

Part 4 は 息抜き : Words! Reflex Action! Respond! React!

Same, similar Words! : Just Respond to 'em Quickly!

♪ No need to sweat! Calm down. You can feel 'em. ♪

語句の言い換えに注意! 条件反射!

replacements / alternatives 代り・代替語句

conditioned response / conditional reaction / acquired reflex

Just feeling, Just responding, No translating, No thinking!

Just play tag! 鬼ごっこする! Be a test-taker not a test-taken!

疑心暗鬼 (ぎしんあんき) **thought attack** 何でもないことに、無闇に不安を感じたり恐ろしくなったりすること。 疑心暗鬼になる wrap oneself up in suspicion / jump at shadows

Skip to the next questions. Don't let the following message catch you.

The name of the game! Be a game-player, not a game-played one.

71		メッセージは25秒
		最初の7秒 = 7 1
72		次の7秒 = 7 2
73		最後の7秒 = 7 3

名詞・代名詞 : a boy / he

副詞・代副詞 in London / there

I met a boy. He was singing.

I met a boy and he was singing.

I met **a boy, he** was singing.

I met **a boy w+he** was singing.

I met **a boy who** was singing.

I met a boy, who was singing.

関係代名詞=接続用代名詞

and

,

w

歌っている一人の少年に会った。

ある少年に会った、その少年は歌っていた。

W / W sentences

SV SV W=V+V

W ダブル ヴィ?

VV

ダブル ユー?

UU

S+V: 動詞の主語はその前にある。 SV, SV, SV.

I want him to help her go to America.

I was happy in London. I lived there.

I was happy in London, I lived there.

I was happy **in London** and I lived there.

I was happy **in London w+here** I lived.

I was happy **in London where** I lived.

I was happy in London, **where** I lived.

住んでいたロンドンで、幸せだった。

ロンドンで幸せだった、そこで住んでいた。

God is HE, so 'he' is he, she, they, thing, here, there, then, whoever, whenever, whatever, however, wherever, everything,

*Hallow, Hello, Hi, Hey,

Halloween! = Hallow-e'en =

All Hallows even(ing) =

All Saints' Day evening 万聖節前夜祭

文法は三人称単数を基準にしている。 He thinks. the / true heart existence

theory, thesis, theme, theology

aesthetic, therapy, thought,

authority, euphony, Europe,

eurythmic, Eureka!(I have

found it!) eu 優・快・善

Have you ever had a thought attack? You know, a wayward thought pops into your head, you feel kind of uneasy in your gut, then you have another thought, feel even worse, and then the process repeats itself again and again.

I know it used to happen to me—a lot. But thankfully, these days it rarely happens if ever. We’ ll get back to why that is in a minute.

First, let’ s talk about why thought attacks occur. They occur because a person makes the mistake of attributing an uneasy gut feeling to a circumstance in his or her life. Thought attacks become extreme because uneasy gut feelings don’ t come from a circumstance in one’ s life. And the more a person looks outside to explain or remedy their feelings on the inside, the more they have to think, so the worse they’ ll feel.

To illustrate, I once blamed my sometime anxious moods on particular events from my childhood (I’ ll intentionally spare you, and myself, the details). Yet, what’ s interesting is that when I did this, other parts of my life became problematic too. In other words, I’ d feel bad and try to fix my feelings by coping with my childhood. And when that didn’ t work, I’ d look to my present circumstances and delve into all that was wrong there. And when that didn’ t work, I’ d look to my future circumstances and frustratingly do the same.

Talk about barking up the wrong tree. Looking for excuses for one’ s bad feelings might be what psychotherapy is all about, but I can assure you that doing this is what causes thought attacks. Just give it a try and see how many situations you find that aren’ t quite right in your life at this very moment. What you might overlook, however, is that when you feel good those same situations still exist. Like my childhood; when my mood is high, my childhood is a-okay. When it’ s low, my childhood is a problem. Either way, it’ s the same childhood.

Here’ s the bottom line on thought attacks: At the root of every jammed-up head is a person who incorrectly attached his or her feelings to something or someone else. The reason I don’ t have many thought attacks these days is because it no longer makes sense for me to do this.

It works the same for you. The next time you find yourself in a low state of mind, my hope is you won’ t analyze your life and try to find or fix the reason. Doing so is a never-ending struggle that thwarts your instinctive ability to find clarity. Yes, thought attacks are preventable, but first you must understand the principle behind why they occur: The natural ebb and flow of your thinking creates your feelings. Your circumstances are powerless.

Thought Attack

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A word

then two words and three

creep up

A thought

is strung

Leading to sudden

onslaught of more and more
thoughts after thoughts
Churning
coursing through my blood
Then the waves come
Undulating 波立つ
reverberating through 反響する
my body
Silently, these words and thoughts
weave into me tidal currents
Each tiny alphabet of
each thought
burrows through
each little cell
Giant waves lashing through
Microscopic ants
eating under my skin
Thoughts drugging me
senseless, thoughtless
Catching me in a vice-grip
shaking me ragged
Raking me on stones
hot coals
quaking with fear
The ground crackles
I fall through
trapped in a crevice
of stone
blinding dread
Only knives as tools
to climb myself out

