

HAPI

THE HIGH ACHIEVER PARADOX TRANSFORMATION (HAPI) PROCESS

*Release limiting beliefs systematically and
compassionately to reclaim your power*



Dr. Amina Aitsi-Selmi MD PhD

High Achiever Paradox Transformation (HAPI) process is a consciousness transformation tool for clarifying what you're feeling, identifying underlying beliefs that are not serving you and releasing tension that is blocking your flow. Combined with mindful awareness, it is an extremely powerful tool. Bring presence to it, follow the steps and track changes in your feelings without trying to modify them.



STEP 1

Awareness (of your mental state and corresponding energy level)

Start by recognising and accepting whatever state you're in right now. Here are 5 challenging states:

- ① restlessness and anxiety
- ② anger and judgment
- ③ self-doubt and overthinking
- ④ craving/longing
- ⑤ procrastination or tiredness.

Try and name which state you're in and breathe into it.

Now it's time to rebalance some of your energy and come into the present moment. Use any tool that works for you. If you need to relax into your still, calm core, focus on your breath, pleasant input from one of the 5 senses or a pleasant sensation in your body. You're done when you feel a bit more spaciousness, calm and ease.

If you need something more energising, stand up and move your body in whichever way feels helpful (e.g. anything from gentle walking focusing on your steps to a yoga pose or jumping jacks). Feel the tingling in your limbs and your heartbeat. You're done when you feel a shift in your energy and state of mind.

This is your reset into the present moment. You should feel a little more grounded and resourced to go on a journey – a HAPI inner-journey.

STEP 2

Enquiry (into limiting beliefs)

Bring to mind the situation that's causing you a challenge. Take yourself back to that situation by imagining a moment that you keep thinking about e.g. someone said something that upset you.

Go through each question, answering intuitively (there is no right answer, only your answer).

Question 1: When you think about this situation, what thoughts and feelings are you present to?

1. What are you feeling about this situation and why? I'm feeling [X] because [Y]. For example, I'm angry at John because he didn't acknowledge my work.

2. What do you think should happen to improve the situation? For example, John should be more thoughtful.

3. What would need to happen so you can be happy? For example, I want/need John to acknowledge my work.

4. What's the worst case scenario? For example, nobody realises how hard I work and I get fired.

Question 2: How does this thought/hypothesis not serve you?

Pick a statement from your answers to Question 1.

Work with each statement one at a time. Think about what it is that causes you distress or keeps you stuck in a relationship dynamic that you're no longer available for. For example: *The statement "I'm angry at John because he didn't acknowledge my work" doesn't serve me because: it gives John power over how I feel; it assumes that I need John's validation; it takes away my own responsibility in acknowledging my own work, etc. List enough reasons that the statement does not serve you until you feel a shift in how you feel.*

Question 3: How does this thought/hypothesis serve you?

- This is more challenging to answer. But every belief we hold has served a positive function until now. Seeing this helps to free you from its grip and upgrade your thought structures.

- Notice what happens how your feelings change as you question your thoughts (tension or spaciousness). Allow whatever you feel.

Question 4: What's the alternative thought/hypothesis (that's as true or truer than the original)?

- **Reframe:** Take a statement from your answers to Question 1 and reframe it to see what might be a more aligned statement. For example, try saying the opposite statement or replacing the subject pronoun. Instead of 'John should acknowledge my work', try 'John shouldn't acknowledge my work' or 'I should acknowledge my work'.
- Play with different versions until you find one that intuitively feels as true or truer. You might notice a sense of release, clarity and joy.
- **Evidence:** Why could this reframe be true? Think like a scientist investigating a hypothesis – what may support your reframe? For example, John shouldn't acknowledge my work because he's not very good at it; or 'I should acknowledge my work' because I want to be more visible, anyway, and I'd have more influence if I get used to doing it.

Question 5: What do you resolve in this moment?

- To complete the enquiry, fortify your mindset by being prepared to face what you fear most. For example, I accept that John may never acknowledge my work. And I may be surprised or find ways for my work to be visible.
- Notice any shifts in your state.

STEP 3

HAPI aftercare

If done with presence and focus, the HAPI process can release a lot of tension and bring a lot of clarity into very old patterns. Make sure you take time at some point during the day to rest and nourish yourself. Write your insights and reflections in your journal to allow them to integrate and follow up with any action you want to take as soon as possible.

More details and examples of the HAPI process can be found in Chapters 5 and 6 of The Success Trap book.

If you have any questions, reach out on amina@doctoramina.com.

You are more than your thoughts.



Amina Aitsi-Selmi

Do you have any questions or suggestions?

Share them with me on amina@doctoramina.com

