



less likely to act emotionally – instead taking a more reasonable path.

The authors admit that there's little new about Pause Button Therapy. The power of being more mindful, visualising and weighing up outcomes has long been known. Yet envisaging using a remote control to manage your impulses is a neat analogy that explains what to do when your emotions take hold.

Use your buttons

It can also help with making decisions and stopping bad habits. For instance, the Shirrans ask smokers who want to quit to visualise their (unhealthy) future every time they crave a cigarette. The therapy is also advocated to help relationships. 'If you get people to stop before they react

to each other, to think about why their partner is upset, why this always causes them to row... it can really change the dynamics,' says Shirran.

It takes time to slow down: you have to remember to pause, fast-forward, rewind and play (the Shirrans sell mini cardboard remote controls to help, but it's not a vital part of the process). At some point, though, your mindset will change. 'Just like learning to drive, you'll actually stop to think and press your pause button, without having to tell yourself to do it.'

'Pause Button Therapy' by Martin and Marion Shirran is published this month by Hay House

Are you a 'future thinker'?

■ **Past thinkers** constantly ponder on what might have been. They worry about what has happened rather than try to prevent it occurring again.

■ **Present thinkers** leave things to the very last minute. They live for the moment, not for tomorrow.

■ **Future thinkers** floss their teeth and have pensions. They know that making sacrifices now will benefit them in the long term.

Pause Button Therapy's aim is to turn you into a future thinker to lessen your chances of doing something you'll regret. 'A person's attitude to the importance of the past, present and future can colour their everyday actions,' the authors write.