

A powerful technique for keeping your cool in a crisis.

*myShrink*  
introduces

# THE 12-SECOND CHILL



# *Contents*

<b>Welcome</b>	<b>5</b>
<b>"Brain Wise Movies" Revisited</b>	<b>6</b>
<b>How to " Chill Out" in a Crisis</b>	<b>7</b>
▶ Why You Don't Want to Trust Your Thoughts in Crisis Mode	9
▶ You Have to Work <i>with</i> the Body	10
▶ The 12-Second Chill is NOT a Relaxation Technique!	10
▶ The Energy Driving Your Signs of Stress	11
<b>#1 Tip for Better Results</b>	<b>12</b>
<b>The 12-Second Chill Technique</b>	<b>13</b>
▶ Sensations are Nothing to be Alarmed About	14
▶ The Second Time Around	15
▶ Why We Go into "Thought Overload"	16
▶ What this Technique is NOT	16
<b>Shrinklady Demo</b>	<b>17</b>
<b>Watch Out for the Rabbit Hole</b>	<b>18</b>
<b>My Promise to You</b>	<b>19</b>
<b>Worth Repeating</b>	<b>20</b>

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# *The 12-Second Chill*

## *Meet Shrinklady, Dr. Suzanne LaCombe*

Registered Psychologist and Psychotherapist



Each month over 50,000 people visit myShrink. And since 2006, as Shrinklady, I've helped thousands of folks change their lives by getting smart about how the brain works. Because - as I so intimately discovered - when the brain changes - so does your life.

I once described myself – to put it mildly – as a little "checked out." But by applying the lessons of brain science in my everyday routines, I've been able to do things that were once inconceivable just a few years back. I couldn't even imagine stepping out the way I do on myShrink.com.

I invite you to discover how a deceptively simple, yet remarkably effective technique can jumpstart your life into greater passion and joy.

Let me know how it goes!

A handwritten signature in cursive script that reads "Suzanne LaCombe".

Shrinklady

# Welcome!

Hi there, it's Shrinklady here...

What I am about to show you is a simple, body-based approach for taking the edge off *any* crisis state.

I developed The "Chill" technique when my clients had a hard time getting into their body outside the therapy hour.

I said, "Well, just do 12 seconds!"

It worked so well for them, I'm bringing it to you.

The "Chill" is deceptively simple, but it's not for the faint of heart. As you'll soon discover, exposing yourself to the energy driving your stress isn't easy – even if it is just 12 seconds.

Make no mistake. This is only the first in a set of powerful tools that are helping thousands of therapy clients live more peaceful and fulfilling lives.

It's because I know how much these tools have helped so many others that I'm excited to offer you this free uber-cool technique for "chilling" your stress.

As I hope you'll find, the 12-Second Chill is a "must do" strategy whenever anxiety or stress get out of hand and the world feels like it's about to cave in.

Please accept my invitation to try this ingenious way of toning down life's cliff-hanger moments - and in short order, turn the tables on stress *forever*.

I wish you the best success.



Dr. Suzanne LaCombe (a.k.a "Shrinklady")

Next: "It's an Inside Job" Revisited

# *“Brain Wise Movies” Revisited*

In 2010, I released the movie "It's an Inside Job" as a way to explain why staying within your "Zone of Comfort"\* is absolutely necessary for changing the brain.

This movie struck a chord with many folks because it showed how the nervous system could become stuck in alternating periods of crisis and freeze states.

*To recap,  
when in crisis mode  
you tend to feel:*

- ◇ Anxious or agitated
- ◇ Easily frazzled
- ◇ Running on empty
- ◇ Cranky

*At the polar  
opposite, freeze mode  
feels like this:*

- ◇ Blah
- ◇ Burnt out
- ◇ Collapsed
- ◇ Can't be bothered...
- ◇ Is this all there is?

Since that time I've produced other brain-wise movies that emphasize these ideas. This eBook is my answer to the many who asked for a way of getting out of a *crisis state*.

If you haven't yet watched the Inside Job you can [catch it here](#).

\* The concept "Zone of Comfort" was based on hundreds of hours of clinical practice and was popularized in therapeutic circles by both Dr. Pat Ogden and Dr. Dan Siegel (who referred to it as the Window of Tolerance).

**Next: How to “Chill Out” in a Crisis**

# *How to "Chill Out" in a Crisis*

As a species we're very good at problem solving. We like to think our way through to solutions.

*This practice has a long tradition. . . .*



However, when we're in crisis mode, our capacity to control our thoughts takes a nose-dive.

We find it hard to stay focused, we're easily muddled and overwhelmed, and we feel pulled in all directions.

It's not that we stop thinking – indeed we start *over* thinking.

*Panic & fear statements race through the mind:*

- ◇ "What'll I do?"
- ◇ "What's my boss gonna say?"
- ◇ "How could I be so dumb."
- ◇ "I'm in real trouble."
- ◇ "Oh no, I'm losing her (or him)."

## *So why is this a problem?*

Well...sometimes "thinking" works and sometimes it *doesn't*.

Because we're so good at thinking through our problems and we've typically had so much success with it, we habitually apply this same strategy when we're in crisis mode.

In other words...

### ***We fight thoughts with more thoughts!***

- ◊ *"There's nothing to be stressed about. I'll be fine."*
- ◊ *"What am I worried about? What's the worst that can happen?"*
- ◊ *"It's not that important. Who's even gonna notice!"*
- ◊ *"I'm making a mountain out of a mole hill."*

## *Sound familiar?*

You're not alone. Most of us try to talk ourselves down.

And compulsively analyzing a situation in the hopes of finding a solution only works a small percentage of the time in crisis mode.

Yes, you need to be cautious about making decisions or "thinking things through" when you're in crisis mode.



## *Why You Don't Want to Trust Your Thoughts in Crisis Mode*

Think back to "It's an Inside Job". When we're in crisis mode, it feels like all of our "boxes" are open.

In crisis mode, we have a tough time prioritizing.

Everything signals urgency – even stuff we know isn't that important. We tend to blow things out of proportion.

It's like a fuel gauge reading "full" when it's actually empty – we're primed to take a false reading on our situation when we're in crisis mode.

If you have a hard time accepting the idea that your thought process is prone to exaggerate your fears in crisis mode consider this.



*Remember the last time you returned from a vacation or a long spa retreat?*

And not just any break but one that left you feeling restored, energized and ready for a new day.

And if you recall, I bet the pressures you left at the office "magically" felt better upon your return.

## *What made the difference?*

Well, when you were taking that time off, your nervous system had time to unwind and your body "let go."

In fact, as a general rule, the more your body can ease off, the less likely you'll be triggered into crisis mode and the more control you'll have over your thoughts.

## *You Have to Work with the Body to Take the Edge off a Crisis State*

Recall that when you're emotionally stressed, anxious or agitated, you experience it in the body.

For example, you might sense a knot in the stomach, a "racing" sensation, a pounding headache or tight shoulder muscles. You may feel 'spacey', foggy-headed, or "checked out" (e.g. feeling dazed and confused).

'Stress' is the name we give to the overall experience of ruminating thoughts *and* uncomfortable physical sensations.

## *The 12-Second Chill is NOT a Relaxation Technique*

Before we go on, I want to clarify something.

The 12-Second Chill is not a traditional relaxation technique – although it does tend to make people feel more relaxed.

On the contrary, we're not trying to avoid the uncomfortable sensations of stress. *Rather, we're facing that discomfort head on.*

In doing so, we're training the mind/body to manage stress more effectively by gradually reducing the energy that's behind it.

## *The Energy Driving Your Stress*

To better acquaint you with what I mean by the "energy" behind our stress consider this scenario:

- ◊ Your boss is planning to present you with an award in front of the whole company.
- ◊ The event is set for 3 PM and it's now 2:45 PM.
- ◊ You're only a few blocks away and suddenly the traffic has come to a complete standstill. There's been an accident and you're in gridlock. There's no exit.

As you're sitting in the car, feeling your energy back up...what do you notice in your body?

You see, when we're in a rush and we're being detained, it's like going from 100 mph to a dead stop in a matter of seconds.

Likely you feel uncomfortable and it's extremely agitating not being able to move forward.

It's going to be a serious challenge to hold this discomfort in your awareness.



*In fact, the last thing you'll want to do is pause  
and sense into it even more!*

Okay, by now, you might guess how The "Chill" is going to work...

Remember how stress shows up in uncomfortable sensations, like butterflies in your stomach, an ache in your gut, tightness in the jaw or tension in your shoulders?

In order to get the most out of the 12-Second Chill technique you have to fully experience these icky sensations for your brain to eventually transform them.

# #1 Tip for Long-Term Results

## Being Present

The brain re-wires in the present and *only* in the present. And when this happens, your nervous system improves from the experience - not just right now - but permanently.

We actually move through the past, present and future all day long and yet we don't usually twig to the transitions.

Here's a typical example of what I mean:

Imagine settling into a bubbling hot tub. The heat is immediate and intense and your muscles let go as your body sinks deeper. You're *definitely* in the present as you sense the heavenly heat expanding throughout your body.

After a few moments, it occurs to you that you haven't yet organized your grocery list. Then you move on to other To Do's for the week.

Mindlessly, you've slipped into the future.

Now, while you may feel relieved to get your To Do's straightened around, your brain isn't in learning mode.

You haven't *conditioned* and *primed* your brain to re-wire from this experience. Focusing on being present prompts the brain to learn. It's like telling it to switch on, "Hey, I want to take all this in".



Cause the *only* time the brain can change is NOW.

In other words, in order to have the "corrective experience" that's impressive enough to re-wire your brain, you need to be in the present moment.

And the surest and easiest way to bring yourself into the present and to stay there is to focus awareness on what is going on in your body, in as much detail as possible and for as long as possible.

# The 12-Second Chill Technique

## Before you begin...

Find yourself a comfortable chair (or couch\*). Take a few seconds to bring your awareness to how your whole body is feeling supported by the chair.

You may find it easier if you close your eyes. Everyone is different so judge which works best for you.

- \* Crisis mode is typically an "action" state (unlike freeze mode) and it's unlikely that lying on a lounge chair would feel comfortable. So I suggest choosing an upright chair.



## Level 1

Okay, let's get going.

Sense into *what you notice* in your body. You may feel some tightness, shallow breathing, maybe some restlessness or buzziness.

Or you may feel shaky or tingly. Your heart may be beating fast. You may feel unusually cold or hot.

You can't make any mistakes. And you may not actually feel any of this. No worries though, your body shows up in its own unique way at any given moment and your constellation of sensations may be different than above.

Try not to make any judgment or interpretation about whatever sensations you're feeling. Just "be" with them.

Focus on those sensations for no more than 8-12 seconds.



To make it easier for you to get started, I've included a 12 second audio file. Just click the speaker image and you'll hear a bell. The bell will ring again in 12 seconds. (There's a short delay before it starts.)

*Go ahead give it a try NOW. What have you got to lose!*

If you're first trying this and you're definitely in crisis mode, you will likely get a strong impulse to stop doing it. Gently, remind yourself – "it's only 12 seconds!"

Here's what I tell my clients to encourage them to do the 12-Second Chill:

*"You won't want to do this, and you'll resist what you're feeling. But do it anyway!"* 😊

## *Sensations are Nothing to be Alarmed About*



It's also important that you not be alarmed about the sensations you're encountering.

Rather, practice a gentle acceptance of the sensations, images, twitches, heat or tingling that arises. These are all signs your nervous system is working normally.

After 12 seconds, open your eyes and take a deep breath. Relax.

Congratulations! That's it. You did it!

You've just short-circuited a bit of your crisis mode energy.

If this first set of 12 is all you do, that'll be more than enough.



## *The Second Time Around*

If you're game to give it another try, draw your attention to your seat once again. Feel how the chair supports you.

Maybe you are aware of the chair (or couch) in ways you didn't pick up the first time around. (Kinda like listening with your butt!)

Go back into your body. Once again, take 8-12 seconds and focus on any sensations that emerge.

As you take on any stress energy, scan for shifts that may be occurring. For example, is it more comfortable in one area of your body or another?

*Do you notice any warmth or tingling?  
Has your breathing deepened?*



Repeat the procedure as many times as you want and/or until you notice something distinctly different.

By the way, you might have picked up that the 12-Second Chill was slightly easier the second time around.

The fact is, every time you use the 12-Second Chill, the second set of 12 will *always* be easier!

## *Why We Go into "Thought Overload"*

Now that you've experienced the full charge in your body, it may become immediately apparent why we tend to think too much when in crisis mode:

When you think about it, it's very convenient that the brain is organized to propel us into thoughts during a crisis. It's like a built-in protection.

*Thought "overload" distracts us from the discomfort in our body!*

As long as I'm buried in my thoughts, fruitlessly trying to solve "the problem," I won't be deterred by pesky sensations in my body!

That said though, without sensing at least a bit of the "nasty" feeling, my brain won't learn to manage stress symptoms efficiently.

You see, the brain needs to develop "muscle" memory for moving through and letting go. It's just like learning any new skill.

## *What this technique is NOT*

It's important to understand that the 12-Second technique isn't just stopping to have a few thoughts about your present circumstance.

And it's not about avoiding dealing with our emotional stuff. It's feeling full-on the exact sensations you're trying to get away from.

It's directly facing fears as they show up in the body.

Next: Shrinklady Demo



# *Shrinklady Demo*

A while back I sent out a free PDF to my subscribers and afterwards I thought it missed its mark in that it didn't emphasize sensing into the energy.

So I made this video to illustrate how to do a 12-Second Chill.

I actually had to wait for the right time to do the video. You see, I had to film myself when I felt most frazzled!

Click [this link](#) or the image below to watch me demonstrate the 12-Second Chill:



# *Watch out for the Rabbit Hole!*

Trying to talk ourselves out of crisis mode is a compulsion that we all share. However, at the end of the day tends to be a real time-waster.

As I mentioned above, "thinking" sometimes works. And the fact that it only works sometimes - just like gambling - means it gets randomly reinforced, making it harder to stop.

*So it's no surprise that we get pulled down  
the same rabbit hole during crisis mode.*

And who doesn't? It's human nature.

That's why is it's so ding dang tough for us to switch gears, to stop thinking and start watching our body sensations.

And like learning any new skill, it takes practice, and an ongoing commitment of time and effort to shift into this new way of directing our attention.

The good news is that when you've had enough experience with "chilling" your brain, your former jumpy reactivity to the things that normally get you triggered can be dialed down as low as you want to go.

# *My Promise to You*

It's within your power to change how you normally respond to stress.

As you conscientiously practice the 12-Second Chill and become proficient, the greater the odds that letting go will happen automatically on its own.

That's right. You can train your nervous system to recover by itself!

It's my belief that anyone can do this if they really try because the resources to do so are innate – nature built them right into our bodies!

## *Chill Tip*

The best time to learn The Chill technique is when you're relaxed, because that's when your energy is more manageable and your attention span is longer.

In other words, it's a lot easier to turn a small buzz around than a big one!

With enough practice, you'll soon develop more "muscle memory" for tackling even larger amounts of energy that are related to ever more highly-charged crisis states.



# Worth repeating!

When using the 12-Second Chill you might feel downright yucky particularly if you have a high charge in your body.

In fact, you might feel discouraged, mistakenly assume the technique doesn't work, or even give up!

I hope you enjoyed this introduction to the 12-Second Chill and found your initiation into body-based work as mind-opening as I have.

If the "Chill" helped you re-think your approach to stress, then you're all set for the next step.

And here's the good news.

There's an even easier way to dial back pent up stress energy - and expand your life in ways you can't yet imagine!

To discover the transformative power of body-based work, I invite you to join me now in the [Brain Coaching Program](#).

## *Try to keep this in mind:*

- ♦ *It will never be as hard as it is in the first 12 seconds.*
- ♦ *It's always easier after that!*



A handwritten signature in dark ink that reads "Suzanne LaCombe". The script is fluid and cursive.

Dr. Suzanne LaCombe,  
Registered Psychologist #1163

P.S. Classes fill up quickly so join me today!

# THE 12-SECOND CHILL

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