

# **Emotional Freedom**

***Release The Past***

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## Quick Start

You want results, and you want results fast?

Do this first:

Skip straight to the Appendix, and listening instructions, and get started!

The Appendix contains the bare bone steps to rewrite and rewire your brain.

Bottom line summary: You have some childhood experiences. When you interpreted those childhood experiences, as they happened, you gave some meanings to those events. Those events helped you then, but they don't help you now.

Your life, today, is much different. You are in a much different environment, with many more experiences, and a lot more personal power, skills and self-responsibility.

But those old interpretations of those old events are still there. And you never when they might come up.

You'll be skipping merrily along, enjoying life, and then BAM!

Something happens and you feel an emotional sucker punch in the gut. Makes you feel horrible. But you might

not know why. If you want to know why, be sure and read the entire manual. But if you want to get started getting rid of those random sucker punches, then skip to the end.

Read the Appendix, and do the exercises. There are three types. Daily Reframing and Childhood reframing, and a journaling process to help uncover those childhood events that you may have forgotten.

Do those exercises daily. Don't worry; they'll only take a few minutes.

Also, listen to the programming sessions daily, preferably before sleep. Daily practice of the exercises and daily listening of the sessions will have you feeling like a hero in no time.

In the meantime, read through the entire manual at your leisure. Reread it by taking notes, or writing down your own insights.

You'll enjoy it, I promise!

# Why You Are the Way You Are

Think of a huge, ten thousand band equalizer. A real one, with those sliders that you move up and down. Only this one doesn't adjust sound frequencies, like the one on your computer or stereo. This is one that controls your fears, anxieties, strengths, emotions, likes and dislikes.

For example, you might have one slider that controls whether you feel like an introvert or an extrovert. You might have another that determines your emotional reaction when you see a person with red hair. All the way up means your palms get sweaty, you feel a pit of anxiety in your stomach, and you get super nervous when they look in your direction. All the way down and you don't even notice them.

You might have another slider that controls how you react to the sound of thunder. All the way up, and you want to hide under your bed. All the way down and you want to run outside with your camera and take pictures of lightning.

Some of these sliders are based on genetics; some are based on what you ate for lunch. Some are based on how much money you have in the bank; some are based on what kind of boss you have.

Some are set in stone, and can't be moved. These are things that control your physical characteristics, like your eye color, height and bone structures. Others flip-flop up and down all day long.

Some automatically change around certain people, and don't move an inch around others.

The trick, as the old prayer goes, is to know which ones you can change, and figure out how to change them. And to accept the ones you can't, so you don't waste any valuable time or energy.

In this guide, and in the accompanying listening sessions and exercises, that's precisely what we'll do.

Specifically, we'll learn how to change some of the settings that were set when you were very young and may seem like they can't be changed.

Things like how comfortable you feel talking to strangers. How comfortable you feel giving a speech. How you feel about money. How you feel about love, relationships and sex. How you feel about social pressure. How you feel about making a mistake, or getting a result that's less than what you'd hoped.

In general, we'll be going through the parts of you that may feel as though they are "broken." Those parts of you that you hope nobody ever finds out about. Those parts of you that you might not even know about.

We'll learn how they were set in the first place, and why that was not a mistake, but the best possible way you could have set them at the time.

We'll understand why that's not such a good setting now, and how you can change them.

Consider this story, or metaphor, as it will help you understand what we're going on about.

# The Man and the Anchor

Once upon a time, there was a man on a ship. He'd never sailed before, and he didn't know how to swim, so he was a bit worried. One day, there was a sudden storm, and he was caught on deck.

He was too terrified to move, so he grabbed the closest thing to him. The anchor. He held onto the anchor as his life depended on it. For several hours, he gripped that anchor as tightly as he could.

Finally, the storm passed, and skies became clear. Because he had grabbed the anchor with so much intensity, and while he believed he was close to death, he'd formed a strange bond with it. He was afraid to let go.

The captain meanwhile, didn't see him, and decided to drop the anchor. The anchor fell deep into the sea. The deeper it went, the more terrified the man became. The more terrified he became, the more tightly he gripped the anchor.

Until the anchor finally rested on the bottom. The poor man was too terrified to let go. After all, gripping the anchor with all his might had saved him before.

But now it was too late. Soon the man was dead.

What killed him? Doing what worked before. Only what worked before to save him now did the opposite.



## **Your Current Life**

Many of your beliefs and "settings" on that metaphorical graphic equalizer were set when you were a small child. A small child with very little experience with the world, and with other people.

The choices you made, the beliefs you created, the automatic responses you developed back then were perfect for back then. Just like the man hanging onto the anchor during the storm. A perfect choice for the situation.

Let's compare some basic differences between your life as a child, and your life now.

# Your Childhood

When you were young, you had very few skills, so very little was expected of you. You likely had adults that were responsible for feeding you, clothing you, and keeping you safe. Your reference group of adults had a great deal of power over you. Parents, teachers, other adults, had the power to make you feel good, or make you feel bad. You had little choice. When you wanted something, there was very little control you could exert over the situation. You had to ask for what you wanted. Which only meant two things: You either got it, or you didn't.

When you did get it, it wasn't always given to you with a cheerful smile. As far as you can remember, it was maybe given to you with a neutral or even negative expression. Maybe to even get you to be quiet. What did this do to your then developing mind? You created some natural responses, to keep you safe. A few natural beliefs. About yourself, and about the world. Read through these slowly, and see how strongly they resonate with you:

Asking for things is scary.

Expressing your desires is scary.

Getting attention from others is scary.

Other people have all the power.

You have very little power.

If you ask and are rejected, you get nothing.

# Your Life as an Adult

Now you live among other adults. You all have relatively the same amount of power and control. Nobody is responsible for taking care of you, and you aren't responsible for taking care of others. Life is based on voluntary cooperation and exchange. If you want something, you can get it, so long as you convince the person giving it to you that they'll get something that they want in exchange.

This can be many things. A promise to give them something in the future. Some money. A genuine smile and a gesture of appreciation.

Most of things you get from adults are in the form of trade. You trade your time for money at your job. You trade that money for whatever you want. Consider the "rules" of operating, from a purely objective standpoint. Read through this list slowly, and see if these resonate with you.

Asking for things is normal, and expected.

Expressing your desires is normal, expected, and often times actively solicited.

Getting attention from others is normal, and can feel very positive.

Most people have equal amounts of power.

If you ask and get rejected, you just need to ask a different

way, or ask somebody else.

# The Problem

Most of us live in the world as adults, where we are expected to follow the "adult rules." However, most of us carry around with us those beliefs we formed as children. Do you see how carrying around that first list of beliefs, while being expected to act upon the second list can present some problems? Some discomfort? Some anxiety?

To understand how to undo this, we'll first need to understand how we come up with our beliefs in the first place.

# Belief Generation

Our brains are the most incredible invention in the entire universe. Whether they are an organic result of millions of years of evolution, or the product of a benevolent and intelligent force beyond our understanding isn't really relevant for our needs.

What is important to understand is that you are not a mistake. You are not broken. You don't need to be fixed. You are a perfectly functioning miracle that is far beyond the current levels of scientific understanding. Despite how many tech companies are promising Artificial Intelligence is just around the corner, nothing can come close to the human brain.

However, it does have its limitations. Long, long ago, there was a decision that needed to be made. Our brains could be incredibly accurate, or they could be really, really fast.

And considering that we developed our brains when there were just as many critters wanting to eat us as there were that wanted to run away from us, so we didn't eat them, we had to be quick. Being quick was much more important than being accurate.

Consider a set of flowers that looked like a tiger. Let's say you're walking around with your caveman buddies, and you came across this group of flowers. Your caveman buddies thought it was a tiger, and ran. Nine times out of ten, they'd look foolish. But you, with your slow but very accurate brain, wouldn't run away unless you were

absolutely certain.

Nine times out of ten, you could laugh at your friends at how foolish they were. But guess what? That one time out of ten would be enough to keep you from passing those "slow but accurate" brain genes to the next generation. Instead, a tiger would be passing you through his digestive system.

Here's something else to consider. Long ago, our brains started getting really big, really fast, on an evolutionary level. Meaning the changes in our brain size, as measured by the fossil record, started getting really big, over a short span of time.

What this did was present Mother Nature (or our Creator) with another problem. We could continue to be able to walk around on two legs, giving us additional mobility and the use of our hands, or we could go back to four legs.

Why?

Because our brains were getting so big, the current hip width wasn't big enough. Consider all other mammals. They are born, nearly fully formed. Compared to the time they spend as kids, and the time they spend as adults, they grow up very quickly.

Humans, on the other hand, take a long, long time. This is because in response to the hip width problem, instead of going back to some really crazy looking creatures, giving birth to fully formed humans, we started being born much, much earlier, with our features much less developed.

We can't even walk for two full years. Considering that most cave people only lived twenty or thirty years, that's almost ten percent of our entire lives not being able to walk!

Our brains are the same. We are born with some amazingly fast circuitry between our ears, but we simply having nothing in there. Beautiful structure, but no content.

On one hand, we are learning machines, able to pick things up incredibly quickly. If you have kids, or are around kids in the 2-3 year old range, you've seen this. Kids go from barely being able to make sounds to being nonstop talking machines in a very short period of time.

Just like we can react to some flowers that may look like a tiger very, very quickly, we tend to learn things very, very quickly as well.

This was great when we were living in a very simple world, but not so much now. Making noise and calling attention to ourselves wasn't such a great idea when we were out hunting, and any sound could scare away dinner.

But calling attention to ourselves now is not dangerous at all. (Unless you happen to find yourself in some horror movie with a killer in the house.)

## How We Learn Our Beliefs

Any belief can be formed in three step sequence. The first event is when we try and make sense of something that just happened. We are young, we cry out, and we get a strange look from the adults.

Is that strange look caused by our crying? We aren't sure.

Next time we cry out, and we get a nasty look, it's verification that our suspicions are correct.

The third time it happens, it's kind of like the final proof. Yep. Crying out causes those bad looks from adults. The very adults that give us everything we need. We'd better be careful!

Only there's a problem. If we don't cry out, we won't ever get anything!

Yikes!

This means that at a very young age, we learn that crying out is necessary, and also scary at the same time. We might get what we want, we might get yelled at! What a terrible situation to be in!

It's important to understand that this reflects nothing negative on those who are charged with our care. If you have young children yourself, you know this. You can't always respond to a crying child with a kind face of pure compassion.

Sometimes you're busy. Sometimes you've got a pot of something boiling over. Sometimes you're talking to your boss on the phone. But when we are tiny kids, we don't know any of this.

## **Other Examples**

Consider a child in school. Maybe kindergarten or first grade. They are excited. They are happy. They are surrounded by their friends. But it's quiet time. What does this even mean to a little kid? They keep expressing their happiness. Teacher gets mad. Same process. First time is to try and figure out what went wrong. Second time is a verification of our suspicions. Third time is the solidifying proof. Yes indeed, expressing our happiness is going to get us into trouble!

No happy expressions out in public!

Consider a child at the store, shopping with their parent. They see something really pretty and colorful. They reach out to touch it. They put it in their mouth. Mom gets angry. Same process. First time, second time, third time, the belief is set.

Touching things that you like is dangerous!

Consider a child in school. First grade. They need an eraser. They ask the teacher. They not only NOT get an eraser, but a lecture about not forgetting their eraser. But in first grade? Who remembers stuff like that in first grade? It happens, again, and once more. The belief is set.

Asking for what you want is dangerous!

You might get a lecture explaining why you shouldn't need to ask!

Now, consider this belief generating function in a normal healthy way. We learn something that is true, which is also true as adults. Touching fire is dangerous. Sticking your finger in a light socket is dangerous. Walking out into the street without looking really is dangerous. Putting certain things in your mouth (or unknown things in your mouth) really is dangerous.

The main difference is that living in a large society today, comprised of strangers we don't really know, is much different than for what our minds are programmed for.

# Cave People vs. Modern Adults

As mentioned before, many of the problems we face as adults stem from the fact that our brains were designed, or were created, in a different environment than we live in today. Understanding some of the common differences, and how they manifest themselves, will make it much easier for us to see that's not us that's broken, or that we aren't less than perfect.

Once understand that we've simply got to upgrade our thinking processes, both consciously and unconsciously, for a modern world, we will gain a significant advantage over our emotions.

For simplicity, we'll be using the term "caveman world" vs. "modern world."

## Eating

In the caveman world, we never knew when we were going to find another meal. Most of our activities were spent looking for things to eat. It was rarely easy to find something to eat. We either had to compete with other people, as in the case of big game animals. Or we had to compete with other animals in the case of easy to get fruits. Or we had to physically chase down and kill that which we wanted to eat.

Our bodies responded by making it very enjoyable to eat. And very enjoyable to keep eating, so long as there was

food in front of us. The never ending hunger prompted us to never cease our search for food.

Our never ending pleasure in eating prompted us to keep eating beyond the point our hunger vanished. The excess was converted in storage, or fat, which we could use at a later time.

Those who didn't share these characteristics in the past didn't tend to survive. Any period of famine lasting more than a couple of weeks got rid of all the "non-eaters" from the gene pool, as they didn't have a sufficient spare tire to keep giving them energy.

As you can imagine, this doesn't help us much today. With food so easy to get, it's very, very easy to build up "reserves" of energy that we will simply never need. Most people never go a single day without eating.

In addition, the quality of the food we eat today is much less healthy than the quality of the raw food our bodies were built to deal with.

While the scope of this course is beyond weight loss, this is a perfect example of a few things we need to understand.

One is that our mind body system worked perfectly back then, when it came to eating. The same system performs fairly poorly today. Only with consistent conscious override of our subconscious instincts can many of us not balloon up to several hundred pounds.

Even then it is a battle that many struggle with our entire

lives!

It's also crucial to important to understand that simply knowing how our bodies are designed and knowing the difference between the caveman world and the modern world are not enough. We still need to come up with a well-chosen plan to deal with our subconscious instincts.

The good news is that body weight is likely the most difficult challenge arising from a mismatch between the caveman days and modern society. Many fixes won't require nearly as much consistent will power and sacrifice.

Just understand that there is a difference, and understanding the difference and why it exists is the starting point for life-lasting change. And the easiest way to understanding the difference is to simply imagine eating like a starving caveman, every single day, at your local fast food restaurant. Not the picture of perfect health!

## Ego

Another problem arising from the Caveman Word - Modern World mismatch is the idea of an "ego."

Much has been written about the ego for centuries, and it can quickly become too esoteric for useful change in a hurry.

Suffice it to say that for our purposes, the ego represents what others think about us, and what we think of ourselves. And what we think of ourselves is really an imagination of how we'd like others to perceive us.

Imagine a group of cave people in the caveman world. Trust between members is crucial. Being able to know people weren't going to steal your stuff or seduce your wife while you were out hunting was crucial. Every day they put their lives in each other's hands. Anybody that tried to cheat the system would soon find themselves in trouble.

One way to self-regulate this was the super sensitivity we developed to the opinions of others. If we noticed that members of our tribe were looking at us with sour expressions, we'd be terrified.

If we were kicked out of the tribe, for example, we'd have to fend for ourselves, which would be nearly impossible. Consequently, those that had the perfect balance of sensitivity to the opinion of others did the best.

They were astute enough to be able to "read between the

lines" when others were less than happy with our behavior. But they weren't so hypersensitive that they spent the day worrying too much.

In a world where everybody depended on everybody else for their survival, staying in everybody's good graces was important. Just seeing a couple of cave people talking, while periodically looking over at you would set off strong warning signals in your mind, which would prompt you to immediately be on your best behavior.

This kept the tribe functioning smoothly.

Today, however, worrying about what people think of you can be incredibly crippling. Since all of us deal with many people on a daily basis, many of whom we'll never see again, always trying to get all of them to "like us" a lost cause.

To be sure, being concerned about the opinions of your close friends, certain coworkers, and family is a good idea. But when so many of us working together on so many diverse tasks, it's completely possible to work together with a coworker, for example, that you know doesn't approve of another part of your life.

In fact, many of us work effectively in jobs where our performance is acceptable, but things not related to our job performance, (lifestyle choices, hobbies, beliefs, religions, etc.) are not even allowed to be talked about.

If we tried to make everybody like us for every reason, as if we still lived our entire lives surrounded by the same

three hundred or so people, we'd drive ourselves crazy!

But those same instincts still exist. Most people, for example, when they sit next to a pair speaking in a language other than English, or a language other than they can understand, at least part of them imagines they are saying negative things about them.

When we hear coworkers whispering to each other, part of us imagines they are saying things about us.

In our modern society, this hyper-sensitivity to the opinion of others can often get in the way, and as we'll see later, can amplify any learned fears of expressing ourselves as adults.

## **Social Status**

This is highly related to ego. Our social status reflects the general level of people's opinions about us, as compared to the rest of the group.

Those in ancient caveman days who had higher social status got better of everything. Better pieces of meat. Better places to sleep in new camps. Better clothing made from scarce material. And even better looking partners.

So we all developed a deep need for more social status, no matter how much we currently have. In our ancient societies, those that were best at increasing their social status tended to have more children than those who were content to stay at the bottom of the social ladder.

Genetic research tells us that most people, over the long course of human history, are descended from a small group of ancient men. Since the agricultural revolution (about 10,000 years ago) there has been instituted a kind of "one man one woman" rule according to various religions.

But before that, the general rule was high status males got more mates, and had more children, than low status males.

And since high status males passed on the genes of a desire to get, and a capability to keep, high status to both males and females, we are all descended from those who were most successful at seeking, achieving, and defending, their high social status.

What does this mean for our modern life? Not achieving high status, or not seeing a path to high status can cause anxiety, depression, and other emotional issues.

## **Social Proof**

Another issue that often clouds our thinking, and presents emotional difficulty is social proof. As you are likely starting to realize, back in the caveman days, many of our instincts were designed to keep us safe physically, as well as promote tribal harmony.

Social proof is no different. Often times, it was much easier, and much more harmonious to simply "follow the crowd."

Those that simply accepted the wisdom of the crowd, either when traveling or making important decisions were less likely to run into social opposition. This meant they were less likely to do anything that might threaten their social status, or create any negative opinions from tribal members.

Today, it can be difficult to NOT follow the crowd, even though it's no longer necessary for our survival. Especially when this involves speaking up, which may bring unwanted social attention, there are a lot of caveman instincts stacked against us.

When these conspire with any learned fears of publicly expressing our desires, this can create quite a lot of anxiety.

This is precisely why public speaking causes so much fear in so many. It is a "perfect storm" of anxieties from many different areas.

To start with, we learn as a child that it's dangerous to express ourselves.

We also learn that getting any kind of social attention is dangerous.

We also learn that expressing our desires is scary.

We also have programmed into us that putting ourselves at risk of negative opinions is dangerous.

Finally, when we are standing in front of a group, that

implies we are not in the group! This triggers anxiety since we're not following social proof.

No wonder public speaking is so terrifying!

# Problems - Review

Before we begin to learn how to change our emotional blockages and blind spots, let's review the problem quickly.

To begin with, we learn several responses to the world around us as children. These responses become programmed into our brains and operate on an unconscious level.

Later in life, these automatic and subconscious responses are no longer helpful. In fact, often times they constrain us from living the lives we'd like to leave, rather than keeping us safe, which is what they were intended to do.

These often involve fears and anxieties regarding expressing ourselves, expressing our wants, needs, and desires, and feeling any kind of social pressure or attention. We have also learned that rejection is bad, and to be avoided at all times.

These basic "learned fears" can be summarized as follows:

***Fear of Rejection***

***Fear of Social Pressure***

***Fear of Expressing Wants, Needs or Desires***

***Fear of Being Left Behind***

## ***Fear of Disapproval or Dismissal***

In addition, we also have several ego based fears which are a remnant of our ancient lives as hunter gatherers. For our purposes, the most important ones can be summarized below:

### ***Fear of Being Left by Our Peers***

### ***Fear of Negative Social Attention***

### ***Fear of Disapproval***

### ***Fear of Being Left Out***

### ***Fear of Losing Social Status***

As you can see, there are many overlapping fears, which is why many things can seem so emotionally uncomfortable, despite seeming easy and natural on a rational level. If you felt no irrational fear, for example, it would be easy to make a lot of money in sales. Memorize a sales pitch, and present it to enough people, and get paid.

Now we're ready for our grand list of subconscious fears, both learned and hard wired.

## **List of Base Fears**

### ***Fear of Rejection***

### ***Fear of Negative Social Pressure***

## ***Fear of Expressing Wants, Needs or Desires***

## ***Fear of Being Left Behind or Left Out***

## ***Fear of Disapproval or Dismissal***

While we have many more fears, at their root, they are comprised of the ones above. For example, many people have a fear of intimacy. A fear of intimacy is combination of a fear of expressing our desires, as well as fear of rejection and a fear of social pressure.

In our next section, we'll learn how to systematically go through all situations, figure out which fears are present, and remove them from our lives one by one. Then we'll be able to act with pure emotional freedom of expression, minimizing our subconscious blocks and blindspots, and maximizing the effectiveness of our communication.

# **Fear Removal Technique One - Reframing**

Reframing is a powerful technique that can remove even the deepest of fears.

In NLP there's a statement that says, "The Map is Not the Territory." This means that anything we perceive is only an estimation of the entire reality of the situation.

Unless what we are perceiving is simple, static and basic, most of what we think is happening is really just an estimate.

The great news is that all our fears, biases, and inhibitions are based on how we interpreted events, not the events themselves. This means that all we need to do is go back and change the meaning that we gave to the events, and the resulting emotional pain will vanish.

For example, let's say you are meeting a good friend for drinks after work. You show up, and the first thing they say when they see you is a horrible curse word.

One interpretation is that they are very angry with you. If you give the event this meaning, then your friendship may be in danger.

But what about another meaning? What if they are really angry about something that happened to them at work? What if nobody could possibly understand why they are so

angry expect for you? What if they finally are glad to see you, that they immediately describe their anger the way they really want to?

How does that change your interpretation of what happened? It would likely strengthen your friendship, rather than weaken it.

Here's another famous story. A woman went to see a therapist. She was very hurt, because no matter how much she cleaned her house, her children and husband would always leave footprints over her kitchen floor. She felt taken for granted and unloved. She went to the therapist, and the therapist launched into a story about another woman. A woman whose husband and children had died in a car accident. Now that poor woman is all alone. A big, clean house, all to herself.

This original woman was now changed. Instead of feeling hurt when seeing the footprints, she now felt deep feelings of appreciation for her family. All this happened without her ever speaking to her children or husband about her problem. She simply changed her interpretation of her physical reality.

This is the power of meaning. Every problem we think we have is based on a meaning that we ourselves gave to a situation.

That means that we ourselves can easily change the meaning to mean whatever we want.

This is an important concept, one that some people have

some trouble with. Many people feel that they really do know the true meaning of events. The things that happened to them really did happen. They weren't all in their heads.

For example, you may have been abused as a child. That abuse did indeed happen. However, the meaning you give to that abuse can keep you locked in a mental cage, or set you free.

One common meaning that children give to abuse is that the parent or adult was doing it specifically to hurt them. The parent looked deeply into the mind and personality and worth of the child, and then decided to abuse them to punish them. Because they had somehow judged them to be deficient children. That they were somehow less than special.

But is this really true? Not likely. Parents who abuse their children have their own problems, problems they simply don't know how to face. This, of course, does not in the least excuse any abuse that any parent gives to any child.

It is a much different way of looking things. Simply by changing the meaning of the situation can make all the difference.

One of the most powerful things you can do as an adult is to realize the following truth:

***Your parents didn't know what they were doing. They did the best they could, with the skills they had. They were imperfect humans with good intentions, but sometimes the results were not so good. It's not your fault why they did what they did.***

Think of being hit by a car while riding your bicycle, under three different situations.

Situation one is the person driving the car sees you, knows you, and wants to kill you. So they run you down on purpose. How does this incident make you feel?

Situation two is the person doesn't know you, but is busy checking a text message, so they don't see you and crash right into you.

Situation three is when the person is dutifully watching the road, but a bee flies into their eye and stings them. They flinch, and crash into you.

Obviously, you'll feel different about the person based on their intentions.

Here's more great news. When we go back and dig through your childhood to reframe some of the events that happened to you, we will have no idea about the intentions of the people involved. Why is that great news? Because we can give them any intention we want!

## **Beware the Victim Trap**

Now, there's one thing that will make this difficult. One thing that humans are hard wired to crave is validation. Another thing that humans are very good at doing is blaming others.

These two can create some serious obstacles to emotional freedom.

So when you go through your history and begin to reframe some of these early events, you may feel resistance.

You may feel like you can't really reframe them unless you get some validation of your victimization.

You may need to feel approval that they were wrong, you were right, and you were an innocent victim.

This is a false desire. It is false because it can never be fulfilled. The more validation you get for being a victim, the more validation you'll crave for being a victim.

Think of this part of you like a child that wants a piece of candy. They scream and cry for a piece of candy. Sure, the candy may keep them quiet for a little bit. But once the candy is gone, they will scream even louder next time.

The path to emotional freedom lies in responsibility. Responsibility to yourself for how you respond to what the world does. Now what the world does.

Being validated as a victim locks you into a negative meaning that you've given to an event. Not only that, but the more validation you get for being a victim, the stronger the meaning becomes, and the harder it is to change it.

# **The Path to Emotional Freedom**

The secret to being emotionally free is to lessen the hold between those old events, and the old meanings you gave them. To the extent that this is the focus of any self-development work, you will succeed. Not only succeed by prevail.

Often times, self-help or self-development requires covering up those past hurts with strong positive feelings. So long as those past hurts are intact, any emotional layering or protection you put on top of them is only going to hide the damage.

But when you go to the source, and rewrite how you've interpreted those events, you will gain an incredible amount of emotional power.

# Reframing

Reframing is a powerful concept, so we'll go through it several times, in several different examples, to understand just how it works.

As mentioned before, it's based on the idea that reality is not something that we can truly understand, ever. Reality is but a small sliver of what's really happening in the physical world around us.

Our senses are incredibly limited. Our eyes can only perceive a small fraction of the entire wavelength of the electromagnetic spectrum. Our ears can only hear a small window in the possible amount of sound.

Our skin can only discern certain stimuli within a very tight range of heat and tactile pressure.

Our noses can only smell certain smells.

To make everything even more complicated, what we perceive consciously is always in the past. We have something called a pre-conscious processor.

Our subconscious perceives everything that is going on, all the time. Our conscious minds can only perceive a tiny sliver of a fraction of all this, which breaks down to a ratio of about 25,000 to one.

Our pre-conscious processor has the job of taking all of the stimuli hitting our subconscious, quickly sorting through it

all, and determining which to present to our conscious minds, and which not to.

Then we perceive the event. Only after the fact do we try and come up with some meaning for what happened.

To make matters even more difficult, our brains are hard wired on a deep level to see cause and effect relationships where none really exist.

So we'll perceive something as negative or dangerous, and we'll then come up with some kind of story based on some kind of cause effect element after the fact.

Is it any wonder that ANY meaning we give to ANY event is anywhere close to being completely accurate?

Let's go through some examples to drive this point home.

You're sitting at a stop light, and somebody bumps you from behind. You know it's not hard enough to cause any damage. What does the situation mean? How do you react? Come up with a meaning.

Now imagine you are look in your review mirror, and you see a young woman in tears, sobbing uncontrollably. Now what is the meaning? How do you respond to that?

Now clear your mind. Now imagine looking in the rear view mirror, and seeing a clearly angry man gripping the steering wheel as hard as he can. He looks so angry his eyes are going to pop out of his head. Now what does it mean? How do you respond?

One more. Now imagine looking in the rear view mirror, and seeing nobody. The car is there, but there's no driver. What does that mean? How do you respond to that?

This mind experiment is an example where something clearly happened, and then based on the information, you gave that same event (a car bumping you from behind) a different meaning. Since there was no discernable damage done, there really was no requirement from you. (Unless of course you live in a country where every single "accident" must be reported to the police.)

Here are some more examples. These are up for interpretation, since any additional information is unavailable. But when considering these, imagine that any outcome will be the same. The only impact on your interpretation will be your emotional state.

As you go through these imaginary situations, keep in mind that no matter which meaning you choose, the outcome, your behavior and the behavior all the other people will be the same. The only difference is your emotional feeling when thinking of that situation.

Just take some time with each possible meaning, and see how it affects your emotional state.

## **Situation One**

You go into your boss's office, and ask him for a raise. He shakes his head, and says no. What does this mean?

Does it mean he doesn't like you?

Does it mean the company has a wage freeze?

Does it mean he's worried about his job?

Does it mean he's planning on promoting you in three months and wants to wait?

Does it mean something else?

## **Situation Two**

You've been dating somebody for a couple months, and it's starting to get really interesting. You really like each other. You show up at your pre-arranged meeting place for this Friday night. But they aren't there. You wait for 30 minutes, and they still don't show up. (Assume no phone contact).

What does this mean?

Are they busy and assume it's ok if they don't call?

Has there been an accident?

Are they busy planning a big surprise for you?

Are they stuck in traffic beyond their control?

Did they simply make a mistake?

Does it mean something different?

## **Situation Three**

You are sitting in the doctor's office, waiting for her to come up. She comes in reading your chart, and so far, hasn't made eye contact with you. Her eyes get big, and she says, "Wow..." before looking up.

What does this mean?

Are you in fantastic shape compared to all the other patients?

Did she just see something that reminded her of a bill she forgot to pay?

Did she suddenly realize that it's really Thursday and she thought it was Wednesday?

Did she see your name is the same name as her favorite fictional character?

Does it mean something different?

### **But Meaning Can't Change Like That, Can It?**

We are conditioned to see things that are events that have meaning. Meanings that are set in stone. If your doctor says "Wow," there must be a reason, right? A reason you are about to find out.

At this point, we need to separate out two broad forms of meanings.



# **Result Meanings vs. Judgment**

## **Meanings**

### **Result Meanings**

Result meanings are meanings that can be considered fairly static. When you get a result back, and you need to interpret that result to determine further action, then that "meaning" is pretty self-evident, even though they are entirely subjective. What these events mean to you is much different than what they may mean to an impartial observer.

If you are intending to lose five pounds, and you step on the scale and see that you are five pounds lighter than before, that meaning to you is pretty clear.

When you hit a golf ball off a tee and watch it roll into the hole, that meaning to you is pretty clear.

When you see your novel at the top of the best seller list on Amazon, the meaning to you is pretty clear.

When you can smell a roast in the oven, and hear the "ding" which indicates the roast is done cooking, that meaning to you is pretty clear.

### **Judgment Meanings**

These are the meanings we are learning to change in this

course. Other people's judgments of us, as they exist in our imagination.

This is why anything that is based solely on "approval seeking" is a lost cause from the get going. Why? Because it's impossible to measure somebody's approval. Even if we think we have it, it can disappear in any moment. And often times think we are actually getting approval from others, but we really aren't. Other times we think we aren't, but we are.

You can measure whether or not you're losing weight, or winning in golf, or successfully cooking dinner.

But we simply can't really measure what other people are thinking about us.

That means, we can fill in the blanks with whatever we like.

Now, this may seem like we're breaking the rules. If we cooked some horrible burnt mess for dinner, yet pretended it was a delicious roast duck, people would think we were crazy, and we'd end up in the loony bin. If we hit our golf ball in the water, and started celebrating a hole in one, even writing down "1" for our score, we might lose our golf partners.

But when somebody gives us a blank stare, why assume they hate us? Why not assume they absolutely love us and are too shy to admit it?

# How to Reframe Behavior

The cool thing about reframing other people's behavior, especially behavior that is open to interpretation, is there ARE no rules!

Of course, we need to be careful. If we pass a stranger on the street, and they give us a blank stare, we might run into trouble if we assume their blank stare means they want us to take their wallet without asking.

So long as you don't do anything crazy like that, the rule is simple:

## Rule:

***Reframe the Behavior of Others  
to Maximize Your Emotional  
State***

Let's play, shall we?

## Situation One

You're walking down the street, and see a gorgeous person that looks you straight in the eye, but doesn't do anything. They hold eye contact for a second then look back ahead of them and keep walking.

What does this mean? What is the BEST POSSIBLE

meaning we could come up with?

Because you are so incredibly sexy, you just made them have an orgasm in their pants?

They are so hypnotized by your charisma and magnetism they are in a trance and won't even remember the event?

They want to find a church, get down on their knees and thank God for allowing them to even make eye contact with you?

What meaning can you come up with, that will make you feel BETTER after the encounter?

## **Situation Two**

You're standing in line at a fast food place. The guy in front of you turns around and starts screaming at you, then turns around like nothing happened.

Does this mean he KNOWS you're a horrible person, and wants to let everybody else know?

Does it mean he's hearing voices in his head and he spends half his time screaming at light poles?

Does it mean your perfume or cologne reminds him of the girl/ guy who just divorced him and took half his money?

Does this mean he's a secret demon and your pure angelic bliss terrifies him?

What meaning can you come up with, that will make you feel BETTER after the encounter?

## Reframing Childhood

As you can see, any meaning to any event involving other people can be easy to rewrite. Understandably some meanings tend to be easier to "believe" than others.

This is because often times situations in the world can be interpreted to reinforce any limiting beliefs that were established while a young child.

If you've ever had a feeling of "why does this keep happening to me," then hopefully now you're starting to get a sense why.

What can make things worse is we're usually operating within a feedback loop. What we believe about ourselves tends to affect our behavior, which tends to subconsciously lead us to situations and relationships which reinforce these beliefs.

There's an often repeated truism that "What the Thinker Thinks, The Prover Proves." This means that our beliefs generally come first, and then we find events that are easy enough to "frame" to prove our beliefs.

One of our deeply programmed instincts is to find order around us. If we found we lived in a world where sometimes up was down, that would be terrifying on a very primitive level.

Imagine a dog or puppy riding in a car for the first time. The ground is moving, and feels very different than the

ground is "supposed" to feel.

The terror of living in a world we can't understand is much worse than living in an uncomfortable world that we do understand.

The primary objective of our subconscious is to fit as many situations as it can to our pre-existing beliefs.

While it feels the opposite is true, that our exterior world shapes our beliefs, it really is like this. Certainly if we believed we could fly, we'd still splat on the ground if we jumped out a ten story window.

But if we believe talking to people is scary, or speaking in public is frightening, we'll find evidence that proves that to be true.

Remember the difference between conscious and unconscious perception? It's about 25,000 to one. Also consider that the human face has millions of different combinations of facial muscle expressions.

Which means that even if somebody is looking at us with genuine happiness and appreciation, it's entirely possible to misinterpret this to mean condescending judgment.

In this situation, the mind has a split second. It can decide that we really are a pretty good speaker, and that speaking in public is fun and exciting, and will get us positive feedback more often than not. But since this would contradict a belief we'd held for so long, and suddenly throw us into a confusing and uncertain world, it's actually

better to just reinforce the old belief, that speaking in public is scary, and we'd better not express our desires if we don't have to.

Accepting the plasticity of our ever day experiences is absolutely crucial to develop real emotional freedom. This will be the single most life changing mindset. Once you fully appreciate, believe, and accept that YOU can choose any meaning, and any time, you will experience an incredible relief and peace of mind that most people never even come close to.

# Current Events and Root Events

Whenever we feel an emotional sucker punch, or feel a sudden rise of anxiety, there are two ways to deal with it. We will cover both of these.

## Current Event Reframing Techniques

This is a very powerful technique that ideally should be done daily, on at least one event that didn't come with a positive emotional feeling associated with it. The process is very straightforward, and only takes a couple of minutes once you get the hang of it.

To go through the process, think of something that happened recently that didn't give you a positive emotional feeling. Choose an easy one at this point.

To start with, describe what happened, using any terminology or language that accurately describes the situation, as you remember it now.

For example, let's use the example of somebody cutting you off in traffic.

As a first step, your first description may be something like this:

*"That idiot cut me off without even acknowledging me, even after I honked!"*

Now, pay attention to your feeling as you say this out loud.

Now, going through our list of limiting beliefs, this likely triggers deep feelings of inadequacy, or being dismissed as not important. We imagine driving along, and this person notices us, and decides that we are not important enough to treat with respect. This may validate a deep belief we've chosen when we were very young, maybe when we needed attention from adults, but didn't get it.

To uncover the limiting belief, you can use the sentence stem describing their actions, followed by *"Because I'm..."* or *"Because they think I'm..."*

Using the above example, we get:

*"That idiot cut me off and didn't acknowledge me because they think I'm..."*

And then say whatever comes up.

Here are some potential "answers" to the sentence stem.

*...I'm not important.*

*...I'm not worth it.*

*...I'm an idiot.*

*...I'm ugly.*

*...I'm not lovable.*

Now, the point is not to make yourself feel terrible, it's just

to find the root "limiting belief" that causes us to feel so lousy when something seemingly insignificant happens.

Next, we take a look at our original statement:

*"That idiot cut me off without even acknowledging me, even after I honked!"*

Now it's time to make up some stories with ourselves as the hero. Before we do, understand that any idea we imagine they had about us is nearly impossible to be true. We have no idea why they did what they did, nor do we know what they thought about us as they did it. It may feel like we know, but that's our old feelings screaming to be believed and validated.

Now, what story can we give, that if we had some kind of magical proof were really true, would make us actually feel better about ourselves?

*"That guy was desperate to get somewhere, and after he'd seen what he did, he was really embarrassed for having cut me off."*

*"That guy must be feeling a lot of pressure from somebody. I'm sure glad I'm not him!"*

*"I wonder if his dad yelled at him to hurry up all the time when he was a kid..."*

Remember, the purpose here is totally selfish. All we are doing is coming up a story that will make ourselves feel better. No matter what kind of crazy story we come up

with, it has no less likelihood of being true than our original statement.

The first few times you try this, it may not feel like it's working. You may have to put a lot of mental effort into the idea that doesn't paint you as a victim or strengthen or enhance your limiting belief.

That's OK.

Conscious reframing is a skill just like any other, and the more you practice, the easier it will get. Even if it feels like you are making no difference, keep up with this daily exercise.

The first few times, you may say to yourself, *"Yea, right. I don't care what that jerks childhood was like. I don't deserve to be treated like that!"*

That's your inner victim talking, desperate to not be ignored. But the more you do this exercise, the more you simply ignore your inner victim, the weaker your limiting beliefs will feel.

## **Method Two**

Here's another way to reframe events as they happen. It may be easier as it attacks the problem at a slightly different angle.

It's based on the idea that often times when we feel a reminder of our limitations, we tend to project. That is, to protect ourselves from feeling like we are "broken" or

unworthy, or any other negative label our limiting beliefs presuppose, we lash out at the behaviors of others.

Consider our last example, of getting cut off in traffic. We get upset because that person minimizes our existence, which reminds us subconsciously as how we were sometimes treated as children. This takes a lot of courage to actually come to this conclusion.

A much easier and much more common response is to focus all our energy on other person's behavior. We do this whenever we speak of other people, and what they should or shouldn't do.

*People shouldn't be so rude!*

*People should be more careful when they drive!*

*People should check before changing lanes!*

While this may give us a bit of short term relief, it really covers up our deep issue, rather than addressing it.

This second method is a little easier to get started. It's best to do this at end of the day, simply because this is a convenient time to review everything that happened to us.

Simply scan through your day, and find any event that causes you emotional discomfort.

Then simply start with a sentence stem:

*People shouldn't....*

or

*People should...*

And then finish with whatever happened.

People shouldn't cut people off.

People shouldn't be rude to their coworkers

People should hold the door for people behind them.

When you've got your "should" statement, we're ready for the next step. (We'll be using the statement, "People shouldn't cut people off," as our example "should" statement.)

Simply take your statement, and ask yourself:

*How do I know this is absolutely true?*

*Is this an absolute truth, or my opinion?*

*Is there any way I could disagree with this?*

*Does everybody else on Earth agree with me?*

*Are there any situations when this wouldn't be true?*

*Was this true 100 years ago?*

*Will this be true 100 years from now?*

*Is it possible that I could respect and admire somebody who disagrees with this?*

The reason for these questions is to simply shake loose any idea that this is an absolute truth, like a mathematical proof or a law of physics. To put it slightly into the "opinion" category of your mind. To build just a little bit of doubt.

Then ask yourself, what might be a more true statement?

Notice we're not looking to prove one thing, and disprove something else. Also notice we're taking a concept, namely truth, that's generally thought to be black and white, and giving it a degree.

We don't need to disprove our "should" statement. We want to find something that sounds "more true" and resonates more strongly. That's why we start off with those questions. By weakening its truth, we make it easier on ourselves to find something that's more true.

So, back to our original statement:

*People shouldn't cut people off.*

To start easy, we'll simply flip around some of the components. Simply make up different statements, and see if they feel more true, or emotionally better, than the original statement. Think of this as like a tournament, where you're pitting different statements against one another, to find the "winner" or the statement that has the most emotionally positive truth.

The only rule is our new sentence has to be some kind of variation of the original, and it needs to relate to the original incident.

Just consider the following "truth battles" until we find a statement that beats our original statement.

*People shouldn't cut people off.*

Vs.

*People should cut people off.*

(If people are in a hurry or in a life or death situation, it's OK to cut people off, so long as nobody gets hurt.)

*People shouldn't cut people off.*

Vs.

*I shouldn't cut people off.*

(Seeing other people do things wrong can help to remind me not to get into trouble myself.)

*People shouldn't cut people off.*

Vs.

*I shouldn't cut my feelings off.*

(I was in a good mood until he cut me off, and I changed my own thinking and feeling.)

*People shouldn't cut people off.*

Vs.

*I shouldn't let people cut my feelings off.*

(I shouldn't pretend that other people can control my thinking and feeling).

*People shouldn't cut people off.*

Vs.

*People shouldn't cut people down.*

(I shouldn't label him or her as bad unless I truly know their intentions).

The trick is to simply keep playing around until you find a statement that simply feels more true, on a subjective level, than the original feeling.

At first this may seem kind of clunky or cumbersome, but pretty soon it will become easier and easier.

The idea is to divorce yourself from the idea that labels on events are set in stone.

Once you experience a new meaning that not only feels truer for you, but decreases your emotional discomfort when remembering that particular event, you'll see how this can really help.

With just a week or so of daily practice and commitment, you'll soon be doing this in the moment, when minor events.

And if you keep it up for a few weeks or months, pretty soon you'll start to do this unconsciously, at least in part.

Then something truly amazing will happen.

## Mind Shift

Most people consider themselves to be "walking wounded." They've resigned themselves to the idea that they are somehow broken, and the only hope is to simply avoid situations that may cause them emotional pain.

This is a terribly limiting and painful way to go through life. Avoiding social situations, potential career changes, even finding a romantic partner can be a result of accepting any idea of being broken.

By practicing this simple exercise on a regular basis, you'll realize that the world outside, and all the meanings within it, are absolutely and completely up to you.

Now, it can seem silly at first to consider some of these alternative meanings. Seeing somebody walking down the street and not returning your smile may have the obvious meaning of them not liking you.

And considering that they may do indeed like you, but are too shy to reciprocate your smile may seem fun, but most people will quickly say to themselves, *"Yea, but C'mon. They aren't shy. They really don't like me. Who's kidding who?"*

But with time and patience, ANY different meaning will seem truly plausible. And when that happens your behavior will change, and your behavior will get you even better results.

For example, if you smile at somebody, and they don't smile back, what happens when you decide it's because they don't like you? You feel depressed. You don't try to smile at them next time you see them.

You're maybe in a bad mood the rest of the day.

But imagine if you really DO decide it's because they like you, but are shy. How does that change your feelings and behavior? You'll feel happy, smile at them again, and even get more smiles from more people, simply because of you're good mood.

Understand this won't happen overnight. This is not a case of imagining something different once and then seeing the world around you instantly change.

But this is the goal.

By doing these reframing exercises on a daily basis, you'll soon start to see that it's easier and easier to reframe meanings in the moment.

And when that happens, you will really feel like you own the world.

However, in the next section, we're going to go over a very powerful technique that will make it happen even faster.

## Reframing Childhood Events

The reason we continually hit these emotional blind spots in our daily lives is from a purely structural standpoint, they remind us of similar events that occurred in our childhood.

Let's review how these beliefs were formed. We'll consider a child expressing a desire for our example.

The first time a child expresses a desire, and either doesn't get it, or gets it along with some negative energy from the giver (usually the parent, in the form of a less than pleased body language and facial expression combination), they wonder what went wrong.

Because deeper than our learning ability is a tendency to see cause-effect relationships where none exist, we tend to try to frame this puzzling event (asking for something and not getting it) into the cause and effect relationship.

Since this happens before the child learns about the world, relationships, etc., they have a very limited set of "data" to reference in order to make sense of this situation.

One possible conclusion is "asking for what I want is bad."

Another possible conclusions is "something's wrong with me."

At point, it's just a working, theory, so to speak.

The next time it happens, it validates this working theory.

The third time, they say, is the charm. In the mind of a young child, a theory has been postulated, validated, and finally proven beyond a shadow of a doubt.

Every other incident that matches this structure (speaking a desire in expectation of getting it fulfilled) will produce anxiety.

Every incident that proves this, meaning every time the adult asks for something and doesn't get it, that's simply more data that proves what they already know, in a deep level.

Now, if all we do is reframe events as they happen, using the exercises in the previous section, that will help, but it won't treat the original event.

It will merely build up the feeling that the original event is still in the past, waiting to be triggered.

Imagine having a sore spot on your elbow. Maybe you were injured as a child, and it never healed properly. (You'll need to suspend your disbelief a bit for this particular metaphor!)

Every time you bump your injury, it hurts like crazy. For a while, you figure that you've just got to be very careful. You watch other people walking around with normal arms and wish you were normal like them, but you accept your fate. You don't go anywhere where you might bump your arm.

Then one day, you're reading some weird blog post about this weird pad you can wear on your elbow. You've never heard of such a crazy thing! And it's so slim; you can wear it under your sleeve so that nobody notices.

And amazingly, it works pretty well. If you bump your arm, it doesn't hurt. You feel great...

Until something happens. Maybe you forget it one day. Or maybe if you hit it at a weird angle, it doesn't work so well. Or maybe it wears out over time.

Without treating the underlying issue, the sore spot is going to be there.

Luckily, we can get rid of the emotional sore spot the very same way we get rid of those daily events.

By looking at them and coming up with different meanings.

It is a little cumbersome at first, and it's not an instant fix. But with systematic use and daily practice, you will slowly but surely eliminate all of those erroneous early meanings you gave to events.

What will this mean?

Just for a moment, play a mind game. Imagine it's several months in the future. You've been doing your daily practice and journaling. You've been practicing the mental exercises we'll go over below.

And all your fears and anxieties are gone. You feel zero fear when speaking in public, only excitement. You feel zero fear when asking for what you want, no matter what you're asking for and no matter whom you're asking.

When people cut you off in traffic you treat it as a mere blip on your radar. Completely free from any emotional energy. Just a physical event that you need to deal with, no more emotionally troubling than a bump in the sidewalk, or a red light.

If you see somebody interesting, you walk over with as much emotional fear as leaning over and picking up a 20 dollar bill on the sidewalk. You see what you want, and take action to find out more.

What can you do in your life? What can you achieve? How much better are your relationships?

This is what's waiting for you on the other end of these exercises.

It's good to build up your future because these exercises WILL take time. Think of them just like you would physical exercise. If you continue to do exercise and eat properly, you WILL lose weight. But any exercise, physical or mental, will not work if you don't do the exercises.

Now that's out of the way, let's get to it!

We'll go over the structure vaguely, and then we'll go through various techniques and details.

The first step is to identify a childhood event, as early as you can, that reminds you of a current emotional issue or roadblock.

The second step is to look at that early event with more details but no emotional feelings.

The third step is to give that event a different meaning than you did originally. And just like before, you want to choose a meaning that maximizes your own emotional feelings. Remember, this is your brain; you can do whatever you want with your memories!

The fourth step is to mentally go back in time, and give your child self a message from your adult self. Explain to them how to change meanings. Explain to them what's going on, in a way that will make them feel better.

The fifth step is to relive the event, as your child self, but with your adult self-guiding you through it, helping you to find a different meaning.

The sixth step is to go through that event, one more time, only as a child, and seeing it through your own eyes, and giving it a different meaning based on the coaching from your adult self.

Sounds confusing, I know! But in the accompanying Appendix, there's a step by step process. You don't have to do the whole part with your eyes closed. You can read the instructions for each step, and then do each step individually. The first few times WILL take some time, and will feel clunky and cumbersome.

But like any other technique or skill, the more you practice, the better you'll get.

It's crucial that you make it a point to go through the entire process, all six steps, in one sitting. It's also crucial that you do the entire process several times. The more the better.

Since it's difficult to find the exact, very first time an event of a certain type happen, you'll need to repeat this several times for the same type of issue.

However, if you do this at least once per day, and do the reframing exercise of current events at least once per day, you'll be on the road to emotional freedom. You'll never feel anxious or fearful again, in any situation, other when you are in actual physical danger.

Give yourself plenty of time to get there. Your life is precious, and only now just beginning. You owe it to yourself to give yourself the best possible chance. Please don't rush this process.

In our next section, we'll go over different ways to identify those childhood events.

# How to Find Childhood Events

There are three different methods of uncovering childhood events that lead to feelings of emotional sore spots later in life.

The first way is fairly straightforward, and can be done in a kind of haphazard way. The second method is much more systematic, yet can be done fairly quickly.

The third way is an exhaustive way to dig through your memory and find all the events that lead to a specific emotional response to external triggers (such as getting cut off).

## First Method - Using Daily Events as a Trigger

The first method is when something happens, and you notice a negative response. You can start out the same way you'd start a daily reframing session. Only instead of reframing that particular event, you can spend some time finding out which earlier event that recent event reminded you of.

Let's say it's the end of the day, and you are sorting through the daily events to find some sort spot inducing incident to reframe. We'll stick with the getting cut off in traffic event.

We'll start by using our "should" statement to begin the

process.

*People shouldn't cut others off in traffic.*

or

*People should watch where they are going.*

Say this until you feel it resonates, bringing up some negative emotional energy, and you feel like a victim. (Don't worry, we'll get rid of that feeling!)

The next step is to find an earlier time in your childhood that made you feel the same way. Sentence completion is a great way to do this.

Start off with any of these or similar sentence stems:

*This is like when I was a kid and....*

*This reminds of me when I was little...*

*The first time this happened was...*

*The first time I remember this happening was...*

And then speak out loud to finish the sentence stems, or write down some answers as quickly as you can. You may recall one incident that happened in high school, then maybe elementary school, then one further back.

Spend five to ten minutes going back as far as you can, and until you find an early event. Keep in mind this can bring up

severe feelings of helplessness and victimization. On the other side of this will be a deep feeling of peace and tranquility. But in order to get there, we've first got to identify the situations we will be reframing.

Once you've got the event, we can begin the reframing process (we'll go over that in detail in the next section).

## **Method Two - Using Common Fears or Common Emotional Sore Spots as a Trigger**

This is a bit more exhaustive, and requires a bit more work. This is for those who are willing to spend a bit more time, and systematically go through and reframe events instead of waiting for them to show up.

To begin with, look over the list of the common emotional triggers, presented below:

***Fear of Rejection***

***Fear of Negative Social Pressure***

***Fear of Expressing Wants, Needs or Desires***

***Fear of Being Left Behind or Left Out***

***Fear of Disapproval or Dismissal***

Choose any one of these, or choose one that seems to pop up repeatedly in your life.

Once you've got one, then repeat the process above. Think of a recent time where you felt unwanted social pressure, or felt like you were being taken for granted, or you were afraid to speak up for one reason or another.

Then simply go through the sentence completion process.

Use one of the following or similar stems:

*The first time I was rejected was...*

*The first time I felt rejected was...*

*The first memory I have of being rejected was...*

*The earliest memory I have of feeling rejected was...*

Then simply write or speak the answers. Again, this is not going to feel very pleasant. But once we finish the reframing process, you will feel a LOT better.

## **Method Three - Life History Lesson**

This is only if you are willing to put in some time, effort, and withstand some significant emotional discomfort. This can also be a great way to come up with a list of events in your past that have led to you feeling any kind of emotional discomfort in any situation.

It involves writing out a kind of personal history, with respect to any of the base fears listed above.

For example, we'll consider the base fear of negative social pressure. Working from that, spend a few days writing out a "two way" history. The first is to jog your memory, and is kind of a first pass through your own history. Start at the present time, and write out a description of a recent time that you expressed yourself in a public setting and felt uneasy, or wanted to express yourself in a public setting but held back because you felt uneasy.

Write out a 500 word or so description of the event. Write down the event, as it happened, and then write how you felt about it. Something like this is perfect:

*Last week I was in this meeting, and we were talking about the sales figures for the last quarter. Nobody had said anything to me about presenting any information, so I didn't prepare anything. Suddenly the boss called on me to speak about one of our accounts, and whether or not I thought they would continue at the same rate, or increase or decrease their business. I felt put on the spot, as I didn't really know, and I wish I would have known beforehand so I could have prepared something. I felt really embarrassed, as if all my coworkers suddenly didn't think I was very good at my job. I don't think I gave a very good answer, as my speech was kind of shaky and I wasn't sure what I was saying. After the meeting I felt really terrible, and I thought maybe I was going to get in trouble. I thought people were looking at me and judging me after the meeting. It was horrible!*

Then do the same thing for an event that happened five years or so ago, and then do the same thing for an event that happened when you were a child.

Once you've written these three "reports" out, start out from the childhood event, and then systematically go through your entire history, writing out all the events where you felt negative social pressure. Oral reports in school, any kind of musical recitals or any other event.

You don't need to be as in depth as the example above, just write three or four sentences about what happened, and how you felt about it.

Then simply make note of any of the events that you remember as being particularly traumatic. Put those on a separate list to go through one by one, starting from the earliest, and then reframing them with the step by step process we'll be covering next.

By now, you may be thinking that this is going to take a long time. You are correct! The personal history will likely take you a week or longer, depending on how much you can take at any given time.

However, when you finish with your history, even before you do any of the reframing, you'll feel significantly better regarding those events.

Without doing any work, any time an event happens in your daily life, it feels as though the universe is singling you out as some kind of "broken" human.

Simply going through this process, those daily events will now in part remind you of things that have happened to you before. Just being able to relate them to specific

childhood events will take away some of the emotional trauma.

When somebody cuts you off in traffic, it's easy to see the event as them purposely dismissing you, and somehow "knowing" that you are somehow "unworthy of respect."

Simply by connecting these events to childhood memories, you'll feel those negative emotional feelings are more internally generated (from your memories) than externally generated (from the universe) which gives you more of a sense of power and control.

But once you go through and identify the most traumatic events from your childhood, starting with the earliest ones, you'll experience a cascading effect.

It may take a while to go through the first couple until they "take" or feel like you've permanently reframed them. But once you do, the rest will seemingly fall over like dominoes.

And once this happens, those daily events won't bother you in the least!

# **Step By Step Childhood Event Reframing Procedure**

The first time you go through this procedure, please give yourself plenty of time. This assumes you've identified an event in your childhood to reframe. If this is the first time, choose an event that's not so painful to remember. Later on, when you get the hang of this, you can do through and deal with more traumatic events.

## **Step One - Identify and Describe the Event**

Use any of the previous methods to identify an event. Describe the event in a few sentences. Describe the situation, and the age of all the actors. Write down how you feel now, as you think of the event.

### **Example**

*I was in third grade. We were working on homework in class. I walked up to the teacher to ask for an eraser and she yelled at me in front of everybody. When I walked back to my desk, I felt as if everybody was staring at me. I felt singled out, and horrible.*

## **Step Two - Describe the Event Devoid Of Any Meaning - Total Objectivity**

This time, write out a few sentences, but avoid using any judgment or value labels. Just describe the events as if they were happening to somebody else. Or imagine that

you are giving testimony in a trial, and you're not allowed to use any judgment language. Merely describe the events as they happened, without ascribing any meaning or intentions to any of the actors.

## **Example**

*That's me in third grade. We are doing homework in class. I don't have an eraser. I approach the teacher and ask for an eraser. She doesn't give me one. I return to my desk.*

## **Step Three - Come Up With a Meaning That Maximizes the Emotions of the Young You**

Be playful and creative. Come up with any meaning that can be reasonably attributed to those past events. Don't use anything crazy (like your teacher was an alien and you interrupted her while she was sending a report to the mothership), but make sure it leaves the young you feeling neutral or positive. Take some time and play around. Imagine that you are the director of a movie, and you can tell the actors how to feel about their actions.

## **Example**

*The young me approaches the teacher and asks for an eraser. The teacher is embarrassed because she doesn't have one. When the young me returns to my desk, all the other students think I'm brave for facing our monster-teacher.*

## **Step Four - Adult to Child Guidance**

This is where it gets crazy! Now, imagine the event again, but imagine that you, as an adult, are there with the young you. Like a time travel Sci-Fi TV show or something. You pop in the scene, and not only time travel, but you freeze time somehow. Only the young you can see the adult you. Give the young you a message of the meaning of the event. Tell this to the young you BEFORE the traumatic event occurs, and tell them to be prepared, by Pre-Framing the event. Get creative, and have fun with this!

### **Example**

*Hey, it's me! Don't be scared, nobody else can see us! I'm from the future, it's OK, I'm you, but older. You are about to ask for an eraser, right? Well, let me tell you what's about to happen. Your teacher is in a really bad mood, because SHE forgot her eraser! I know, crazy huh? But when you ask, she's going to get mad and yell at you. But it's not your fault. She's just kind of in a bad mood. And when you walk back to your desk, all the other kids are going to think you are super brave! I know, this is pretty weird, huh! Go ahead, get yelled at, try not to laugh!*

### **Step Five - Be the Child Receiving the Adult Advice**

Just repeat what happened above, but as your young self. Imagine going through the same situation, only this time as a kid. Then see your adult self pop in like a Sci-Fi time travel TV show. Really get into your little kid self, from before the event, to your adult time travel guidance, to after the event.

### **Example**

*Ug! I forgot my eraser. Maybe Miss Crabapple has one. Let me go ask. Huh? Who's that? Me? From the future? Cool! What do I have to say to myself? Wait, can anybody else see us? No, OK. Ok future me, what's up? What?! SHE doesn't have an eraser? What's wrong with her? Wait, they're going to think I'm super brave? Cool! This is like fighting against dragons on TV! OK, here we go!*

### **Step Six - Relive the Childhood Event, From Your Own Eyes, Without Adult Guidance**

Just go through the event again, but this time, use the different meaning as if it were generated by you. If you want, you can pretend you sort of remember your future self, like from a dream or something. Just relive the event by yourself, and tell yourself as a kid, the new meaning as it's happening.

#### **Example**

*Ug! I forgot my eraser. Maybe I should ask Miss Crabapple, but something tells me she won't have one either. And she'll probably yell at me. But so what? I'm pretty bored just sitting her. Plus, all the other kids will think I'm cool for talking to the monster! Maybe I'll make a funny face when I walk back to my desk! This going to be cool! Maybe she'll yell at me for like twenty minutes and go crazy! THAT would be AWESOME! CHARGE!*

Then simply go through this last step, a few times if you want. Remember, this is YOUR brain, your memories. If you want to make all the kids give you a standing ovation,

do that! Whatever it takes to take that past event, and turn it from a traumatic event, to a neutral or empowering event.

Now, a couple things may be giving you trouble. You may be thinking, "Yea, but that's NOT what happened!"

Well, are you sure? Study after study after study has shown that human memory is incredible weak. In fact, in criminal court cases, if all they have is eyewitness testimony, they don't even go to trial, because they KNOW that people's memories are pretty bad.

And that's for things that have happened only a couple weeks or months ago! Even victims of horrible crimes are not dependable, as bad as that sounds. The truth is that human memory is not nearly as accurate as we think it is.

Here's one study where they proved this. A professor was giving a lecture, and he had his laptop on the counter in front of him. A "robber" rushed in and stole his laptop. Of course, the robber was part of the experiment.

Later, they interviewed the students, and their description of the "robber" was all over the place!

Black guy, white guy, Hispanic guy, scruffy beard, clean shaven, wearing a hoodie, wearing a T-shirt.

And this was an hour after the event!

It's also well known that psychologists can pretty easily plant memories in young children, whether intentional or

not, that just didn't happen.

Your mind, and your memory of past events is DEFINITELY something you can rewrite. Just tell yourself you're replacing inaccurate information that DOESN'T help you with inaccurate information that DOES help you! Replacing BAD false memories with GOOD false memories!

Take your time, rewrite your memories, and get rid of all that emotional junk from your past!

## What about Traumatic Events?

Ideally, you want to start with events that are bothersome, but not horrible. Once you go through this a few times, and see how it changes how you remember events, you'll gain courage to go back and rewrite evens stronger ones.

All events, no matter how traumatic, follow the same structure. An event happened. You gave meaning to that event. A similar event happened later, which verified the original meaning. Then a third event happened, and the event seemed to prove the original meaning.

Whether or not you received a dirty look from an adult, or were on the receiving end of horrible sexual abuse, the structure is the same.

With really bad situations, it will clearly take a lot of time to reprogram them. But the strategy is the same.

Many scientists believe that one thing that is hard wired into our brains is assuming intention when there is none.

For example, a caveman is out walking around with his buddies, and they see a tiger. It's theorized that whichever cavemen assumed the tiger had an actual human intention of eating them, they would feel more afraid, and run away faster.

Now, do tigers really have intentions? Maybe, maybe not. Maybe they just respond to stimuli. Maybe they see vague pictures and smell certain smells that trigger their desire to

eat.

But for some reason, assuming somebody or some thing has an intention to hurt us personally will give us a lot more motivation to run away.

At least in the caveman days.

This is why those old events seem so real. They seem true on a fundamental level. But just like we can train ourselves to not be scared of tigers, (seeing them in the zoo, and even feeding them with special equipment through the cage) we can train our thinking to remove any imagined intention from those who harmed us, no matter how traumatic and horrible the original event was.

If you have a particular traumatic event in your past that is causing you some problems in the present, approach it slowly, and carefully.

Spend a few minutes each day reframing similar events, starting in the recent past, and then going back further and further.

This will lay down the structural procedure directly into your brain, so when you get to the heavy stuff, it will seem a lot more familiar.

## What Order To Go In

Regardless of what order you go in, it's important to get into the habit of doing some reframing on a daily basis.

For example, if you are particularly worried about what you might find in your childhood, you can simply start in your recent past, based on events that happen on a daily basis.

Or if you aren't quite ready to back into your past, you can simply start reframing events as they come up.

Below you'll find a few different strategies, based on how comfortable you are dealing with difficult emotions. We'll start with the easiest strategies first.

### Daily Reframe

This is the easiest to start, and is best if you aren't quite ready to think about things that happened in your past.

First, start with at least one even per day. Take something that happens that make you feel like a victim, then put it into the, "People should..." or "People shouldn't..." sentence.

Then simply reframe until you get something that makes you feel better when describing the event.

Stick with this for a couple of weeks. By then you should have an idea of which types of situations tend to bother you the most. Then, in addition to doing the daily reframes,

start doing journaling on the most common issues that come up. Simply start writing your own personal history, of any events in your past along the same lines. Start from the present, and then go back as far as you can.

Once you've gone back into your history, then start reframing past childhood events, starting from the earliest, up to the present.

## **Start With Journaling**

If you're ready to get started, then simply start with the journaling. Simply write a personal history of the most problematic negative emotion that keeps popping up. Then start reframing from the earliest event.

## **Start from the Beginning**

If you are in a hurry to rewrite your history so you can quickly get on with your life, this is the way to go.

Glance through the common fears, and simply pick one.

Then do some sentence completion exercises to find the earliest times you can remember that these types of events were accepted.

For example, if your biggest issue is a fear of rejection, you can start with one of these stems:

*The first time I felt rejected was when....*

*The worst time I felt rejected was when...*

*The biggest rejection I ever received was...*

*The worst rejection I ever received was...*

And then simply write or speak out loud until you get to the earliest memory.

Once you go through one early memory, you'll start to remember more. You'll find the first one or two times through may be difficult, but they will get easier after that.

## **Attack from Both Angles**

Whichever of the three strategies you choose, you should also continue with the daily reframing, using the "should" statements (people should... or people shouldn't...).

After just a few times, this really only takes a minute or less.

Think of your mind like a garden. There may be some pretty big weeds in there now. The easiest way is to simply find the biggest weeds and take them out by the root.

Then once the biggest weeds are removed, you can simply do a little bit of daily maintenance to keep your garden free from negative plants that steal your energy.

## Final Thoughts

You came into this world as a sponge. To list everything you've learned in your life up to now would be impossible. You will continue to learn new things, ideas, and skills until you take your very last breath, a long, long time from now.

For the most part, these are miraculous skills. Walking, talking, creating, responding, remembering, these are things that we may never fully understand. This is what makes us human. This is what makes us compassionate, loving and able to look ourselves in the mirror and be honest with ourselves.

However, this doesn't come without cost. From economics, we are taught to always ask the question, "At what cost?"

Nothing is free. Every inhalation of oxygen rich air requires a subsequent exhalation of carbon dioxide, which can kill us in high enough amounts.

Every piece of food we eat, to give us the energy we need to move about also comes with costs of digestion and elimination. Sometimes, these costs become too much, and we become ill.

The cost of having a lightning fast brain is that we sometimes pick up things that just aren't true.

And some of these things can be severely limiting beliefs that keep us from our greatness.

## Why is this so?

Sometimes there's a tendency to wonder why we are imperfect. Why do we have to learn that speaking is scary? Why do we have to learn that expressing our desires can be dangerous?

Who knows? From a purely evolutionary standpoint, we are put here to reproduce. And that requires living long enough to meet a compatible partner and have offspring. It doesn't matter if we are living well below our potential, or we are suffering from despair our entire lives. From a purely biological perspective, if we live in sheer agony, but manage to make a copy of ourselves (have children) then we've done our duties as humans.

From a metaphysical standpoint, maybe we are destined to suffer because we need to learn something. Maybe life wouldn't be worth living if it was easy. It's long been known that lottery winners, who suddenly find themselves surrounded by wealth, usually end up much less happier. Often times their lives turn significantly worse.

Perhaps our tendency to develop emotional shortcomings and roadblocks is baked into the cake. Maybe they were put there so we could learn to overcome them. To more fully appreciate the wonders that life has in store for us, if only we would take the risk to achieve our full potential.

You have, in this manual, a set of tools. Tools that must be used. They are not magic; they won't do the work themselves.

If you buy the most expensive equipment, yet leave it in your garage untouched, you have wasted your money.

Simply reading this manual isn't enough. Simply listening to the accompanying sessions isn't enough.

To fully and completely remove the most stubborn blocks to your happiness, you've got to do the exercises. You've got to start journaling on a daily basis. You've got to be brave enough to sink down into your mind, into your history, and face those demons lurking within.

Because when you do, you'll find they are nothing but figments of your imagination. You'll find that with some creativity, and some experimentation, you can rewrite your entire history, the meanings you've given to those events outside your control, and make them mean anything you like.

If you have some particularly troublesome memories that you simply cannot face alone, find a good life coach. Find a life coach that is trained in NLP, specifically "reframing."

When you call around to see if any particular coach is right for you, tell them you'd like to reframe some of your childhood memories, and you'd like them to guide you through it.

Or you can simply share this guide with a close friend or partner. You'll find that going through these exercises with a partner can be a wonderful experience that will strengthen your relationship more than you can imagine.

Taking turns is a great way to do this. Go through one of your memories of medium intensity, with them as your guide.

Then take turns, and guide them through one of their earlier memories.

To be sure, you don't need a coach, and you don't need to share these techniques with anybody. They can be your secret.

The step by step procedure, found in the Appendix, is all you need.

If you'd like, you can record your own voice guiding you through. Or you can combine the steps with some journaling.

Read the step, then journal the exercise, and then close your eyes and imagine the exercise.

This may take a little bit longer, but it will have a profound effect. Journaling can prime your memory, and give you an objective viewpoint. Once you've conjured up sufficient memories, (real or rewritten) simply close your eyes and go through the experience.

You may find it helpful to go through each step a few times, until it really sinks in.

Remember, this is your life. What you can achieve is nothing short of magnificent. What you are capable of is nothing short of miraculous.

Take your time. Go slow. Build in a sustainable daily practice that you can not only stick to, but look forward to.

Having some personal space at the end of the day not only to rewrite less than happy events from that particular day, but to also rewrite events from your past is a fantastic habit to get into.

You'll find it much easier to be "present" with yourself. To be "mindful" where you are living in reality, and paying attention to everything around you, but also completely aware of your feelings at the same time.

You'll slowly become less "reactive" and more capable of consciously responding.

Pretty soon you won't be asking yourself the question, "Why does that bother me so much?"

You'll never need to try struggle to "let something go."

You'll never need to accept uncomfortable events or people as "part of life" that you simply have to "deal with."

You'll be able to change your entire perspective. Instead of walking through life hoping to get your needs met, you'll stroll through life with a deep sense of knowing, that no matter what happens, everything will be OK. Because YOU will know how to handle any situation that comes up.

This is what awaits you on the other side of these exercises. Get into them. Embrace them. Don't rush them.

Take your time. Slowly make them a part of your life.

Your life is meant to be lived, to be enjoyed, not merely to be survived.

To be mastered.

Your world is waiting.

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