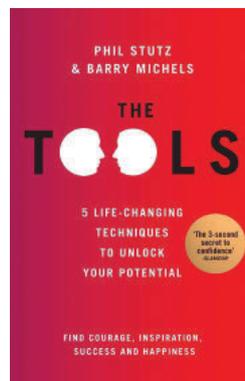




THE TOOLS
BY PHIL STUTZ &
BARRY MICHELS



THE BOOK


The Tools
 by Phil Stutz &
 Barry Michels


INTRODUCTION

What if you were told there are a set of simple and effective tools that can get you through mental roadblocks like negativity, anxiety, avoidance and lack of willpower?

This is exactly what psychotherapists Phil Stutz and Barry Michels offer in their book, *The Tools*. By applying Stutz and Michels' tools and finding faith in an all-powerful Source, you can turn your life around.

Learn how dissatisfaction with his therapy practice led Michels to discover Stutz's work and how they fine-tuned a set of practical tools that anyone can use to improve their life. Rich with anecdotes from real patients, Stutz and Michel carefully work through every tool as they explain how it can be applied.

Once you have learnt the tools, you can use them anywhere, anytime, in only a matter of seconds.



5 BEST QUOTES

"A sense of purpose doesn't come from thinking about it. It comes from taking action that moves you toward the future.

"We like to think we react to the world as it is, when really we react to a world that exists in our own minds. This inner world is so powerful, it overwhelms our ability to see reality.

"There's a hidden, inner strength that you cannot find unless you push yourself through adversity."

"Humans beings are only happy when they are reaching toward their full potential."

"Instead of seeing problems as an expression of a "condition" whose cause was in the past, we needed to see them as catalysts for developing forces that were already, present, lying dormant inside us."



7 BIG IDEAS

1. TOOLS AND HIGHER FORCES

Stutz and Michel had both found that psychotherapy wasn't cutting it when it came to giving their patients practical help. They would dig deeper and deeper into their patients' past, but ultimately it was leading nowhere. That's where the tools come in.

The tools Stutz created and later refined with Michel are actual practices people can apply to combat specific problems.

The Tools is a practical guide. The first big idea is that there are a set of basic and simple tools that you can use to take control of your life. The trick to using these tools is to be able to tap into what the authors describe as higher forces that run the universe.

Each of the six tools has a name and taps into a specific higher force. They also each have cues that will trigger when to use them.

2. THE REVERSAL OF DESIRE

The first tool, the reversal of desire, is for when you have an action that you have been avoiding. Everyone avoids painful things, but there are times when obstacles have to be faced for life to proceed.

The reversal of desire is a way to embrace the pain, to switch your feelings so that you are ready to plunge head first into the obstacle and tackle it head-on.

Stutz and Michel say that the higher force you are using when you utilise reversal of desire is 'forward motion'. By using reversal of desire, you tap into forward motion, which then helps to propel you through the obstacles you are facing.

The cues for using reversal of desire are:

1. AN UNCOMFORTABLE FEELING OF RESISTANCE WHEN YOU HAVE TO DO A TASK
2. WHENEVER YOU THINK ABOUT DOING SOMETHING PAINFUL OR DIFFICULT

3. ACTIVE LOVE

Active love is the tool for when you get stuck in what Stutz and Michel call 'the maze'. The maze is where you find yourself when someone enrages you, and you can't get that person out of your head. You get stuck in a maze of anger and resentment, and you can't move forward with your life.

Active love helps to cut through that anger and resentment and move to find ways to love that person.



7 BIG IDEAS

The cues for using this tool are:

1. WHENEVER SOMEONE OR SOMETHING TRIGGERS ANGER
2. WHEN YOU FIND YOURSELF RELIVING PERSONAL INJUSTICES
3. IN PREPARATION FOR CONFRONTING A DIFFICULT PERSON

The higher force you are using is 'outflow'. Outflow is the higher force that accepts everything as it is. It helps you to forget about unfairness and move past anger and resentment.

4. INNER AUTHORITY

When you find yourself in an intimidating situation, Stutz and Michel suggest that you use inner authority. This is the tool for when you are in one of those situations where you freeze and don't know what to do because you are overwhelmed or intimidated. In short, inner authority is the tool to fight insecurity.

To make the most of inner authority, you need to connect with your 'shadow'. Your shadow is the personification of your insecurities. With inner authority, you visualise your shadow and work with it to overcome your nerves.

Your cues for instituting inner authority are:

1. WHENEVER YOU FEEL PERFORMANCE ANXIETY COMING ON
2. RIGHT BEFORE THE BIG EVENT THAT IS WORRYING YOU
3. WHEN YOU START WORRYING ABOUT AN UPCOMING EVENT

Inner authority harnesses the higher force of 'self-expression'. Self-expression is like when an athlete enters 'the zone'; it's when everything comes together and action is almost unconscious.

5. THE GRATEFUL FLOW

Grateful flow is the tool that tackles anxiety. Stutz and Michel say that it is best used to tackle the 'black cloud'.

When your mind is filled with worry, self-hatred, or any other form of negative thinking, you've been taken over by the Black Cloud. The authors say that people have an unconscious delusion that negative thoughts can control the universe because the universe is indifferent to us. However, Stutz and Michel believe that the universe is actually looking out for us.



7 BIG IDEAS

Use grateful flow when:

1. YOU ARE ATTACKED BY NEGATIVE THOUGHTS
2. YOUR MIND BECOMES UNDIRECTED
3. YOU WANT TO MAKE IT PART OF YOUR DAILY SCHEDULE TO FIGHT ANXIETY AND WORRY

The higher force you are tapping into with the grateful flow is the ultimate one, a higher power that created and governs the universe, called 'The Source'. Stutz and Michel say that far from being indifferent, the Source is actually intimately involved in your life. They also say you can't utilise the higher forces until you recognise the source.

6. JEOPARDY

The final tool, jeopardy, is the one that holds them all together.

Jeopardy is the tool you use to help you to keep using the other tools. Too many people give up on using the tools after some minimal success. The truth is that you have to commit to using the tools for the long haul, or their effects will fade.

Jeopardy will help you get back on track by utilising the higher force, 'willpower'.

The cues to use jeopardy are:

1. IN ANY SITUATION WHERE YOU KNOW YOU NEED A TOOL BUT, FOR WHATEVER REASON, CAN'T GET YOURSELF TO USE ONE
2. WHEN YOU THINK YOU'VE GROWN PAST USING THE TOOLS

7. FAITH AND THE SOURCE

As noted earlier, Stutz and Michel say that you can never truly apply the tools unless you accept the existence of a higher power.

They call this higher power The Source because it is the source of all things but is not necessarily God. If you like to think of it as God, that works well but otherwise you only need to see it as a spiritual power that is greater than all of us.

**3 ACTION STEPS****1. LEARN THE TOOLS**

You can't use the tools without learning them. This means the obvious first action step of The Tools is to learn each of the six tools and practice them until they come naturally.

Once the tools come naturally, you will be able to use them whenever you need them.

2. ACCEPT THE PRESENCE OF THE SOURCE

You can't fully leverage the six tools unless you come to terms with the presence of The Source, a higher power that governs the universe.

Once you accept that there is a higher power, whether you choose to believe that it is God or some other spiritual force, you can truly gain the most from the tools.

3. KEEP USING THE TOOLS

The tools are there to get you through difficult situations, but they are not permanent solutions if used only once. To get the most out of the tools, you must practice them continuously.

Maintain your use of the tools, and you will be able to face every challenge and get the most out of your life.

**1 KEY TAKEAWAY**

The key takeaway of the Tools is that there are higher forces at play in the universe that you can tap into to take control of your life.

Once you accept the presence of the Source and the power of higher forces, you can make the change that your life needs by utilising the tools.

By doing this and making sure to continue using the tools, you will be able to get through any problem that life may bring.



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