

# Changing Lives

by Larissa Batt

Graham W Price, chartered psychologist and presenter of an astonishing life skills training called Acceptance-Action Training, claims we're all crazy. What, me? Never. Ten minutes into his free webinar and I'm convinced.

He says whenever we're having a negative thought, such as dissatisfaction, regret, guilt, disappointment, irritation, self-blame or blaming others, we're always wanting something that's happened not to have happened or a situation that exists right now not to exist right now. In others words, we're wanting something to be **already** different from the way it is. Price calls this 'resisting what is'.

Price points out that nothing can ever be **already** different, so whenever we're 'resisting what is', we're having an irrational thought, as we're wishing for the impossible. I soon discover I'm 'resisting what is' many times a day. OK, so now I know I'm crazy.

Price observes that the only exception to the rule that 'all negative thoughts involve wishing something were already different' is worry about the future. He promises he'll convince us that worry is crazy too. Great that he also says he'll cure it, as I worry a lot. Not so great that he's just pointed out I'm even crazier than I thought.

Price says studies show a typical or average person 'resists what is, or what will be' between 20 and 50 times a day. On East Enders it averages around once every 7 seconds. That's 4,000 times a day for the average East Enders character!!

Price gives us a technique to train ourselves to stop 'resisting what is' and replace it by 'accepting what is' all the time. He calls it Positive Acceptance, or 'Pacceptance' for short. I've been using Pacceptance every day, many times a day, ever since. It's brilliant!

Next, Price deals with something I soon discover. It's hard to 'Paccept' things when we're feeling emotional. He coolly gives us another technique to deal with uncomfortable feelings. Literally 'coolly'. He gets us in the shower, on our own at home I might add, and has us turn the hot tap down just enough so we're feeling uncomfortable. We then use his technique to deal with the discomfort. It works. I no longer 'suffer' from cold ... or any of the other uncomfortable feelings I've regularly managed to generate without any help from a cool shower.

Price then gives us a tool to break through limitations and become more powerful. I start using it in every area of my life where I don't feel completely in control. I immediately

start eating better and exercising more. And so I start losing weight. It works. I'm feeling amazing. Self-limitation is now a feature of my past.

If this free webinar were the end of the training I'd already be astounded. But it's just the beginning. My life is about to be transformed.

Next Price convinces us why worry is also irrational. He sticks to his preferred term 'crazy'. Then he gives us a tool to stop worrying. A few days later, I've stopped. I haven't worried since.

Price has warned us that the 'Pacceptance' technique he's taught us is more challenging when we're blaming ourselves or others. He's right. He assures us this will be sorted.

Then it happens. He warns us in the title to his second webinar, called 'An Extraordinary Truth'. Then he warns us again, saying "you're not going to believe what I'm about to tell you".

Even before he tells us, he gives us some incontrovertible evidence to weaken our resistance. Then he tells us in clear words. I've heard it said that we live in a 'determined' world. I never gave it much thought. But then nobody had ever explained it so clearly before.

Jack Nicklaus used it to become world golf champion. He apparently told practically no-one about it until after he retired, and then only his clients. Michael Queen learned it from Graham and used it to turn Northern Rock around after its collapse and later to become CEO of 3i. He said ... "the most succinct, useful and effective training I've ever encountered".

One of the world's best known and most successful billionaires is now using it, and Graham's other tools, several times a day. He said ... "It's amazing and totally life changing. Everyone should hear this".

I'm using the tools many times a day, as are thousands of others. It's amazing. It's changed the way I think about everything. And still, this is only the beginning. Price goes on to give us more tools to take control of our lives and create the future we desire.

Everything has changed. How I view myself, how I view others, how I view situations and events, how I deal with relationship issues and challenges, and how I think about the past, present and future.

Everything is suddenly so easy. I no longer feel stressed. I no longer get dissatisfied. Regret, guilt, worry and self-blame are a thing of the past. I'm calm, focused and action-oriented. I'm achieving much more. And my emotional life, meaning my positive emotions, has exploded. Life has become extraordinary.

I've read that Price's trainings have dramatically changed thousands of lives. I'm not surprised. He asks participants to judge their satisfaction and effectiveness in work and life, before and after the training on a scale of 0 to 10, where 10 is the most satisfied and effective person they could imagine. He's had a number of participants move from 2 to 9

and 3 to 10. Most move from 6, 7, 8 or 9 to 9 or 10. Checks after six months show the changes are sustained or further improved, on average for the group as individual feedback is anonymous.

Another participant says ... “If a training could change the world and the lives of everyone in it, this is surely that training”. I can believe that. This is going to be big.

Price says he believes everyone has the potential to live an extraordinary life, irrespective of their experience so far. He hopes this training will give us all a chance to achieve this. I can't fault him so far.

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