

Bjorn Dean Petersen

ThoughtRevision® 2019

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ThoughtRevision® 2019

ThoughtRevision® 2019

Version 21 October

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As it is my hope that this knowledge and method of therapy will reach as many people as possible, it is permitted to pass the method on to others - just so long as no changes are made.

It is also permitted and free to translate this booklet and question program into any language whatsoever. Alternative technical approaches may be taken towards the program so long as the question technique remain unchanged.

You may also name and price such programs yourself.

Such programs should simply state:

Based on **TankeRevision®** or **ThoughtRevision®** by Bjorn Dean Petersen.

The questions and sequence of questions can be found on pages 8-14 of this booklet and in these JSON files:

Danish: www.tankerevision.dk/da_190613_questions.txt

English: www.thoughtrevision.com/gb_191021_questions.txt

If you make use of this offer, you do so entirely at your own risk and liability. I can and will not be held liable in any way for any adverse consequences that may arise.

If you have any suggestions as to how the method could be changed, I ask that you contact me so that I can review your proposal and we can discuss it.

Kind regards

Bjorn Dean Petersen

info@thoughtrevision.com

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Acknowledgements

I would first like to give a huge thanks to my wife Ulla Petersen who has been incredible patient and taken part in a great many profound conversations with me over more than 35 years. I also owe her an enormous thanks for all the proofreading she has done for me.

I would also like to give a huge thank you to Ida Oxholm. We practiced therapy together for many years and the realizations that we had helped to lay the foundation for ThoughtRevision® 2019. Ida has also helped me with proofreading.

Introduction

It has been my wish for many years to create a simple and effective method to help people move beyond old and perhaps outmoded thoughts and convictions, and not least, unwanted feelings and emotions.

It has also been important to me that this method be publicly available and entirely free of charge.

In the spring of 2012, I discovered that people have been given the opportunity to annul their thoughts so long as they completely and unreservedly wish for them to no longer continue.

Later, I discovered that if you truly do not want an undesired feeling from your memory to continue, then it will be reduced or perhaps even eliminated completely.

In order to help you to decide for sure whether you want your thoughts, opinions or feelings to disappear and no longer continue in your mind, I have created a program which I call **ThoughtRevision®**.

The Method

The program asks you whether there is somebody or something that is a problem for you.

By problem, I mean somebody or something who arouses unwanted feelings in you; for example, distress, anger, rage, sadness, etc.

Your answer should be a person, an object, an experience, an event – and this answer then becomes your topic. The answer should not be a feeling!

Example topics: My life, myself, my partner, my childhood home, driving on the motorway, public speaking, sitting an exam.

Then you are asked about your thoughts and opinions on the topic and what the consequences of these thoughts and opinions are. Next, you are asked what the consequences would be if you did not have these thoughts or opinions. Finally, you are asked if you want your thoughts and opinions on the topic to continue. If you really don't want them to continue, then the higher powers will annul them. This is the magic of the questions.

A topic can also activate feelings from your memory and, if these feelings are processed in the same way, then they too can be annulled gradually.

If you start to feel that the therapy is taking too long, you can always save your progress and continue/resume at a later time.

The questions

The questions can be used to improve your quality of life and that of those around you.

You can use them in the following ways:

1.

You can read the questions yourself and note down your answers on a piece of paper.

2.

You can ask a friend or therapist to read the questions for you and he/she can write down your answers on paper.

3.

You can get a friend or therapist to use the ThoughtRevision® 2019 program and get him/her to ask you the questions and enter your answers into the program. This is the most effective method as it gives you somebody to communicate with.

4.

You can also use the ThoughtRevision® 2019 program by yourself which in such case will ask you the questions and give you time to input your answers.

Question 1 (The topic selection question)

Who or what is a problem for you?

If you have an answer then write it down and go to Question A, otherwise end.

The answer must not be a thought, opinion or feeling, but the person or thing that arouses opinions or feelings in you.

Examples of answers:

The present, my life, myself, my partner, my mother, my father, my neighbor, my boss, my colleague, Smith, people, driving a car, making a speech.

Question A

What thought or opinion do you have about (Answer from Question 1)?

If your answer is none or don't know, go to Question B; otherwise write down your answer and proceed to Question A1.

Examples of answers:

none, don't know, Smith is annoying, Smith is scary, Smith is a nice guy.

Question A1

What is the outcome of you having the thought or opinion (Answer from Question A or Question A6)?

If your answer is nothing or don't know, go to Question A3, otherwise write down your answer and proceed to Question A2.

Examples of answers:

Nothing, don't know, I get angry, I get upset about it, I get furious, I get irritated, I feel good.

Question A2

What is an additional outcome of you having the thought or opinion (Answer from Question A or Question A6)?

If your answer is nothing or don't know, go to Question A3; otherwise write down your answer and proceed to Question A2.

Examples of answers:

Nothing, don't know, I get excited, I feel afraid, I feel upset about it, I freeze up, I sweat with anxiety, I feel happy.

Question A3

What might be the outcome if you did not have the thought or opinion (Answer from Question A or Question A6)?

If your answer is nothing or don't know, go to Question A5; otherwise write down your answer and proceed to Question A4.

Examples of answers:

Nothing, don't know, I would be happier, I would be more composed, I would be less upset about it, I would be content.

Question A4

What might be an additional outcome if you did not have the thought or opinion (Answer from Question A or Question A6)?

If your answer is nothing or don't know, go to Question A5; otherwise write down your answer and proceed to Question A4.

Examples of answers:

Nothing, don't know, I would be happier, I would be more composed, I would be less upset about it, I would be content.

Question A5

Do you want the thought or opinion (Answer from Question A or Question A6) to continue?

*If your answer is no, then this thought or opinion (Answer from Question A or Question A6) will be annulled by the higher powers and will thereby disappear from your mind. Otherwise it will continue.
Go to Question A6.*

Examples of answers:

Yes, no, don't know.

Question A6

What additional thought or opinion do you have about (Answer from Question 1)?

If your answer is none or don't know go to Question B; otherwise write down your answer and proceed to Question A1.

Examples of answers:

None, don't know, Smith is annoying, Smith is scary.

Question B

What does (Answer from Question 1) arouse in you?

If your answer is nothing or don't know, go to Question End_1; otherwise write down your answer and proceed to Question B1.

Examples of answers:

nothing, don't know, irritation, fear, joy.

Question B1

What is the outcome of (Answer from Question B or Question B6) being aroused in you?

If your answer is nothing or don't know, go to Question B3; otherwise write down your answer and proceed to Question B2.

Examples of answers:

Nothing, don't know, I get angry, I get upset about it, I get furious, I get irritated, I feel good.

Question B2

What is an additional outcome of (Answer from Question B or Question B6), being aroused in you?

If your answer is nothing or don't know, then go to Question B3, otherwise write down your answer and proceed to Question B2.

Examples of answers:

Nothing, don't know, I get excited, I feel afraid, I feel upset about it, I freeze up, I sweat with anxiety, I feel happy.

Question B3

What might be the outcome if (Answer from Question B or Question B6) were not aroused in you?

If your answer is nothing or don't know, go to Question B5; otherwise write down your answer and proceed to Question B4.

Examples of answers:

Nothing, don't know, I would be happier, I would be more composed, I would be less upset about it, I would be content.

Question B4

What might be an additional outcome if (Answer from Question B or Question B6) were not aroused in you?

If your answer is nothing or don't know, go to Question B5; otherwise write down your answer and proceed to Question B4.

Examples of answers:

Nothing, don't know, I would be happier, I would be more composed, I would be less upset about it, I would be content.

Question B5

Do you want (Answer from Question B or Question B6) to continue being aroused in you?

If your answer is no, then (Answer from Question B or Question B6) will gradually subside.

Go to Question B6.

Examples of answers:

yes, no, don't know.

Question B6

What does (Answer from Question B or QuestionB6) arouse in you now (Keep going until you feel good).

If the answer is nothing or don't know, go to Question End_1; otherwise write down your answer and proceed to Question B1.

Examples of answers:

Nothing, don't know, tiredness, headache, irritation, anger, distress, relief, joy.

Heavy feelings will gradually subside if you continue and go back to Question B1.

Question End_1

What would you like to say after answering the questions?

If your answer is nothing or don't know, go to Stop; otherwise write down your answer and go to Question End-2.

Examples of answers:

Nothing, don't know, I feel settled, I think I need some time to digest it all, it has not resulted in any change.

Question End_2

What more would you like to say after having answered the questions?

If your answer is nothing or don't know, go to Stop; otherwise write down your answer and go to Question End_2.

Examples of answers:

nothing, don't know, I feel settled, I think I need some time to digest it all, it has not resulted in any change.

Stop

Now you're all done.

Hope you have benefited from answering the questions.

Click on Answer help if you need more information

Kind regards, Bjorn Dean Petersen.

Answer help says:

You can save your answers by selecting Menu and then Save answers.

Example questions and answers

Example 1

A woman was terrible afraid of going to the dentist and she wanted this fear to be diminished.

The therapy session went as follows:

ThoughtRevision® Version 190901

Questions type: Mood improvement

Questions version: 191021

Questions file name: gb_191021_questions.txt

Notes: Going to the dentist

Start time: 31. Aug. 2019. 20:05

Question 1:

Who or what is a problem for you?

Answer No. 1:

going to the dentist

--

Question A:

What thought or opinion do you have about going to the dentist?

Answer No. 2:

it is dangerous

--

Question A1:

What is the outcome of having the thought or opinion, it is dangerous?

Answer No. 3:

anxiety attack

--

Question A2:

What is an additional outcome of having the thought or opinion, it is dangerous?

Your previous answer was, anxiety attack

Answer No. 4:

don't know

--

Question A3:

What might be the outcome if you did not have the thought or opinion, it is dangerous?

Answer No. 5:

would not be afraid of it

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, it is dangerous?

Your previous answer was, would not be afraid of it

Answer No. 6:

healthy teeth

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, it is dangerous?

Your previous answer was, healthy teeth

Answer No. 7:

no distress

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, it is dangerous?

Your previous answer was, no distress

Answer No. 8:

proud of myself

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, it is dangerous?

Your previous answer was, proud of yourself

Answer No. 9:

don't know

--

Question A5:

Do you want the thought or opinion, it is dangerous, to continue?

Answer No. 10:

no

--

Question A6:

What additional thought or opinion do you have about going to the dentist?

The previous thought or opinion was, it is dangerous

Answer No. 11:

it is expensive

--

Question A1:

What is the outcome of having the thought or opinion, it is expensive?

Answer No. 12:

I need to save up

--

Question A2:

What is an additional outcome of having the thought or opinion, it is expensive?

Your previous answer was, you need to save up

Answer No. 13:

I skip appointments

--

Question A2:

What is an additional outcome of having the thought or opinion, it is expensive?

Your previous answer was, you skip appointments

Answer No. 14:

I get annoyed at dentists for charging so much money

--

Question A2:

What is an additional outcome of having the thought or opinion, it is expensive?

Your previous answer was, you get annoyed at dentists for charging so much money

Answer No. 15:

don't know

--

Question A3:

What might be the outcome if you did not have the thought or opinion, it is expensive?

Answer No. 16:

then I would get the full works done

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, it is expensive?

Your previous answer was, then you would get the full works done

Answer No. 17:

don't know

--

Question A5:

Do you want the thought or opinion, it is expensive, to continue?

Answer No. 18:

no

--

Question A6:

What additional thought or opinion do you have about going to the dentist?

The previous thought or opinion was, it is expensive

Answer No. 19:

don't know

--

Question B:

What does going to the dentist arouse in you?

Answer No. 20:

heart palpitations

--

Question B1:

What is the outcome of, heart palpitations, being aroused in you?

Answer No. 21:

anxiety

--

Question B2:

What is an additional outcome of, heart palpitations, being aroused in you?

Your previous answer was anxiety

Answer No. 22:

fear of dying

--

Question B2:

What is an additional outcome of, heart palpitations, being aroused in you?

Your previous answer was fear of dying

Answer No. 23:

physical discomfort

--

Question B2:

What is an additional outcome of, heart palpitations, being aroused in you?

Your previous answer was physical discomfort

Answer No. 24:

don't know

--

Question B3:

What might be the outcome if, heart palpitations, were not being aroused in you?

Answer No. 25:

not so uncomfortable to go to dentist

--

Question B4:

What might be an additional outcome if, heart palpitations, were not being aroused in you?

Your previous answer was not so uncomfortable to go to dentist

Answer No. 26:

don't know

--

Question B5:

Do you want, heart palpitations, to continue being aroused in you?

Answer No. 27:

no

--

Question B6:

What does going to the dentist arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was heart palpitations

Answer No. 28:

heart palpitations and deep-seated anxiety

--

Question B1:

What is the outcome of, heart palpitations and deep-seated anxiety, being aroused in you?

Answer No. 29:

don't want to

--

Question B2:

What is an additional outcome of, heart palpitations and deep-seated anxiety, being aroused in you?

Your previous answer was don't want to

Answer No. 30:

brings back unpleasant memories, multiple anxiety attacks

--

Question B2:

What is an additional outcome of, heart palpitations and deep-seated anxiety, being aroused in you?

Your previous answer was brings back unpleasant memories, multiple anxiety attacks

Answer No. 31:

threat to my existence

--

Question B2:

What is an additional outcome of, heart palpitations and deep-seated anxiety, being aroused in you?

Your previous answer was threat to your existence

Answer No. 32:

distress

--

Question B2:

What is an additional outcome of, heart palpitations and deep-seated anxiety, being aroused in you?

Your previous answer was distress

Answer No. 33:

don't know

--

Question B3:

What might be the outcome if, heart palpitations and deep-seated anxiety, were not being aroused in you?

Answer No. 34:

everything would be much easier

--

Question B4:

What might be an additional outcome if, heart palpitations and deep-seated anxiety, were not being aroused in you?

Your previous answer was everything would be much easier

Answer No. 35:

more liberty

--

Question B4:

What might be an additional outcome if, heart palpitations and deep-seated anxiety, were not being aroused in you?

Your previous answer was more liberty

Answer No. 36:

freedom

--

Question B4:

What might be an additional outcome if, heart palpitations and deep-seated anxiety, were not being aroused in you?

Your previous answer was freedom

Answer No. 37:

don't know

--

Question B5:

Do you want, heart palpitations and deep-seated anxiety, to continue being aroused in you?

Answer No. 38:

no

--

Question B6:

What does going to the dentist arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was heart palpitations and deep-seated anxiety

Answer No. 39:

heart palpitations

--

Question B1:

What is the outcome of, heart palpitations, being aroused in you?

Answer No. 40:

annoyed

--

Question B2:

What is an additional outcome of, heart palpitations, being aroused in you?

Your previous answer was annoyed

Answer No. 41:

annoyance

--

Question B2:

What is an additional outcome of, heart palpitations, being aroused in you?

Your previous answer was annoyance

Answer No. 42:

don't know

--

Question B3:

What might be the outcome if, heart palpitations, were not being aroused in you?

Answer No. 43:

calmness

--

Question B4:

What might be an additional outcome if, heart palpitations, were not being aroused in you?

Your previous answer was calmness

Answer No. 44:

peace

--

Question B4:

What might be an additional outcome if, heart palpitations, were not being aroused in you?

Your previous answer was peace

Answer No. 45:

victory

--

Question B4:

What might be an additional outcome if, heart palpitations, were not being aroused in you?

Your previous answer was victory

Answer No. 46:

joy

--

Question B4:

What might be an additional outcome if, heart palpitations, were not being aroused in you?

Your previous answer was joy

Answer No. 47:

don't know

--

Question B5:

Do you want, heart palpitations, to continue being aroused in you?

Answer No. 48:

no

--

Question B6:

What does going to the dentist arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was heart palpitations

Answer No. 49:

don't know

--

Question End_1:

What would you like to say after answering the questions?

Answer No. 50:

hope it works

--

Question End_2:

What more would you like to say after having answered the questions?

Answer No. 51:

thanks

--

Question End_2:

What more would you like to say after having answered the questions?

Answer No. 52:

done with my fear of the dentist

--

Question End_2:

What more would you like to say after having answered the questions?

Answer No. 53:

nothing

--

Stop time: 31. Aug. 2019. 20:54

--

The woman went to the dentist shortly after this therapy session. When the appointment was over, she said that she had heart palpitations when she was undergoing dental treatment, but not to a great extent.

She also said that her fear had been lessened - before she was so overwhelmed that she could hardly breathe until the appointment was over, and the difference between this most recent appointment and the appointment before that, was noticeable.

Example 2

A woman aged around 65 expecting a visit from her brother and she would like to have a better relationship with him. They got on well in their younger years but with time their relationship has gotten worse and worse.

Her therapy session went as follows:

ThoughtRevision® Version 190901

Questions type: Mood improvement

Questions version: 191021

Questions file name: gb_191021_questions.txt

Notes: My brother

Start time: 3. Sept. 2019. 14:59

Question 1:

Who or what is a problem for you?

Answer No. 1:

my brother

--

Question A:

What thought or opinion do you have about your brother?

Answer No. 2:

he is an old fool

--

Question A1:

What is the outcome of having the thought or opinion, he is an old fool?

Answer No. 3:

I get angry at him

--

Question A2:

What is an additional outcome of having the thought or opinion, he is an old fool?

Your previous answer was, you get angry at him

Answer No. 4:

I get upset as well

--

Question A2:

What is an additional outcome of having the thought or opinion, he is an old fool?

Your previous answer was, you get upset as well

Answer No. 5:

don't know

--

Question A3:

What might be the outcome if you did not have the thought or opinion, he is an old fool?

Answer No. 6:

we could get on well like we did in the good old days

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, he is an old fool?

Your previous answer was, we could get on well like we did in the good old days

Answer No. 7:

I could go and visit him for longer

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, he is an old fool?

Your previous answer was, you could go and visit him for longer

Answer No. 8:

we could be relaxed and have a nice time together

--

Question A4:

What might be an additional outcome if you did not have the thought or opinion, he is an old fool?

Your previous answer was, we could be relaxed and have a nice time together

Answer No. 9:

don't know

--

Question A5:

Do you want the thought or opinion, he is an old fool, to continue?

Answer No. 10:

no

--

Question A6:

What additional thought or opinion do you have about your brother?

The previous thought or opinion was, he is an old fool

Answer No. 11:

none

--

Question B:

What does your brother arouse in you?

Answer No. 12:

distress

--

Question B1:

What is the outcome of, distress, being aroused in you?

Answer No. 13:

I get upset and cry

--

Question B2:

What is an additional outcome of, distress, being aroused in you?

Your previous answer was you get upset and cry

Answer No. 14:

nothing

--

Question B3:

What might be the outcome if, distress, were not being aroused in you?

Answer No. 15:

then things would be good

--

Question B4:

What might be an additional outcome if, distress, were not being aroused in you?

Your previous answer was then things would be good

Answer No. 16:

I wouldn't have to waste energy thinking about it all the time

--

Question B4:

What might be an additional outcome if, distress, were not being aroused in you?

Your previous answer was you wouldn't have to waste energy thinking about it all the time

Answer No. 17:

nothing

--

Question B5:

Do you want, distress, to continue being aroused in you?

Answer No. 18:

no

--

Question B6:

What does your brother arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was distress

Answer No. 19:

sadness

--

Question B1:

What is the outcome of, sadness, being aroused in you?

Answer No. 20:

I cry and weep

--

Question B2:

What is an additional outcome of, sadness, being aroused in you?

Your previous answer was you cry and weep

Answer No. 21:

nothing

--

Question B3:

What might be the outcome if, sadness, were not being aroused in you?

Answer No. 22:

I would be happy and looking forward to his visit on Sunday

--

Question B4:

What might be an additional outcome if, sadness, were not being aroused in you?

Your previous answer was you would be happy and looking forward to his visit on Sunday

Answer No. 23:

nothing

--

Question B5:

Do you want, sadness, to continue being aroused in you?

Answer No. 24:

no

--

Question B6:

What does your brother arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was sadness

Answer No. 25:

I am not as sad about it now

--

Question B1:

What is the outcome of, you are not as sad about it now, being aroused in you?

Answer No. 26:

I have no need to cry

--

Question B2:

What is an additional outcome of, you are not as sad about it now, being aroused in you?

Your previous answer was you have no need to cry

Answer No. 27:

perhaps I can start feeling happy

--

Question B2:

What is an additional outcome of, you are not as sad about it now, being aroused in you?

Your previous answer was perhaps you can start feeling happy

Answer No. 28:

nothing

--

Question B3:

What might be the outcome if, you are not as sad about it now, were not being aroused in you?

Answer No. 29:

I would be happy to see him

--

Question B4:

What might be an additional outcome if, you are not as sad about it now, were not being aroused in you?

Your previous answer was you would be happy to see him

Answer No. 30:

nothing

--

Question B5:

Do you want, you are not as sad about it now, to continue being aroused in you?

Answer No. 31:

yes

--

Question B6:

What does your brother arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was you are not as sad about it now

Answer No. 32:

I am looking forward to his visit

--

Question B1:

What is the outcome of, you are looking forward to his visit, being aroused in you?

Answer No. 33:

I feel happy

--

Question B2:

What is an additional outcome of, you are looking forward to his visit, being aroused in you?

Your previous answer was you feel happy

Answer No. 34:

nothing

--

Question B3:

What might be the outcome if, you are looking forward to his visit, were not being aroused in you?

Answer No. 35:

then I would feel sad about it again

--

Question B4:

What might be an additional outcome if, you are looking forward to his visit, were not being aroused in you?

Your previous answer was then you would feel sad about it again

Answer No. 36:

don't know

--

Question B5:

Do you want, you are looking forward to his visit, to continue being aroused in you?

Answer No. 37:

yes

--

Question B6:

What does your brother arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was you are looking forward to his visit

Answer No. 38:

I am not angry at him anymore

--

Question B1:

What is the outcome of, you are not angry at him anymore, being aroused in you?

Answer No. 39:

I am happy

--

Question B2:

What is an additional outcome of, you are not angry at him anymore, being aroused in you?

Your previous answer was you are happy

Answer No. 40:

nothing

--

Question B3:

What might be the outcome if, you are not angry at him anymore, were not being aroused in you?

Answer No. 41:

then I would be sad about it again

--

Question B4:

What might be an additional outcome if, you are not angry at him anymore, were not being aroused in you?

Your previous answer was then you would be sad about it again

Answer No. 42:

nothing

--

Question B5:

Do you want, you are not angry at him anymore, to continue being aroused in you?

Answer No. 43:

yes

--

Question B6:

What does your brother arouse in you now? (Keep going until you feel good - See Answer help if you need to)

The previous answer was you are not angry at him anymore

Answer No. 44:

nothing

--

Question End_1:

What would you like to say after answering the questions?

Answer No. 45:

it will be exciting to see if this feeling lasts when he comes to visit

--

Question End_2:

What more would you like to say after having answered the questions?

Answer No. 46:

nothing

--

Stop time: 3. Sept. 2019. 15:47

--

After her brothers visit, she said, that their relationship was back to the good old days. They had a wonderful time together, and miraculously her brother had become his old self again.

The theory behind ThoughtRevision® 2019

Thoughts

As previously mentioned, I discovered in the spring of 2012 that people have the ability to annul self-created thoughts – even if they do not know when such thoughts came about – just so long as they unreservedly want such thoughts or opinions to no longer continue.

(In other words, to disappear and stop living on).

This meant that people could do away with old decisions such as “I am not good for anything”, “life is rubbish” or “nobody likes me”, etc., etc. These kinds of decisions are often adopted by children in pressing situations. Some children also have negative parents who say things such as “how stupid can you be?” and other similar expressions, time and time again. It is true that this kind of speech will only harm a child if they go along with the idea and begin thinking that they must indeed be stupid; but what child doesn’t believe the things their parents tell them?

These kinds of decisions can really destroy a person’s life.

If one does not know when this type of decision was adopted, one might previously have gone to a therapist who might have been able to help change or remove this decision.

The mental rule was previously: A self-created thought can only be changed or annulled if the person in question has a connection with the time when the thought was created. In other words, one needed to remember the time when the thought was had.

The rule has now been changed to: A self-created thought can be changed or annulled if the person who created the thought has a connection with the time when the thought was created, or alternatively, it can be annulled if the creator of the thought completely and fully wants for the thought to no longer continue.

When I realised this, I began making many efforts – all under the name of "ThoughtRevision" – to try and remove all doubt regarding the earnestness of a person's wish: which is to say, a way of being absolutely sure that one really and truly wants their self-created thought to be annulled.

The results were fantastic, and I soon saw how effective this approach could be in helping people to change their attitudes and opinions.

In many cases, the attitudes and even the surroundings of the people being helped were changed dramatically.

Everyday thoughts and opinions can be changed and removed relatively easily as they are not etched into the mind and because they are created in moments when people are reasonably aware.

Feelings

A feeling is the result of a comparison between reality and an expected or desired reality.

If reality is better than the expected or desired reality, then one feels happy.

If reality is just like the expected or desired reality, then one feels satisfied.

If reality is worse than the expected or desired reality, then one will be in a bad mood.

Examples:

You enter a competition and:

You want to win, and you do win.

Result: You will be happy.

You want to win, and you come second.

Result: You will be in a bad mood.

You want to finish in the top three and you come second.

Result: You will be happy or satisfied.

You want to finish in the top three and you come fourth.

Result: You will be upset.

A feeling is therefore the result of a comparison between your wishes and expectations and reality.

In order to feel in a better mood, you can change your wishes and expectations to make them more attainable. You can also change reality so that it more closely matches your wishes and expectations.

Memory

Our memory is like a tape recorder – it records everything:

Self-created thoughts, fantasies, opinions, convictions, etc.

Feelings.

Sensations.

Body conditions.

Memory recalls:

What we ask it to recall.

Things in your memory which are related to your present situations.

When your memory is triggered by a present situation, it automatically sends your consciousness a copy of the entire event that has been triggered, including all thoughts, feelings, sensations and body conditions from that time.

A crooked nose, a certain sound, smell, etc., may be enough to trigger a particular event in your memory.

This is the mechanism that underlies PTSD: enormous discomfort caused by severe experiences being recalled by the memory.

One method used to help people with such disorders has been to draw their attention back to the moment in which the event was first

registered in the memory. Once they have a connection to this moment, they have control over its registration in the memory and can decide what to do with it. In other words, they can decide whether the associated feelings should be accepted or erased. The problem is that reliving such an experience can cause so much discomfort that it is practically impossible for many people to do it.

By using the B Questions in ThoughtRevision® 2019, you can annul and be rid of uncomfortable feelings that come from your memory – without needing to dive back into unpleasant events or incidents from your past.

The history behind ThoughtRevision® 2019

The higher powers have seen that humankind is on a course of self-destruction. Not only is humanity in the process of destroying itself, but it is harming life around it as well.

The higher powers have set a plan in motion to improve human civilization in order to benefit both humanity and also its surroundings.

A great, great many people are already contributing towards the realization of this new civilization in their own ways.

Among other things, it was discovered that people could not annul self-created thoughts or convictions unless they had a connection to the point when this thought was originally created. This problem has been corrected by the higher powers. If somebody wants a thought or a conviction to no longer continue in their mind, then he or she can now wish for the thought or conviction to no longer continue and thus be rid of it.

It was also discovered that people can only erase undesired feelings in their memory by reliving them. This problem was also corrected by the higher powers. If a person really wants a feeling from their memory to no longer continue, then that feeling will now cease to continue in their memory.

ThoughtRevision® 2019 is a free tool that you can use to annul thoughts and opinions and get rid of unwanted feelings that come from your memory.

How to use ThoughtRevision® 2019

You should choose the topics that most concern your life; for example, myself, my life and the present. You can then go on to look at problems with your partner, problems with a colleague, problems with a neighbor, problems with a family member, problems driving your car, problems being together with others, etc., etc.

You will find that your problems gradually subside as you gradually become more tolerant and accommodating.

If you feel sad or if you don't know where to start, it is a good idea to select the present as your first topic.

You should only use this method if you are well-functioning and of sound mind. If you feel like the questions are causing you harm in any way whatsoever then you should immediately stop.

NB: Any use of ThoughtRevision® 2019 is entirely at your own risk.

About me



My name is Bjorn Dean Petersen. I was born in 1943 and am trained as a radio mechanic and electrical technician. I have been working with computers since 1968.

In 1976, I began to take an interest in the human mind and its functions. In order to learn more about the mind, I began looking at general psychology, various new-age methods and different religions. I learned a lot from these sources, but they didn't give me what I was looking for. I therefore decided to turn my attention inwards. I began to really wonder about things, and I started finding answers as well.

My goal was to discover why we humans create so much suffering for ourselves and for others, and to find a method that – instead of creating suffering – could create some more joy.

During my quest into my mind and the minds of others, I gradually began to understand how our minds work and to develop a method that could repair the mind.

A method that I call ThoughtRevision®.

The breakthrough came in 1996 when I decided to be of optimum benefit both to myself and to others. This decision led me to receive, from the higher powers, the knowledge and the skills I needed to be able to develop this method.

Postscript

Humankind was originally granted with absolute freedom.

The first thing that humankind did was to decide *not to know* to experience *tension*.

With that decision, humankind lost a great many things, including the knowledge of how its mind works and how it can get out of the game.

The higher powers did not want to get involved, but after a while the situation turned so grotesque that if it were left to continue, all of humankind would destroy itself and its surroundings would be considerably damaged.

And so, the higher powers decided to intervene and change the game.

Absolute freedom was abolished, and the necessary corrections were made.

The higher powers also wanted to tell humankind that it had fallen victim both to the flaws of the human mind and to its own fixed ideas.

The best thing you can do for both yourself and others is to liberate yourself from your own fixed ideas.