

# Change Your Mode of Operating

Everyone has a dominant 'mode of operating', which includes ways of thinking. These modes of operating can affect how you feel and behave. If these modes of operating are negative, it is thought that they can lead to mental health conditions.

Examples of negative modes of operating include using: "should", "must", and "ought to" statements when describing themselves and life situations. These statements are used by the negative thinker as a way to take on a pessimistic view of their life. People with panic disorder often think with 'should' statements when thinking about their symptoms, which can lead to increased anxiety and avoidance behaviours.

The use of these words also imply necessity in order to attempt to motivate themselves. However, this only leads to low motivation or even the feeling of guilt when you don't follow through (or anger when others don't follow through).

You can change these words to "will", "want to", "can", "get to", "going to", and completely re-frame your thinking. Many people find this change very powerful, and for some people it can improve feelings of gratitude too.

Here are some examples of these statements and a reframed version:

## Model Operators of Necessity

- I must lose weight to look better
- I ought to call the plumber
- I should call my family more
- He should've called me back
- I must go for a run this morning
- I should finish that report this evening

## Reframe

- I want to lose weight to feel healthier
- I'm going to call the plumber
- I will call my family more
- I want him to call me back
- I get to go for a run this morning
- I can finish that report this evening

Take some time now to recognise when you operate from a place of necessity.

**Which modal operators of necessity do you use the most?**

**When do you use modal operators of necessity?**

(which situations, moods etc)

**What are some examples of statements that you have said recently that use modal operators of necessity?**

**How can you re-frame those statement?**

(use "can" "will" "want to" "get to" "going to")