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Self-Questioning Therapy (SQT): Capable of Removing Individual Thoughts from Mind, To Be Used as First-Aid & Treatment for All Psychological Problems

Dr. Nitnem Singh Sodhi
Counselling Psychologist at Indian Air Force, Independent Researcher, and Independently practising Medical Psychologist & Neuro-Psychologist, based in Lucknow, U.P., India

***Abstract:** This research paper introduces the Self-Questioning Therapy (SQT) which can be used to effectively treat all types of psychological problems, by removing individual thoughts from mind as desired. In emergencies such as suicidal thoughts or otherwise, SQT can be used as an effective first-aid to provide quick relief. SQT has been tested clinically by the author with dozens of patients and it was proven highly effective in all cases.*

I. INTRODUCTION

It is well understood that the origin of all psychological problems are 'thoughts' - in the absence of thinking, no psychological discomfort can exist. For the same reason, author has researched earlier the COGNISHEILD technique which effectively treats all psychological problems spontaneously by enabling the individual to literally turn off their thoughts/thinking process, which has been proven highly effective when used clinically for treatment of all types of psychological problems. Everything is perfect with COGNISHEILD technique as an instant treatment for all psychological problems - yet some intellectuals find it to be a mechanism to escape from the specific problematic thoughts by switching-off the entire thinking process, without working it out. For these intellectuals and for those who, for any reason, do not want to turn-off their entire thinking process but want a quick resolution of their psychological problems, without any escape or suppression, the author has developed & introduced the Self-Questioning Therapy (SQT) in this paper.

The beauty of Self-Questioning Therapy (SQT) is in its capacity to remove individual thoughts, as specific by the individual. It is a form of self-therapy, an individual shall perform SQT on their own without any other person or external help, after being taught by a professional or from this paper. The ideology behind SQT is to question the negative thoughts in a systematic manner to remove them, for the simple fact that negative thoughts are never originated consciously and willingly, but rather they are a result of the 'negativity bias', wherein our mind/brain is innately and inherently programmed to give most attention to negative thoughts than positive thoughts. The definition of negative-positive should be interpreted to be in the context of survival and reproduction. SQT effectively changes the context of the thinking process to remove specific thoughts, as you will realize by studying this paper further. It would not be an exaggeration to state that questioning the origin/cause of any specific thought might be the only possible way to remove that individual specific thought from mind - all other methods including COGNISHEILD affects the complete thinking process irrespective of any specific individual thoughts.

SQT and COGNISHEILD technique can be combined together for a synergistic benefit, as explained later in this paper.

II. SELF-QUESTIONING THERAPY (SQT)

As the name clearly suggests, SQT involves self-questioning, by the individual, to remove specific thoughts from their mind which are causing suffering or triggering disorders.

The author has developed two SQT models, oral SQT (SQT-O) and written SQT (SQT-W). The difference between both is that of convenience and effect - SQT-Q is more convenient compared to SQT-W, whereas SQT-W is more effective compared to SQT-O. The former may be preferred because it is quicker, whereas the latter may be preferred because it has comparatively more prominent benefits. These two models of SQT are not absolute - many more models may be created for SQT, but for the purpose of introducing SQT from its developer itself, the author has developed these two models of SQT.

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A. Both SQT-O and SQT-W Can Be Used Together For Synergistic Benefits.

1) Oral SQT model (SQT-O)

The individual should all these question to self, answer each question in yes or no, chronologically :

a) Will thinking about this help or benefit me in any way?
b) Am I wasting my present time and opportunities in thinking about this unnecessary topic?
c) Should I stop overthinking and do something constructive and purposeful right now which shall help me in my future?

The oral SQT model is preferred and recommended by the author to be used as the first-aid for all types of psychological problems.

2) Written SQT model (SQT-W)

a) Take a blank paper to write on and a pen/pencil to write with. This should be performed in writing only because of the neuro-psychological benefits, discussed later in this paper.
b) Firstly, the specific thought needs to be ascertained which is causing the problem/discomfort. For this purpose, write this first question on paper and then write answer to this question below that :
c) Q1 : What is my exact problem? What is giving me suffering?
d) After answering this question, we next need to identify our expectations from the situation - what we want the situation to be - our ideal solution to the problem. Write this second question then answer it :
e) Q2 : What solution do I want? What is my expectation about how things should be?
f) After answering the second question, we now need to question the validity of second answer - we do it by answering this third question :
g) Q3 : Why do I want this solution? Why am I expecting things to be that way?
h) After clarifying why we expect a particular solution, we answer a fundamental question - whether that solution is practically achievable or not. Write and answer this fourth question :
i) Q4 : Is the solution within my control or outside my control? Can I fulfill my expectations on my own?
j) After getting an answer to the fourth question, we try to find two things which we can practically do at the present to solve the problem. Write and answer this fifth question :
k) Q5 : What are those two things which I can do right now at the present moment to solve my problem?
l) After ascertaining what to do at present, we question the utility of further thinking by answering this sixth question :
m) Q6 : Is there any use of thinking about this when I know what I should do right now? Should I stop overthinking and do those two things right now?
n) After answering the sixth question, the person should read the complete paper (all 6 questions+answers), twice.
o) After reading the complete paper twice, the person will stop thinking about that specific thought and do those two solution-oriented tasks which was ascertained in the fifth question.

B. Using Mirror to Maximize Impact of SQT

A simple exercise with a mirror can be added to either SQT models to maximize the impact, as follows :

1) SQT-O with mirror exercise (SQT-OM): In SQT-OM, the individual speaks out all the questions and answers each of them, in front of a mirror, with proper eye contact with self's reflection.
2) SQT-W with mirror exercise (SQT-WM): In SQT-WM, the individual performs all steps as it is, as after writing the answer to the last/sixth question, the individual instead of simply reading that paper twice, speaks out all questions and answers written in that paper to himself, in front of a mirror, with proper eye contact. SQT-OM and SQT-WM can also be used together for synergistic benefits. SQT-O can be combined with SQT-WM, and SQT-W can be combined with SQT-OM, as deemed necessary by the individual or professional therapist.

C. Combining COGNISHEILD technique with SQT :

In the 3rd Question of SQT-O and in the 6th question of SQT-W, in reference to the part of "stopping overthinking", the COGNISHEILD technique can be used to effectively stop thinking.

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III. DISCUSSION ON THE MECHANISM BEHIND THE FUNCTIONING OF SQT

Thoughts can be construed as the containers of existence. Speaking in philosophy : "without thoughts, the mind ceases to be" - I used to think for a long time until I read the works of Jiddu Krishnamurthi, and even a lot after that, I came across the statement "cogito, ergo sum" by Rene Descartes in 1637 - translating into the famous quote usually seen on social media networks and of intellectuals, "I think, therefore I am". But the real full quotation is much more intriguing. The complete sentence which Descartes wrote in his 1637 french book named "je pense, donc je suis" was as follows : "dubito, ergo sum, vel, quod idem est, cogito, ergo sum" ("I doubt, therefore I am, or the same in other words, I think, therefore I am"). For better clarity, I may technically define that all our experiences exist in our brain as memories of the past and in the present we only recall those memories as thoughts, including all our emotions, as feelings need an originating thought to be triggered, thought including memories of past experience as explained above. On a simpler note : the very concept of being alive or even existing - is merely a thought. "I am alive" is merely a thought, "I exist" is also merely a thought. If our thoughts or thinking process cease to be, then our individual existence too shall cease to be, including our mind. This is the state which the COGNISHIELD technique brings an individual on state where that individual can choose to exist or not, or in other non-scary words, to choose to think or not to think, not about any specific thought, but shutting down the complete thought process itself, without escaping from reality or from present. I will suggest all my peer psychologists to research within philosophy the nature of mind, and one should also refer to the Unimind Metamodel and the Unibrain Theory, the first complete unified model/framework of mind & brain which explains functioning in detail, to understand the substructure better behind all the techniques and therapies I have developed.

When I delved even deeper into the thought of "I doubt, therefore I am", I found self-control - as in the very notion of doubting something, psychologically separates you from that something, giving you enough distance to either shift your attention to something better or to replace or repair that something. Being a passionate neuropsychologist and medical psychologist, I felt the moral compulsion to build a psychological therapy based on this wonderful realization that doubts hold the power to even negate existence - and on the same premises, the existence of any singular thought can be negated using doubts, i.e. questions. Creating the two clinically working models of SQT mentioned above was the hardest task - but culminated by grace of God in this research paper.

Speaking in the neurological context, in accordance with the Unibrain Theory, a neuroscientific structural description of the brain : thoughts are never a concern, rather they are the different hormones and neurotransmitters triggered to be released by different thoughts that cause the problem. The brain is very logical, or in other words, just like a machine which works in a specific way - our fields of neuroscience and neuropsychology are all about finding how this machine works. Visualize this (these are scientifically correct facts which every neuro-enthusiast knows) : each thought is a real tangible circuit in your brain. Yes, thoughts are not some intangible abstractions or imaginary information, but in reality, thoughts are a real tangible bunch of neurons in the brain firing electrochemical current to transmit information, whether for short-term or long-term. The only way to break that circuit of any individual thought, is to question that thought, because the very act of questioning will bring upon new neural connections into that already existing circuit - changing the structure of individual's perception or experiencing per se. Neurologically, questioning also shifts the attention from the original thought to a temporary thought of a question, technically speaking that the flow of electro-chemicals, or neurotransmitters, is shifted from being supplied to that brain circuit of the thought to be removed to the being redirected / supplied to new temporary thought whose sole function is to give a pure judgement about that circuit of thought on any criteria which we want, enabling us to obtain any specific result and guide the brain/mind to perform any specific function, which in SQT is to remove specific thoughts. Read the previous line twice, it is simple yet contains the complete essence of SQT on the deepest or most advanced levels. During my working experience with law enforcement agencies as a consultant psychologist, I have observed that the best negotiators have this ability to ask specific questions to obtain their desired answers. They all have different techniques for negotiations. The two models of SQT which I have introduced in this paper are a systematic way of asking yourself a few questions that will make you realize the specific things, which the developer has researched and found best, which will solve any psychological problem, no matter what the problem is. Sounds paradoxical until you try asking yourself the SQT questions and experience the results yourself.

IV. USE OF NLP

The two models of SQT given in this paper are developed using NLP for maximum benefits. NLP refers to Neuro-Linguistic Programming. NLP is the mechanism used in SQT to craft all mentioned questions in both models. The chronology of words and their selection is done keeping in mind a wide variety of NLP techniques. All the questions are framed for maximum impact using NLP. It is observed by the author in his clinical experience that without using NLP, the impact of SQT questions were comparatively lower than questions framed using NLP, which proved to be highly effective.

V. CLINICAL TRIALS OF SQT

The author has taught SQT to two dozen patients who were suffering from a wide variety of psychological problems, namely, overthinking, anxiety, depression, mood swings, psychosis, etc. and in all cases, instant relief was reported by all patients whenever they performed SQT, with no relapse in due course of time. SQT also performs extremely well in adjunct to the COGNISHEILD technique, giving a synergistic benefit, as tested clinically and reported by patients.

VI. CONTINUING DEVELOPMENT

All the information needed to develop more/new models of SQT is all mentioned in this paper. The author will also publish a subsequent paper on SQT introducing more models and more intricate technicalities about the neuropsychological mechanisms behind SQT, especially with reference to NLP. In this paper, the precise use of NLP was not elaborated so as to avoid potential misuse of SQT in brainwashing, etc.

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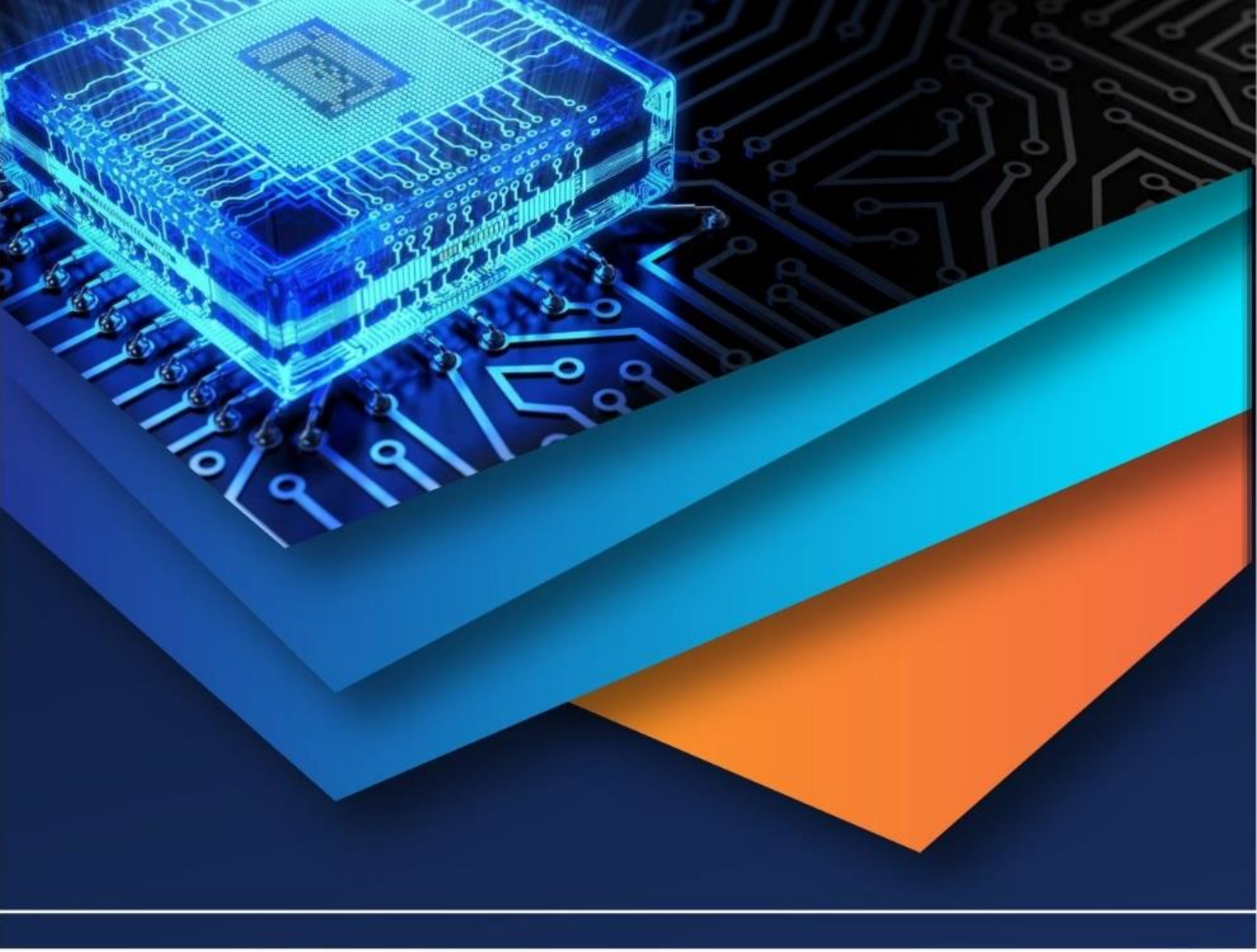

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