

How to use a paradox

Paradoxes are easier on single word clearance items. For multiple words, more creativity is required!

1. Identify the head trash

Anger

Dishonesty

Frustration

2. Identify all variant forms of the word

Anger, angry, angered, angrily

Dishonesty, dishonestly, dishonest

Frustration, frustrate, frustrated, frustrations, frustrating,

3. Combine all variants of the words into a “sentence”

The sentence needs to sound like it makes sense even though it clearly won't.

Angry angered anger is angrily angry.

Dishonest dishonesty is dishonestly dishonest.

Frustrated frustrating frustrations are frustratingly frustrating.

Try and get as many of the variant words into the sentence as possible. Make sure that the sentence sounds like it makes sense.

4. Repeat the paradox as you would the mantras

Place your hands into the TAT position and repeat the paradox until the clearance is complete. Around 2 minutes. But test it!