

## USING THE SWISH TO CHANGE A BAD HABIT: (Rev2)

We all have bad habits. We don't get enough sleep, we leave the toilet seat up, we bite our nails, we leave our clothes on the floor, we eat too much and quite a few more that we don't know about. All of these are bad habits that just seemed to appear all of a sudden without effort. And they probably didn't bother us much until someone we cared about pointed them out to us.

Most people seem to think that they are stuck with their bad habits because they don't know how to get rid of them or when they do get rid of them, they keep on coming back. So why bother.

### What Can We Do About It:

Since bad habits are so easy to start, it should be possible to start a good habit just as easily. With the SWISH, it's possible to **destroy the bad habit** and at the same time **replace it with a desirable good habit**. And best of all, it can be done very quickly, usually in a few days.

**A bad habit can be changed by using "imaginary" pain and pleasure to our advantage.** In short, we all want to get pleasure and we all want to avoid pain. The human mind is attracted to pleasure. At the same time, it does not like pain and will do whatever it can to avoid it. These two feelings are always with us and influence everything we do.

One of the reasons we have so much trouble getting rid of a bad habit is that the bad habit gives us pleasure. It is usually a momentary pleasure meant to satisfy a craving or a desire. Trying to fight this habit is usually a waste of time unless you can convince yourself that the bad habit is no longer pleasurable. Even then, the bad habit will probably come back again unless you replace it with another more pleasurable good habit that can permanently take its place.

Two of the core principles of **Neuro-Linguistic Programming (NLP)** are "**We Will Do More to Avoid Pain Than to Obtain Pleasure**" and "**We Move Toward Pleasure and Away From Pain**". If it comes to a choice between pain and pleasure, we will do more to avoid the pain than to achieve the pleasure. Our instinct is to survive and we will move away from pain and toward pleasure if given a choice.

To permanently change a bad habit, it is not enough to just stop the bad habit, you have to destroy it and then quickly replace it with a new one. One of the most effective ways of doing this is by using the SWISH.

.... **The Swish** .... @ 2007 Robert Kilgore, Pittsburgh, Pa.

The **SWISH** technique is used to quickly replace a painful bad habit with a pleasurable good habit. If done properly and you have enough leverage the bad habit can be eliminated within a few days.

**Important!** The Swish works best when the habit to be changed is specific and well defined such as a particular type of junk food you want to stop eating (candy bars, milk shakes, cheese burgers, French fries) or behavior you want to change (biting fingernails, getting to work late). There is a

lot of exaggeration, ridiculous association and repetition going on in the Swish. This is done on purpose and is necessary for the technique to work.

## **How is the SWISH used to eliminate a bad habit:**

Eliminating a bad habit using the Swish method is a two step process.

**1. Get leverage.** Imagine "in your mind" ways to make the unwanted bad habit so unpleasant and painful that you want it to stop **NOW**. Also, imagine ways to make the desired good habit so desirable and pleasant that you absolutely must have it **NOW**. This is called getting **leverage**.

Leverage is used to convince you that you **can** change, you **want** to change and you **must** change **NOW**. Getting good leverage is a very important and vital part of a successful swish. The **SWISH** will not work if you really want to keep the habit. Just telling yourself that you want to change is not enough. "**You will not change if you do not want to change**". The better the leverage, the easier it is to eliminate the bad habit.

**2. Do the SWISH** to destroy the bad habit and to insert the good habit. It is the **SWISH** that actually changes the bad habit. If done properly (and with enough leverage), the bad habit will be destroyed and the good habit will permanently take its place.

## **What is the SWISH:**

The SWISH is used to quickly get rid of a bad habit by first forcing your mind to experience the painful and unpleasant **moving-image** of the unwanted bad habit, and then to experience the painless and very pleasurable **moving-image** of the desired good habit. The technique is:

- 1.** See the bad moving-image and feel the pain by making it large, bright, and noisy. At the same time the good moving-image is already small, dark, quiet and barely noticed.
- 2.** Quickly make the bad moving-image go away (destroy it) by freezing the image and making it smaller, darker and quiet until it disappears completely. It helps to crush or mutilate it while it gets smaller.
- 3.** Then quickly make the good moving-image large, bright and noisy and feel the pleasure.
- 4.** Then blank your mind or think of something else for awhile. This is very important.

The actual switch between the two moving-images is done very quickly and some people make a swishing sound when doing it. Hence the name "SWISH".

The Swish is performed multiple times (5 or more per day) over a period of several days until the good habit finally and permanently replaces the bad habit. Again, this assumes that you have good leverage.

Two of the core principles of **Neuro-Linguistic Programming (NLP)** are "**We Will Do More to Avoid Pain Than to Obtain Pleasure**" and "**We Move Toward Pleasure and Away From Pain**". If it comes to a choice between pain and pleasure, we will do more to avoid the pain than to achieve the pleasure. Our instinct is to survive and we will move away from pain and toward pleasure if given a choice. The Swish technique uses both pain and pleasure at the same time. The pain and the memories of the unpleasant bad moving-image will push you away from the bad habit and at the same time the pleasure and the anticipation of the painless good moving-image will pull you toward the good habit.

The moving-images must be exaggerated to enhance the painful and/or pleasurable experience and to create a sense of urgency. The moving-images do not have to be completely true, but they must be exaggerated. The mind tends to treat moving-images as real, even exaggerated ones, as long as they are not too complicated and have some truth to them. Outside external still images can work (reading descriptive text or looking at pictures) but the effect is much more real to the person if the images are moving and imagined in your mind. To the mind, still images such as photographs and drawings are usually harmless and can be ignored but something that is moving and unexpected could be a possible threat and your survival instinct will force you to give it a lot more attention.

## **How is the SWISH done:**

**(The standard version with one bad and one good moving-image)**

Here is a generic SWISH with instructions. Repeat the SWISH, with good leverage, 5 or more times a day for several days, and the good habit will completely replace the bad habit.

### **START of SWISH:**

See in your mind a bad moving-image (that represents the unwanted bad habit) in all its painful and unpleasant awfulness (large, bright, noisy, painful and lots of action). At the same time, a good moving-image (that represents the desired good habit) is also seen by your mind but make it very small, dark and quiet and put it in a small corner of your mind so that it is not noticed. See and feel the pain and unpleasantness of the large bad moving-image for about 30 seconds. Now freeze the large bad moving-image and quickly make it smaller, darker and silent until it disappears completely. Then make the very small good moving-image much larger, brighter, louder and very enjoyable (You can make a "swish" sound while doing this). See and enjoy the large full size good moving-image that represents the desired good habit for about 30 seconds then blank your mind or think of something else for about 1 minute.

### **END of SWISH:**

## **How does the SWISH work:**

The SWISH momentarily interrupts and temporarily destroys the bad habit for a very short period of time (usually a few seconds) and during that time the good habit will take its place. At this point your mind is confused and susceptible to new input. If your mind likes the new pleasant and painless good habit, it will want to keep it (especially if you have enough leverage). Your mind will then use that opportunity to reject the old painful bad habit and replace it with the new pleasant and painless good habit. Remember, "**We Move Toward Pleasure and Away From Pain**", so

we will try to keep the pleasure and reject the pain if we can. If done enough times, and if you have enough leverage, the new good habit will soon become permanent and the old bad habit will not return. The Swish is done very quickly and is usually completed in 2 minutes or less.

The emphasis on using the good habit to replace the bad habit is because even though the SWISH destroys the bad habit, it is only a temporary destruction that lasts for a very short time. If the good habit is not successfully inserted and accepted during that time, the bad habit will return because your mind was comfortable with the bad habit and comfort is a form of pleasure. **People can get comfortable doing bad things just as easily as they can get comfortable doing good things.**

There are variations on doing the swish. For instance, some difficult bad habits may benefit from doing multiple swishes with each swish having a different bad/good moving-image.

Another swish variation combines both leverage and the swish by seeing moving-images in your mind as you intently read descriptive text that gives very vivid descriptions of both the bad and then the good habit (often several descriptions are used for reinforcing the resulting moving-images seen in your mind as you are reading).

Another swish variation is to see still images on a flip chart or a computer screen. This is the least effective way to do the swish. It takes the longest to work. It is however good for people who have trouble forming images in their mind.

A lot of people (actually most people) have difficulty creating clear and effective moving-images in their mind. A solution to this is to write on paper or on a computer screen a vivid description of each moving-image to help you visualize it. This description will give you additional leverage and reinforce your desire to get rid of the bad habit. An additional hint is "keep the moving-images short and simple and use exaggeration with lots of action".

## **Here is a Swish example.**

**(This one worked for me over 15 years ago)**

**Fingernail biting:** Fingernail biting involves putting your finger in your mouth and biting the nail and anything else that gets in the way. Often the result is a bleeding, ugly, painful finger that is bitten all the way down to the skin. A lot of times you do not even realize that you are biting your nails until the pain or bleeding tells you that you have gone too far. Then you either work on another fingernail or wait a day or two until the pain stops so that you can start all over again.

The easiest way to stop biting your fingernails is to keep your fingers out of your mouth. So, the goal here will be to **KEEP YOUR FINGERS OUT OF YOUR MOUTH**. Remember, your teeth are made for biting and your instincts are to chew on anything that you can put into your mouth and that includes your fingers. **You can't bite your nails if they are not in your mouth.**

The original goal (**to stop biting your fingernails**) is still there but it has been restated (**keep your fingers out of your mouth**) so that the specific action needed to accomplish that goal is very clear. To stop biting your fingernails, you have to keep your fingers out of your mouth. We've also made it sound unpleasant which will make it easier to keep your fingers out of your mouth.

## Step 1:

### **Get Leverage so you will WANT to "Keep Your Fingers Out of Your Mouth".**

The 6 moving-image areas given below are used to **quickly** give you the leverage you need to stop your bad habit of putting your fingers in your mouth. In these areas are examples of exaggerated moving-images that you can use for quickly getting leverage. There are a lot of them, and yes it is done on purpose. You can also add your own moving-images for even better results. The moving-images you use should be short, simple and exaggerated and have some truth to them but they do not have to be completely true. Do not get hung up on the details or else the moving-image will be too complicated to be effective. Go for shock value. Being gross and disgusting is OK and very effective. No one else will ever know.

**Important!** While reading the individual bad and good exaggerated moving-image descriptions, **don't dwell on them for too long.** Just read each one, try to momentarily imagine it, and then move on to the next description. The purpose is to get leverage quickly. That is why there are so many of them. If a description confuses you, continue reading it and go on to the next one. You can always read it again later.

#### **Bad Moving-images 1.**

**Imagine what you look like to others if you put your fingers in your mouth.** This is where you feel the pain. Putting your fingers in your mouth should not be pleasant to look at.

You are with your friends at the museum and you are trying to see how many fingers you can put into your mouth so that you can break the worlds record. Suddenly you feel sick because of the fingers in your mouth and you vomit on several priceless and irreplaceable paintings.

You are the owner of a large and important company. You think you are very smart so you strut around with your fingers in your mouth and you pretend that you are smoking your fingers because your company has a strict no smoking policy.

You are reading some very important old documents in the library and you have your fingers in your mouth. Your mouth is dripping saliva all over the papers. The librarian sees all this and she tells you to leave and never return.

You have just been elected President of the United States and you are putting your fingers in your mouth while you are giving your acceptance speech. The newly elected Vice President sees this and is not very happy. He tells you to take your fingers out of your mouth and then he puts you over his knee and spanks you while millions of people are watching.

Imagine that you are a movie star and your fingers are in your mouth when you are doing a big scene or while you are being interviewed by reporters. Lots of pictures and videos were taken that were not very flattering and the reporters misquoted you because they could not understand what you were saying.

Imagine that your fingers are in your mouth while you are accepting an award or giving a speech. The audience could not understand you very well because your fingers caused you to mumble a lot but they still gave you a luke warm applause afterwards because they wanted to be polite.

Imagine yourself with your fingers in your mouth while asking your boss for a raise. You tend to mumble when you put your fingers in your mouth so now your boss thinks that you actually want a pay cut and that you do not really deserve your job and that he should fire you for the good of the company.

Imagine yourself with your fingers in your mouth while on a date or meeting the parents for the first time. You want to make a good impression so you washed your hands before you put your fingers in your mouth. Your date and the parents were not impressed.

Imagine yourself with your fingers in your mouth while driving to work or riding the bus and little kids are asking you "why are your fingers bleeding".

Pretend that you are a doctor and your fingers are in your mouth while you are doing surgery. The patient wakes up during the surgery and looks frightened. You mumble something but the patient can't understand you because your fingers are in your mouth.

Imagine that you are a teacher and your fingers are in your mouth while you are teaching a class. Your students also have their fingers in their mouths because they want to be like you. You are their role model.

Imagine that you have a job at the zoo as the elephant cage cleaner and your fingers are in your mouth while you are picking up elephant poop (The zoo is open and people are watching you).

In other words, make it really painful and embarrassing to see yourself with your fingers in your mouth.

### **Bad Moving-images 2.**

**See the results of putting your fingers in your mouth.** More pain.

You put your fingers in your mouth and your fingers hurt. When you look at your fingers, you can see the raw exposed skin that used to be under the fingernails before you bit the nails off and probably also some of the skin. You can see the redness and swelling around the edges of the fingers where the nails used to be before you ripped them off with your teeth. See the blood and feel the pain that comes from biting or tearing the skin around your nails. See people being repulsed by your bit nails.

You put your fingers in your mouth and your mind is not working very well. The germs on your fingers have clouded your mind and you frequently make hasty decisions that usually turn out to be wrong. Your apparent self-confidence is all a cover-up to hide your deficiencies that were caused by the germs on your fingers affecting your brain.

You put your fingers in your mouth and you are very depressed. You are convinced that your life is not going to get any better so why even try. The rich and smart people (who do not put their fingers in their mouth) control everything so there is nothing left for you. You would rather put

your fingers in your mouth than waste time with important things like eating the right foods, good grooming, exercise and increasing the quality of your life.

You put your fingers in your mouth and the rats in the corner are waiting for you to fall asleep so that they can crawl all over you and eat the fingers that are still in your mouth. Rats like saliva coated fingers too. You wonder why the rats seem to be getting closer as you continue to put your fingers in your mouth.

You put your fingers in your mouth and you cannot pick up a dime off the floor because you have no fingernails to grip it. That dime is very valuable and some young kid picks it up and puts it on a train track and it gets run over by a train.

You put your fingers in your mouth and you cannot make tapping sounds on a table with your fingernails because you have no fingernails. Unfortunately for you, you are an undercover good Samaritan who has just had your cover blown and the tapping sound is a signal for the police to come and rescue you.

Your fingers are in your mouth and blood is dripping and spurting from your fingers while you are driving to work or riding the bus.

Your fingers are in your mouth and you are very sick and in poor health because the germs on your fingers are attacking your body. Because you put your fingers in your mouth, you are getting sicker and your medical bills are very expensive.

You put your fingers in your mouth and when you shake hands with people you notice that your fingernails are gone and your fingertips are red and puffy and bleeding and it looks and hurts like hell. The people that you tried to shake hands with are repulsed by your fingers. They do not want to be near you because your fingers are so ugly.

You put your fingers in your mouth and you are very lonely, but putting your fingers in your mouth has given you a false sense of superiority that makes you cocky and prevents you from making friends that you can trust. When you get older, the people who claim to be your friends will steal everything you have. When you die, nobody will come to your funeral because you have no real friends who care about you. After you are buried, no one will remember your name because you never did anything that was worth remembering. Because you put your fingers in your mouth, your life is a complete and total waste.

"All this is because you put your fingers in your mouth". What a shame.

### **Bad Moving-images 3.**

**Imagine reasons why you would not want to put your fingers in your mouth.**

Still more pain. (Imagine yourself looking at your fingers while doing this).

Imagine that, every time you are about to put your fingers in your mouth, a cat walks up to you and tells you that it is time to clean the litter box.

You are about to put your fingers in your mouth and you see hairy bug eyed rat faces on each one of your fingers. You don't want to put those in your mouth.

You are about to put your fingers in your mouth and you see wiggly worms and maggots and roaches and spiders and flies crawling all over your fingers. Do you still want to put these in your mouth?

You are about to put your fingers in your mouth and you see hissing snake heads with fangs on each one of your fingers. You don't want to put those in your mouth.

You are about to put your fingers in your mouth and you see, hear, feel, smell and taste dog or cat poop on your fingers. Do you still want to put these in your mouth?

You are about to put your fingers in your mouth and your fingers have exploded in your face because you tried to put them in your mouth. As a result, the bones and the flesh of your fingers are exposed and there is blood everywhere you look as the flesh hangs from your bones. Feel the excruciating pain and be assured that this will happen every time you think about putting your fingers in your mouth.

Hint ! Imagine moving scenes involving your fingernails that are so horrific or gross that you would not want to put your fingers in your mouth. Horrific or Gross is always better (Remember: "**We Will Do More to Avoid Pain Than to Obtain Pleasure**"). Go wild and use lots of action if possible. Use your imagination and assume that nothing is off-limits.

### **Good Moving-images 1.**

**Imagine what you will look like if you keep your fingers out of your mouth.**

This is where the pleasure starts.

People think you are someone important because you look so healthy and you move with a self-confidence that says "I am in charge of my life". You can thank your decision to "Keep your fingers out of your mouth" for that. Keeping your fingers out of your mouth gave you the self-confidence to take better care of yourself and to take charge of your future.

Because you keep your fingers out of your mouth, your friends say you look great, and people smile at you when you walk down the street. You smile back at them because you know you look great and it shows in the way you walk and present yourself to others. By keeping your fingers out of your mouth you have made yourself very healthy and full of energy. By taking good care of yourself, your mind is also very sharp and clear and you now have the self-confidence and knowledge to know what is best for you. You know that your future is determined by your actions and you will do whatever it takes to be a success. All of this has happened because you keep your fingers out of your mouth.

You keep your fingers out of your mouth and your body has a healthy glow and people are always commenting about how young you look and how energetic you are. Keeping your fingers out of your mouth has been known to do that.

You are slim and trim because you keep your fingers out of your mouth and people point to you when they say to their overweight kids, "Why can't you have a body like that". And you tell them, "It's easy, Just keep your fingers out of your mouth".

You keep your fingers out of your mouth and your friends trust you because you are known for giving good well thought-out advice. Clear thinking and improved decision making are just a few of the many benefits of keeping your fingers out of your mouth.

Imagine what your fingers and hands would look and feel like if you keep your fingers out of your mouth. See how attractive your hands, the fingernails and the skin around them will look to you and to other people.

You keep your fingers out of your mouth and your fingers look and feel great because you allowed your fingernails to grow.

Imagine the healthy glow of the healed skin surrounding each glorious well manicured fingernail because you keep your fingers out of your mouth. These are great looking nails that you want to share with the world.

If your fingernails look and feel this fantastic just because you finally decided to take care of them, think about what you can do with the rest of your body.

### **Good Moving-images 2.**

**Imagine how your body and mind will be improved because you keep your fingers out of your mouth.** The pleasure continues.

You look years younger and your skin has improved now that you keep your fingers out of your mouth. That's one of the many advantages of keeping your fingers out of your mouth.

You have an abundance of energy and you get things done a lot faster now that you keep your fingers out of your mouth. Energetic people who keep their fingers out of their mouth are very active and have been known to actually look for stuff to do and do it well.

Because you keep your fingers out of your mouth, your mind is much clearer (the fog is lifted), and coming up with new and exciting ideas is very easy for you. Keeping your fingers out of your mouth has freed up a lot of resources that your mind now uses to improve your thinking and decision making abilities.

Your reflexes are much faster and your coordination has greatly improved now that you keep your fingers out of your mouth. You are no longer clumsy and your movements are very coordinated and smooth since you decided to keep your fingers out of your mouth.

Now that you keep your fingers out of your mouth, you see opportunities around you that you've never noticed before. The calmness that comes with keeping your fingers out of your mouth has allowed you to clearly observe your surroundings better and has opened up a whole new set of possibilities for you to improve your life even more.

Your body heals faster and you get sick less often now that you keep your fingers out of your mouth. If you do get sick you recover very quickly because keeping your fingers out of your mouth has made you very healthy.

You keep your fingers out of your mouth and it is now easy to pick up a dime with your new fingernails.

You keep your fingers out of your mouth and you are very healthy and you feel great. Your fingers have germs on them and keeping your fingers out of your mouth prevents the germs from attacking your body and making you sick.

Imagine yourself shaking hands and getting compliments about how nice your nails look because you keep your fingers out of your mouth.

You keep your fingers out of your mouth and you can now make tapping sounds with your fingernails on a table (You could never do that before and it's a great feeling).

You keep your fingers out of your mouth and you can now peel off tape with your new fingernails (You could never do that before either).

You keep your fingers out of your mouth and you can now scratch yourself with your new nails (a pretty good feeling if you could never do it before).

You keep your fingers out of your mouth and you can now cut and sand your beautiful nails when they get too long (Your fingernails look pretty good now but you still have to trim them when they get too long).

You keep your fingers out of your mouth and you can see your self-confidence grow as people compliment you on your new "can do" attitude.

And most important, you can now brag to everyone that you no longer bite your nails. Priceless. (It is my experience that most people don't really care if you stopped biting your nails but it still feels good to brag about it.)

### **Good Moving-images 3.**

**Imagine what life would be like if you keep your fingers out of your mouth.**

The pleasure gets even better.

Because you stopped putting your fingers in your mouth, you have become healthier and smarter and you now have a good job that you truly enjoy doing. Being healthy has given you the energy and the clarity-of-mind to go for the job you always wanted. It took some time to get the necessary skills and to meet the right people but you finally succeeded. You may have even gone into business for yourself. Congratulations. You have the self-confidence, the intelligence and the ambition to be a great success at just about anything you want to do.

Because you stopped putting your fingers in your mouth, your many friends frequently ask you for your advice and you have a much deserved reputation for giving good honest well thought out answers. And you like it. Your mind is so calm, clear and full of useful knowledge that it is very easy for you to come up with advice that helps people to solve their problems. You know things that most people can only dream about knowing.

You have become very wealthy. Keeping your fingers out of your mouth has made you healthy and has sharpened your mind so that you made some very good investments. However, your best investment, that opened up the most opportunities for you, was to increase your knowledge of the things that interest you. You used this knowledge to create possibilities that could make you a lot of money. Possibilities such as:

1. Well thought out investments in banking, real estate and the stock market.
2. Get to know the right people who can be the most help with your career.
3. Start your own business (This gives you the most control of your wealth).
4. Work for a company that really needs your talents and pays you accordingly.
5. Create or invent a device or service that many people both need and want.
6. Observe how wealthy people get rich and imitate them by doing what they did.
7. Work smarter than anyone else (Hard work alone will not make you wealthy).
8. The secret is: " **THERE IS PLENTY OF MONEY OUT THERE  
FOR PEOPLE WHO KNOW HOW TO GET IT.** "

You have a very active and healthy lifestyle. By keeping your fingers out of your mouth, you have become very healthy and you now have the energy and ambition to try new things that you never thought you could do before. You have good friends with similar interests that you trust. You are very happy.

Because you keep your fingers out of your mouth, you finally have the life that you've always wanted. And it is GREAT.

## **Step 2:**

### **Do the SWISH so that you will "Keep Your Fingers Out Of Your Mouth".**

When you know that you have good leverage then you are ready to do the Swish. Having good leverage means that you know you can change and you want to change **NOW**.

To do the Swish you will see and feel the pain of the bad moving-image, destroy it and then quickly see and feel the pleasure of the good moving-image. Three Swish examples will be given based on the moving-images from step 1. Feel free to make up your own moving-images for even better results. Be sure to include the blank time after every swish. This is very important.

**Repeat** each swish as often as you can for several days (about five times a day is OK) and you will notice that you no longer put your fingers in your mouth. Again, this assumes that you really want to stop putting your fingers in your mouth and you have enough leverage.

\*\*\*\*\*

## Swish example 1. " The Missing Finger "

**Bad moving-image:** See yourself with your fingers in your mouth and you are biting your fingernails while you are riding the bus. The bus goes over a bump and you bite off **one** of your fingers and your blood is spurting uncontrollably everywhere all over the other passengers. You are screaming and crying like a baby because it hurts so bad. The passengers on the bus run away from you and soon you are alone and the bleeding stops. It doesn't seem to hurt as much now so, while you are waiting for the medical people to arrive, you spend your time trying to put your finger back on to the bloody stump where your finger used to be.

**Good moving-image:** See yourself with your fingers **not** in your mouth and you are smiling as you calmly admire your good looking and totally unbitten fingernails while you are riding the bus. You never put your fingers in your mouth and you are really proud of your fingernails. People are always complimenting you on how nice your nails look because you take such good care of them. You get to your destination safely and life is good because you are very self-confident and you have great plans for your future.

**Procedure:** See in your mind the bad moving-image (that represents the unwanted bad habit) in all its painful and unpleasant awfulness (large, bright, noisy, painful and lots of action). At the same time, the good moving-image is also seen by your mind but make it very small, dark and quiet and put it in a small corner of your mind so that it is not noticed. See and feel the pain and unpleasantness of the large bad moving-image for about 30 seconds. Now freeze the large bad moving-image and quickly make it smaller, darker and silent until it disappears completely, then make the very small good moving-image much larger, brighter, louder and very enjoyable (You can make a "swish" sound while doing this). See and enjoy the large full size good moving-image that represents the desired good habit for about 30 seconds then blank your mind or think of something else for about 1 minute.

\*\*\*\*\*

Notes...

---

---

---

---

---

---

---

\*\*\*\*\*

## Swish example 2. " The Zombie Finger Meal "

**Bad moving-image:** You are sitting down and waiting to eat lunch in a strange dark restaurant and your fingers are in your mouth and you are biting your fingernails. A zombie comes up to you and you try to fight him but he is much stronger than you. He starts biting off your fingers and slowly, painfully, one by one, your fingers are all gone. The zombie grunts and walks out of the restaurant. You sit there looking at the ten stumps where your fingers used to be and you want to cry but there is no one to hear you because the restaurant is empty.

**Good moving-image:** You are smiling and eating your lunch in a popular well lighted restaurant that has really great food. You are with your many friends and they are complimenting you on your well manicured fingernails. You never bite your nails and you are very popular because of your self-confidence and intelligence. You are very healthy and you have great plans for your future and you will do whatever it takes to make them come true.

**Procedure:** See in your mind the bad moving-image (that represents the unwanted bad habit) in all its painful and unpleasant awfulness (large, bright, noisy, painful and lots of action). At the same time, the good moving-image is also seen by your mind but make it very small, dark and quiet and put it in a small corner of your mind so that it is not noticed. See and feel the pain and unpleasantness of the large bad moving-image for about 30 seconds. Now freeze the large bad moving-image and quickly make it smaller, darker and silent until it disappears completely, then make the very small good moving-image much larger, brighter, louder and very enjoyable (You can make a "swish" sound while doing this). See and enjoy the large full size good moving-image that represents the desired good habit for about 30 seconds then blank your mind or think of something else for about 1 minute.

\*\*\*\*\*

Notes....

---

---

---

---

---

---

---

\*\*\*\*\*

### Swish example 3. " The Hairy Rat Fingers "

**Bad moving-image:** You are taking a walk at night and your fingers are in your mouth and you are biting your fingernails. Suddenly, you feel a painful tingling in your fingers so you take them out of your mouth and there are big live hairy rat heads on all of them. Your fingers are also covered in stinky dog poop and there are spiders crawling all over your hands. The rat finger heads are in control of your body so you open your mouth wide and you slowly put your fingers back into your mouth. You want to scream but you can't because your mouth is full and the rats ate your vocal cords.

**Good moving-image:** You are taking a walk at night on a well lighted street and your fingers are not in your mouth and you never bite your nails. You meet other nice people while you are walking and they all compliment you on how nice your fingernails look. You are very proud of your nails, you feel good, you have supreme self-confidence in yourself and you have a great future ahead of you.

**Procedure:** See in your mind the bad moving-image (that represents the unwanted bad habit) in all its painful and unpleasant awfulness (large, bright, noisy, painful and lots of action). At the same time, the good moving-image is also seen by your mind but make it very small, dark and quiet and put it in a small corner of your mind so that it is not noticed. See and feel the pain and unpleasantness of the large bad moving-image for about 30 seconds. Now freeze the large bad moving-image and quickly make it smaller, darker and silent until it disappears completely, then make the very small good moving-image much larger, brighter, louder and very enjoyable (You can make a "swish" sound while doing this). See and enjoy the large full size good moving-image that represents the desired good habit for about 30 seconds then blank your mind or think of something else for about 1 minute.

\*\*\*\*\*

Notes....

---

---

---

---

---

---

---

## Additional Swish Techniques

Here are two more techniques that you might want to try that I consider to be similar to the Swish. The Timeline Regression seems to have some promise. I used it to stop my desire for eating Suzy-Qs and it worked.

### 1. **Left / right hand projection (like watching a movie screen).**

**Preliminary:** Put the open palm of your left hand about 6 to 10 inches in front of your face (so that your palm looks big to you). Put the open palm of your right hand about 24 inches to the right of your face so that you cannot easily see it while you are looking at your left palm. Move your head side-to-side and see a big moving picture of the bad image in your left palm and a very small and dark moving picture of the good image in your right palm. Do not move your hands while doing this. Do this several times to get used to the images.

**Do the Swish:** Stare at the bad image in your left palm and make it bigger, brighter, more disgusting and add lots of action. Make sure that you really feel the pain and unpleasantness of the bad image for about 30 seconds. Now freeze the image and quickly make the picture of the bad image in your left palm smaller, darker and silent until it disappears. Now crush (destroy) the bad image in your left hand by making a fist and throw it away to your left like a crumpled piece of paper. Relax and place your left hand down to your side with the palm open and forget about the bad image.

Now quickly, without moving your head or eyes, put your right palm in front of you where the left palm used to be. (You can make a "swish" sound while doing this if you want). Look at the small good image in your right palm and quickly make it much bigger, brighter, very pleasant and add lots of action. Make sure that you feel the joy and pleasantness of the good image for about 30 seconds. Now make the good image in your right palm bigger and bigger and bigger and it gets closer and closer and closer until it engulfs you and you become part of it. Enjoy the feeling for about 30 seconds then blank your mind or think about something else for about 1 minute or longer.

### 2. **Timeline regression (takes you back to a time when you did not have the bad habit).**

**Preliminary:** See in your mind the bad moving-image (that represents the unwanted bad habit) in all its painful and unpleasant hideousness (large, bright, noisy, painful and lots of action). Also see a timeline in your mind that goes from your present to your past to a time before you were born (several years before you were born is usually sufficient).

**Do the Swish:** While seeing and feeling the painful effects of the bad moving-image, imagine yourself quickly traveling back to the past along your timeline. Make the bad moving-image smaller and smaller as you keep traveling into the past until the bad habit gets weaker and weaker and it finally disappears. Keep traveling farther and farther into the past beyond this point until you reach several years before you were born. Then stop and quickly see the good moving-image in all its painless and pleasant magnificence (make it large, bright, loud and have lots of action). (You can make a "swish" sound while doing this if you want). See and enjoy the large full size good moving-image that represents the desired good habit for about 30 seconds then blank your mind or think of something else for about 1 minute.

## Conclusion:

Bad habits can be changed and replaced with good ones and it can be done quickly and easily by using the SWISH method. I stopped biting my nails by using the SWISH method as described in this paper over 16 years ago. This document and SWISH based cures for other specific bad habits is also available in .PDF form for free at the web site <http://www.newhabit.net/>.

There is a free computer program that can be downloaded from this website that has graphical images similar to the above fingernail biting swish. Its purpose is to give you the leverage and the motivation to cure yourself of fingernail biting. This program is a very effective computerized version of the swish but the best way is still to imagine it with moving-images in your mind.



Figure 1 Reduced size Screen Captures from the Free Animated Fingernail Biting Swish Program

My thanks to Mr. Anthony Robbins whose book (**Unlimited Power**) taught me to stop biting my nails and to stop eating meat in 1990. The most important and best self-help book I've ever read. A little long winded and too many pages but still better than any of the other NLP books I've read. The "stop eating meat" part was accidental. I was playing around with SWISH moving-images to see if they actually worked and the moving-images got a little too graphic and disgusting so when I tried it (I was in a Wendy's at the time), well that was the last time I ever ate a cheeseburger (and I really liked cheeseburgers).

Thank you Tony Robbins ..... Updated April 09, 2007 ..... By: Robert Kilgore

## ----- Quotes & Phrases -----

YOU CAN CHANGE IF YOU WANT TO.  
YOU CAN ALSO NOT CHANGE IF YOU WANT TO.

A GOAL IS LIKE A TARGET. IT IS MUCH EASIER  
TO HIT THE TARGET IF YOU KNOW WHERE IT IS.  
BE CLEAR AND SPECIFIC WHEN SETTING GOALS.

THE PAST IS PAST, SO GO FORWARD AND LIVE  
FOR THE FUTURE.

YOU WILL HAVE THE FUTURE YOU WANT IF AND ONLY  
IF YOU DO WHAT HAS TO BE DONE TO ACHIEVE IT.

YOU CANNOT STOP OR CONTROL YOUR FUTURE,  
YOU CAN ONLY GIVE IT DIRECTION AND PURPOSE.

IF YOU DO NOT TAKE CHARGE OF YOUR FUTURE, THEN  
SOMEONE ELSE WILL. TO YOUR MASTERS YOU WILL NEVER  
BE MORE THAN JUST CHEAP AND EXPENDABLE LABOR.  
WHEN YOU TAKE CHARGE OF YOUR FUTURE, YOU BECOME  
YOUR OWN MASTER, AND YOUR VALUE IS DETERMINED BY YOU.

QUESTION EVERYTHING AND ASK YOURSELF " **WHY !** "  
UNTIL YOU ARE SATISFIED WITH THE ANSWER.

PEOPLE WHO CRITICIZE QUESTIONS ARE USUALLY TRYING  
TO HIDE SOMETHING.

YOU GET REAL ANSWERS WHEN YOU ASK REAL QUESTIONS.

BAD IS EASY.... GOOD IS EASY TOO.

UNSOLICITED HELP IS USUALLY NOT APPRECIATED UNLESS  
IT OFFERS AN ALMOST INSTANTANEOUS SOLUTION TO THE  
PROBLEM.

PEOPLE WILL BELIEVE WHAT THEY WANT TO BELIEVE.

**IT'S WHAT WE DO.** ( Stargate SG1 )