be infused until it becomes strong enough to rival the old default perspective.

Positive Thoughts (mess is beautiful)

- I am a good mother, not perfect, but very good.
- Every mother loses her patience - that's normal.
- Being a mother is a learning process and I am learning it as well as anybody ever has.
- Most mothers are careful to only show the 'happy' side of mothering. I am only seeing the highlight reels of others. I won't be fooled by that.
- All mothers get tired, angry and disorganized.
- Every house is messy. Been there to time.
- Things can get messy, but my life is beautiful!

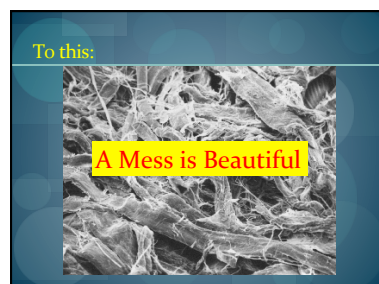
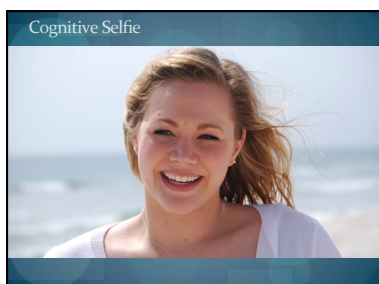
2 Competing Systems





CAVP (Cognitive Audio Visual Programming)

- CAVP is the tool for re-programming the system.
 - Cognitive Behavioral Therapy (CBT)
 - Neuro-Linguistic Programming (NLP)
- Maximizing Input Channels
 - Writing
 - Reading
 - Speaking
 - Listening
 - Watching
- Deploying the Reticular Activating System (RAS)



CBT & NLP

- Cognitive Behavioral Therapy (CBT)
 - Developed in the 1960's on the east coast
 - Aaron Beck, Donald Meichenbaum, Albert Ellis
 - David Burns (Feeling Good Handbook)
- Neuro Linguistic Programming (NLP)
 - Developed on the west coast in the 1970's
 - Richard Bandler, John Grinder, Virginia Satir
 - Tony Robbins (The Ultimate Edge)

Practice

- Does practice make perfect?
- No, practice makes **permanent**.
- Only **perfect** practice makes **perfect**.
 - Practicing the wrong things only grooves the wrong performance
- CAVP is the process of learning how to **practice** the **perfect perspective**.

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- Over 100 videos (and counting)
 - Weight Loss Series
 - Food Addiction Seminar Series
 - Exercise Mindset
 - Performance Anxiety
 - Stress Management - Finesse the Stress
 - CAVP
 - OBX Project (Research Project on CAVT)
 - TEDx Talk (Change - May 2012)
 - Holiday Food Management (Operation F4)
 - This Presentation - A Beautiful Mess