

Blushing

written by Scrips | December 18, 2009
You are no longer subject to blushing.

Anytime you feel the heat rising and the color flushing, you now have control.

You are in control: the blushing does not control you.

Immediately when you feel the blush start, you take a deep breath and it never materializes.

Picture yourself in a past experience when you would have blushed.

Notice that you are no longer reacting in the same manner.

You no longer are a victim of the blushing.

You have control.