How the special forces use negative self talk

Description

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As well as using hypnosis for kink,

I often combine kink and therapy.

Why not enquire and book a session.

And hereâ??s an interesting video I found on my online travels today.

â?? â??Your self talk is destructive, hereâ??s how to fix it. Self criticism in the special forcesâ??

I like military self development stuff . Itâ??s bullshit free and I often use a military â??box breathâ?? technique in my sessions.

Itâ??s a great technique and

I think itâ??s more effective than traditional breath work exercises.

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The uK military should spend more of their budget on developing wellness techniques, or maybe all of it, as itâ??s clearly insufficient for actual defence .

It could be a more productive use of the money

Military box breath techniqueâ?¦

Itâ??s a 4x 4 style breath work technique used by soldiers to drill themselves into a state of relaxation after a high stress event.

Breathe in for (a count of) 4

Hold for 4

Out for 4

Hold for 4

If youâ??ve seasoned with me. You may recall my use of it

It has a military rhythm . Perfect for obeying mistrsssâ?? orders and marching down the stairs into the basement of your subconscious self to continue obeying more orders as you continue on your journey into being a good little slut for Mistress .



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Category

1. Uncategorized

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