

Creating Change

One of the books that changed my life was *Psycho-Cybernetics*. When I changed my self-image (my picture of myself) by reprogramming my sub-conscious mind my whole world changed. I continue to expand my spiritual circle to this day using what I learned from this book. It was written in 1960 and later updated. I recommend you read it too. Here is a short summary.

The New Psycho-Cybernetics

Maxwell Maltz & Dan S. Kennedy

Action-Focused Summary

Prepared by Steve Chader, 7/2/25

Psycho-Cybernetics (1960) at a glance

Plastic surgeon Dr. Maxwell Maltz noticed that some patients' lives changed dramatically after cosmetic operations while others' did not. He concluded that real change depends on the *self-image*—the mental picture we carry of who we are—and distilled this idea into *Psycho-Cybernetics*, a classic that has sold more than 30 million copies worldwide. The book explains how the brain functions as a goal-seeking “servo-mechanism,” why mental rehearsal works, and how visualization, rational thinking, relaxation, and forgiveness can re-program the subconscious for success rather than failure. Its concepts underpin much modern self-help, sports psychology, and performance coaching. (en.wikipedia.org, en.wikipedia.org, psycho-cybernetics.com)

1. Background and Context

- **Author:** Maltz (1899-1975) trained at Columbia and became a noted plastic surgeon; his clinical observations of patients' psychological responses led him to study self-image. (en.wikipedia.org)
 - **Publication:** *Psycho-Cybernetics: A New Way to Get More Living out of Life* first appeared in 1960; updated editions (e.g., *The New Psycho-Cybernetics* by Dan Kennedy) keep the material current. (en.wikipedia.org, penguinrandomhouse.com)
 - **Sales & Influence:** The book remains in print with 30 million+ copies sold and has influenced Zig Ziglar, Tony Robbins, Brian Tracy and many others. (psycho-cybernetics.com, en.wikipedia.org)
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1. Self-Image Conditioning (10-Step Daily Routine)

Objective: Reinforce your mental blueprint through consistent imagery and mental programming.

1. **Morning Visualization** (5–10 min): Imagine your ideal self achieving key actions—see, hear, feel, taste, and embody success.
 2. **Recall Past Successes:** List 2–3 personal wins to strengthen confidence.
 3. **Theatre of the Mind Rehearsal:** Mentally rehearse upcoming performances (presentations, sports, conversations).
 4. **Rational Affirmations:** Track negative self-talk; counter with factual, affirming evidence.
 5. **"Act As If":** Behave aligned with your higher self, even before recognition follows.
 6. **Relaxation Drill** (10 min): Practice deep breathing or progressive muscle relaxation under tension.
 7. **Mindful Check-In** (5 min): Observe thoughts without judgment to build awareness.
 8. **Habit Disruption:** Change a routine (e.g., which shoe you wear first) to signal flexibility.
 9. **Crisis Pose Reframe:** Pose the question “How will this help me grow?” before stressful events.
 10. **Bedtime Release:** Forgive yourself and someone else, mentally “cut the emotional scar.”
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2. Inner Critic Reprogramming

- **Awareness:** Identify recurring negative thoughts.
 - **Challenge:** Respond with logical, evidence-based counters (“I’ve succeeded before in X”).
 - **Replace:** Reinforce with truthful, positive self-statements.
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3. Mind–Body Relaxation & Visualization

- **Daily Relaxation:** Perform deep breathing or muscle-relaxation exercises to release tension.
 - **State-based Visualization:** In a calm state, imagine your ideal self as real and complete.
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4. Crisis & Stress Reframing

- **Reframe Crises:** Ask “How can I grow from this?” to convert stress into opportunity.
 - **Worst-Case Visualization:** Clearly define fears and mentally rehearse successful coping.
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6. Emotional Forgiveness

- Before sleep, forgive yourself and at least one other person. Mentally sever ties to emotional pain. ()
 - Build resilience—acknowledge but don’t dwell on emotional discomfort; use perspective or humor as buffers. (nightingale.com)
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7. Goals, Happiness & Well-Being

- **Set Short-Term Goals:** Keep daily or weekly targets to create forward momentum. ()
 - **Daily Gratitude & Joy:** Engage in small acts (gratitude, creative work, social connection) to reinforce positive feedback loops. ()
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8. References

- Summary materials and techniques adapted from Bookey “New Psycho-Cybernetics” PDF (bookey.app)
 - Techniques corroborated via Bookey, Nightingale-Conant, and audiobook materials (nightingale.com)
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