

CHANGING MOOD

USE REVERSE CAUSATION

- **Behave as if you're already in the mood you want to create. If you want to be enthusiastic, for example, recall specific memories of when you were excited about something (emotion memory). Walk with a bounce in your step. Stand and sit uprightly. Look people in the eye. Speak with definiteness and clarity. Smile.**
- **These behaviors will have psychological consequences because your subconscious mind interprets them and produces in you the appropriate emotion of enthusiasm or excitement.**
- **You can make yourself sad too, good in an acting class or play.**

Your subconscious mind is easily fooled! Take advantage.