

# Dr. Phil Good's *Fu\*\*able at Fifty* Resources

## The Swish Technique

The Swish (sometimes written as “Switch”) Technique is a method that I believe was first popularized by Anthony Robbins (for more information about his methods, which I highly recommend, visit <https://www.tonyrobbins.com>) and is a visualization method to “reprogram” the mind’s automatic response to a given situation that provokes a negative emotion, an unwanted habit, etc.. For example, if you find yourself routinely getting angry and starting a huge argument with your “significant other” over trivial disagreements, and you want to find a way to react in a calmer, more loving way, you could use a Swish to change the way your mind operates in that situation.

To do the Swish, you start by making a big, bright, mental picture to represent the undesirable behavior or emotion. Next, you make a small, dim picture in the lower corner of the big picture of the way you want to feel, react, etc.. You then make the small, dim picture big and bright so that it blocks out and replaces the original picture of the undesired behavior/emotion. Then “blank the screen” of your mind and start again - make the big, bright picture of the behavior/emotion you don’t want, make the dim/small picture in the corner of what you do want, make the little picture big and bright so that it blocks out the original big picture. Blank the screen, start again and repeat the procedure several times as quickly as you can. You may reach a point at which you actually have difficulty making the original big picture of what you don’t want, and that’s a good sign that you’ve probably changed “the programming” of your brain and how you will automatically react in the future. As with the other

techniques discussed, if you find that it helped partially, but didn't quite solve the issue, simply go back and repeat it some more.