

Burris Emotional Measurement™

Subconscious Restructuring®

Ages 7-17

"Its beautifully simply and that is what makes it simply beautiful is that you can teach it to anyone. I have applied it, not only to my clients, I have applied to myself."

Dr. Jeff Litchford
Psychologist
MASTER BURRIS COACH

www.BURRISINSTITUTE.COM

Download the Step 7 Audio at
www.BurrisConnect.com

Get Normal

Working with a Certified Burris Coach

Burris Emotional Measurement™ and the SR™ Process represent an exciting new way of thinking which will empower you to take control of every aspect of your life. This new way of thinking may also represent some challenges that can easily be overcome with a Certified Burris Coach (CBC). Every CBC is trained to shape themselves and the program around their clients to get the absolute maximum out of every session. Many CBC's also have backgrounds in the military, teaching and psychology which will assist in insuring your success. To locate a CBC please visit BurrisConnect.com.

Defining Normal with Burris Emotional Measurement™

The single constant of all human behavior or disordered behavior is one's emotional state. It simply makes sense to 'Define Normal' with Burris Emotional Measurement™ because emotion drives behavior. Our mental health system nor the DSM offer a clear definition of 'Normal'.

- Burris Emotional Measurement™ is used to 'Define Normal'
- Emotional and Behavioral Objectives are Absolutely Clear when you 'Define Normal'
- When you 'Define Normal' you can 'Define Better'
- Emotional and Behavioral Objectives are accomplished with Subconscious Restructuring®

Reasons to Define Normal with Burris Emotional Measurement™

When ambiguous behaviors are used in psychological assessments anyone can be diagnosed with a behavior disorder and subject to endless experimentation with dangerous pharmaceuticals. When Burris Emotional Measurement™ is used to 'Define Normal' behavioral medications for adults and children are virtually eliminated, which will lower the risk for suicide, heart attack and sudden death. Physiological disorders are more easily detected with a definition of normal.

One must 'Define Normal' with Burris Emotional Measurement™ if one expects to have an accurate diagnosis, have the ability to track progress over time, monitor the proficiency of a coach and establish the efficacy of a treatment.

Before putting a child on medication, look up the contraindications of the medication on the [CCHR Psychiatric Drug Side Effects Search Engine](#).



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Ages 7-17

Printing and Setting up Your Workbook

Printing: Check the Duplex (double sided) print option in the Properties tab of your printer. If you print the cover separately, (recommended) use the borderless printing option under Properties and then start your print of the rest of the document from page three. The cover will look much better printed on photo glossy paper with your highest quality settings.

Binding: A one half inch notebook with a clear front for the cover will work the best. If you already have, a notebook you would like to put the document into that will work also.

Tab Set: You will need an eight tab set. Simply put the tab before each Step of the program. This will allow you to quickly reference any section.

Step 7 Audio: “The Trance-Formation” Step 7 Audio is available at BurrConnect.com. Simply make an account and click on Step 7.

The Trance-Formation is the most powerful guided meditation you will ever experience and is based on the first six steps of program process of Subconscious Restructuring®. The greatest influence you will have on the subconscious is when you are in a subconscious state. This is why it is imperative to meditate every day and within a structure which you have determined to work the best for you.



SR™ Basics

The SR™ Difference

Subconscious Restructuring® Definition: SR™ is an evidence-based 7 Step Emotional Measurement™ process designed to interrupt, restructure and reprogram one's emotional state and behavior from the nucleus of the subconscious.

The SR™ Progress Tracker at BurrisConnect.com automatically calculates whether you have improved, not improved or stayed the same in any date range and color-codes the difference.

SR™ does not depend on your personal history, labeling or observational, subjective measurement to fix or improve behavior. SR™ goes straight to the problem and immediately to the fix.

Burris Emotional Measurement™

There are two critical components to the Burris Emotional Measurement™ equation, which enables client, and CBC to easily detect when a problem arises or when one has been affectively addressed.

One must first clearly define behavioral epidemiology (behavior cause and control) before one can claim to have an evidence-based behavioral health solution and the Burris Institute has defined this term by answering seven key questions or KQ's.

- **KQ1.** What determines an emotional state and human behavior?
- **KQ2.** How does the subconscious work?
- **KQ3.** What do all behavior disorders have in common?
- **KQ4.** What is the difference between brain, mind, conscious and subconscious?
- **KQ5.** What is the function of the conscious and subconscious mind?
- **KQ6.** Is depression a disease or disorder?
- **KQ7.** Is depression caused by a chemical imbalance in the brain?

After a clear definition of behavioral epidemiology is established one can address the second component of the Emotional Measurement™ equation and establish a clearly defined evidence-based protocol to empower the client and monitor the performance of the Burris Coach. Three KQ's define the term evidence-based behavioral health.

- **KQ1.** What is measured?
- **KQ2.** Why is it measured?
- **KQ3.** How is the data generated?

Answers to all of the above KQ's can be found in the Evidence-Based section of BurrisInstitute.com under [Definitions](#).



SR™ Basics

The Fusion of Behavioral Science & Web Technologies

BurrisConnect.com has fused the SR™ process with a dynamic new web technology to create the ultimate in interactivity, progress tracking, relationship building and immediate access to all of your SR™ information from anywhere there is an internet connection. BurrisConnect.com was built with privacy as the key factor for the client from the ground up.

What is the Function of Conscious & Subconscious?

The conscious mind has a single function and this is to deliver information to the subconscious, the subconscious does everything else.

There is a consistent process the subconscious must go for an emotional state and behavior to come about. If one does not understand how the subconscious works and how to interrupt, restructure and reprogram it, one is subject to the random and autonomic processes of it.

How the Subconscious Works & How to Take Control of it

Everything you have ever seen, heard, felt, tasted or smelled has been stored in your subconscious since your first breath. The subconscious uses this information to determine how you emotionally respond to your world which in turn will equal your behavior. One must fully understand how the subconscious works and how to take control of it which must include the tools to interrupt, restructure and reprogram the subconscious if something is determined not to work.

Will SR™ Help Me Manage Modify or Cope?

SR™ is designed for a complete, positive, empowered change. It simply does not make sense to modify, manage or cope with something which does not work. What does make sense is to interrupt a process which does not work before it begins then restructure and reprogram it to produce a different emotional response and in turn permanently change an unwanted behavior.

What is the foundation of SR™?

One's emotional state is the single constant of all human behavior, in other words your emotional state = your behavior. How you feel about everything you do will always determine whether you move toward it or not. You will always move toward perceived pleasure and away from pain. This is why Step 1 of SR™ is a three instrument checklist beginning with an Emotional Checklist.



SR™ Basics

The Power of Your Subconscious

To give you an idea of the power of your subconscious, you can speak at a rate of about two to three hundred words per minute. Your subconscious runs at a rate of about one thousand to twelve hundred words per minute, which is about four times faster than you can speak. This is why you can talk on the phone and perform other tasks like typing on the computer or driving a car because the subconscious is already programmed to do the other tasks.

When a single objective comes to mind it is like a tug of war with a vat of mud in the middle for whom ever loses. Your single objective is one-person on one side against the subconscious, which are four people on the other side. If one does not understand how to interrupt, restructure and reprogram the subconscious, one will be subject to the autonomic processes of the subconscious.

Interrupt - Restructure – Reprogram

If you are having a negative or destructive response to subconscious information, how then do you **Interrupt, Restructure** and **Reprogram** this? Once you understand the basics, you can begin to take control at the very beginning of the process.

It is imperative you understand how to take control of your subconscious because it is like a car without an off switch and an unknown driver, if you do not predetermine the destination. If you decide not to drive or at least tell the driver where you are going, it is going to drive itself or someone else will get in the seat and drive it for you. Someone else driving might be ok if you agree to where they are going but what if you do not?

Most parents do not realize they are programming their children from the very moment you enter the world and they are just passing along what their parents had taught them, good or bad. There are also a tremendous number of variables, which can occur in your initial programming, which may have little to do with your parents. The bottom line remains. Do you, at some point, want to drive or do you want to continue letting someone or something else drive?

Interrupt

The core issue with all behavior, which does not work, is you are emotionally out of control and you need to at some point decide if you want to interrupt this process. Someone who has spent two, five, ten years or more trying to fix a problem will usually consider it arrogant of anyone, in particular a psychologist or psychiatrist, to tell them what they need to do. Telling someone to change will never equal empowering them with the tools to consistently interrupt a process, which does not work.

Does This Work for Me?

If you are asking yourself, this first key question every day, (Does this work for me?) you will recognize what you need to interrupt. After you recognize what you need to interrupt, you write this down as your initial goal or objective.

SR™ Basics

Restructure

After you interrupt an emotion and behavior, which does not work, you can begin the process of restructuring. There is only one-way to effectively do this and that is to have an organized process to put the subconscious on paper or online.

You must document everything. If you do not, how do you know where you have started, where you are going or where you have ended up? Without documenting this information, you are simply guessing. To put it in the most simplistic terms, you cannot effect change in anything unless you take some sort of action.

Gaining access to the subconscious begins with establishing your objective or goal. The next step is to document how you relate to this goal or how you communicate to yourself about it. Talking to yourself is the first component of information, which determines your emotional state and behavior, and it is important to find out how you speak to yourself in regard to an objective.

Access to subconscious information is afforded by simply responding to four statements and one question about your objectives or goals. This is known as the Subconscious Perspective and is Step 2 of SR™.

Reprogram

Once you understand how to interrupt and restructure subconscious information, which does not work, the process of reprogramming is relatively simple. We say relatively because sometimes the most powerful program you may need to overcome is the program to allow the subconscious to run itself.

You must consistently evaluate your self-talk and determine whether it is a dialogue, which is going to lead you to an objective, or goal you have chosen. If it is not, you must consistently interrupt this process and restructure it until you have reprogrammed yourself, which will move you in a direction you have predetermined.



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Step 1

The Emotional Checklist

To effectively address the behavior you want to change, you need to establish a foundation which will enable you the flexibility of dealing with the specifics of what you wish to address. This is why SR™ works for everyone because it establishes a solid emotional foundation from which to work.

SR™ is broken down into 7 Steps and covers the full range of emotions and human behavior. This is absolutely necessary if you want to affect any single issue.

You cannot get control unless you start by understanding how you talk to yourself, how you feel, and your perception of the world. The big question when attempting to initiate any change in your life is...Where do you start? A simple answer would be at the beginning. The next question would be...Where is the beginning? The beginning is to find out how you feel right now on a sliding scale. This is another troubling issue about going to a psychologist or psychiatrist. You sit there talking while the psychologist or psychiatrist is writing things down. The question is ...“Shouldn’t you be the one writing?” The answer to this is, an emphatic “Yes.”

The Emotional Checklist has three sections; the first section is the Emotional Checklist. This section will help you understand how you are doing emotionally right now and the areas you need to give the most attention. The second is the Behavior Control Checklist. This section is designed to establish how well you understand your subconscious and the process of SR™. The third section is the Relationship Satisfaction Scale. This is important because if you are speaking negatively to yourself, this will carry through to how you speak to others. Good people skills will always outweigh intelligence and the Relationship Satisfaction will assure your people skills are in check.

Emotional Checklist

Track your progress online with a Burris Coach at www.BurrisConnect.com.

Please write a score of 1-10 after each question

NEVER | ALMOST NEVER | ONCE IN A WHILE | A LOT OF THE TIME | ALL THE TIME

1 _____ 5 _____ 10

1) I worry about my family, friends, self, events, future, Etc.	
2) I am hard on myself (self-critical) and blame myself for everything.	
3) I feel resentful or angry.	
4) I find it hard to get a good night sleep.	
5) I feel sad or down in the dumps and I feel my future looks hopeless.	
6) I feel inadequate (less important) or inferior to others and I can't do anything right.	
7) I have trouble making up my mind.	
8) I have lost interest in school, my hobbies, family or friends.	
9) I feel overwhelmed and have to push myself hard to do things.	
10) I have lost my appetite, or I eat too much and eat too often.	
11) I feel hatred toward myself, others, or anything.	
12) I have thoughts that life is not worth living.	
Total	

Behavior Control Checklist

1) I understand how my mind (subconscious) works.	
2) I know how to change restructure my thoughts and thinking.	
3) I know what my most powerful emotional state is and how to maintain it.	
4) I am confident I can achieve my goals.	
5) I understand how to stay motivated and focused.	
Total	

Relationship Satisfaction Scale

1) My family understands what I am trying to tell them.	
2) I understand what my family tells me.	
3) My teacher understands what I am trying to tell them.	
4) I understand what my teacher tells me.	
5) I am good at resolving (fixing) conflicts, disagreements and arguments.	
Total	

What Does Your Score Mean

You have now established a baseline so you can begin to identify areas that need the most work. Before you have an accurate assessment of yourself, you need to put yourself through the SR™ process and then fill out another Emotional Checklist without looking at the first Emotional Checklist you just filled out.

The Emotional Checklist - Your objective is the lowest score possible. If any of your responses are 4 or lower we consider this a normal range and there is not a big need for concern, but you do need to address it and try to bring the number down even further. If any of your responses are a 5 or above, you definitely need to monitor this issue and restructure the subconscious processes that may be keeping this number high. A sustained score of 5 or above on question 12 indicates you need to work with a Burris Coach. If question 12 remains at a 5 or above with the Burris Coach they will refer you out to a physician or psychiatrist. The total score on all of these is not as important as the individual scores.

The Behavior Control Checklist - Your objective here is the highest score possible with the normal range being a 7 - 10. It is important to try to score yourself accurately. If you **think** you know how your subconscious works, this is a lot different than **knowing** how your subconscious works. You will know how your subconscious works after putting yourself through the SR™ process and therefore, your score will go up.

Relationship Satisfaction Scale - Your objective here is the highest score possible with the normal range being a 7 - 10. The first component of information that determines your emotional state and behavior is how you speak to yourself. When you restructure how you speak to yourself, it is reflected when you speak to others. This will raise your score in this area as well.

After you have completed the 7 Step SR™ process, you will want to do another Checklist within 24 hours, after that a minimum of once a week for one month. The length of time you stay with the program is dependent upon how significant the changes you need to make are and of course your age and gender. The bottom line is the program process of SR™ conforms to how the subconscious works, and it will be up to you to continue to implement the tools you have learned until you achieve the exact results you want.



Step 2

Subconscious Perspective & Empowering Questions

In this section, you will literally put your subconscious on paper. There will be an introduction and an instruction set for each section. The Subconscious Perspective is simply 4 statements and one question you need to respond to. This is all about extracting information from the subconscious and putting it on paper.

There are two key words to keep in mind while writing down your goals and they are **ABSOLUTELY MUST**. Before you write down a goal, it needs to be clearly defined in your mind as an **ABSOLUTELY MUST** just as you **ABSOLUTELY MUST** eat and drink to stay alive.

Following are questions for the **Subconscious Perspective**. These Questions will help you generate as much information as possible about each statement and question in the Subconscious Perspective. You can refer back to this page as you fill out the Subconscious Perspective. If you feel, you do not need these questions you can go directly to the Subconscious Perspective form on page 4.

Subconscious Perspective

1) Please write one goal per category you **ABSOLUTELY MUST** accomplish.

Questions for Your Love Goals

- A) Do I need to be more respectful and loving toward my family?
- B) Do I need to improve my listening habits and time together?
- C) Do I need to become more spiritually centered and establish a greater sense of purpose and inner peace?

Questions for Your Health Goals

- A) Do I need to change or get control of my eating behavior?
- B) Do I need to increase my fitness program and improve my nutrition?
- C) Do I need to increase the regularity of my medical checkups?
- D) Do I need to have a greater level of control over my emotional state and behavior?

Questions for Your Wealth Goals

- A) Do I need to increase my satisfaction with school, the learning process and my self-confidence?
- B) Do I need to manage my time better and learn how to become more focused?
- C) Do I need to fulfill the divine design of my life?

Questions for Your Self-Image

- A) Do I need to improve my sense of humor?
- B) Do I need to improve my self-confidence and my ability to communicate?
- C) Do I need to improve my self-esteem and my self-worth?

2) Please, write down the reasons why you feel you ABSOLUTELY MUST accomplish your goals.

Questions for Your Reasons

- A) How will accomplishing my goals affect the relationships with my parents, teachers and friends?
- B) Will I feel more spiritually centered?
- C) Will I feel a greater sense of power and control over my emotional state and behavior?
- D) Are there medical or health reasons for accomplishing my goals?
- E) How will the accomplishment of these goals affect my self-confidence?

3) Please, write down what you feel you ABSOLUTELY MUST do to accomplish your goals.

Questions for what you ABSOLUTELY MUST do to accomplish your goals.

- A) Do I feel I need to manage my time better?
- B) Do I feel I need to spend more time in meditation or prayer?
- C) Do I feel I need to be more honest with my family, teachers and friends?
- D) Do I feel I need to take better care of my body?

4) Please, write down all of the excuses that keep you from attaining your goals.

Right now excuses are the barriers that are keeping you from what you want. It is important, however, to think of as many excuses as you possibly can because you are going to find out how to use these excuses to move more quickly toward your new goals.

Questions for Your Excuses

- A) Do I use a friend or family member as an excuse?
- B) Do I use school a parent a teacher or time as one of my excuses?
- C) Do I use any medical problems as an excuse?
- E) Do I feel a lack of will power has kept me from accomplishing my goals?
- F) Do I use my past failures as an excuse?

Before you respond to question 5 I need to ask you a question: Do you ask yourself questions? Yes. You ask yourself questions on an ongoing basis and those questions to yourself begin as soon as you get up each morning. You ask questions like: "What do I need to do today?" or "What am I going to wear?" With this in mind...

5) Do you feel confident you can accomplish your goals and if not what questions do you ask about them?

A question for your question

- A) If you do not ask yourself questions about your goals what questions would you ask yourself if you did?

After you have filled out the Subconscious Perspective, please go to the page after Empower Questions for an explanation of what you need to do next to initiate the process of restructuring your Subconscious Programming.

Subconscious Perspective

1) Please, write one goal per category you **ABSOLUTELY MUST** accomplish.

A) Love -

B) Health -

C) Wealth -

D) Self Image -

2) Please, write down the reasons why you feel you **ABSOLUTELY MUST** accomplish your goals.

A)

B)

C)

D)

3) Please, write down what you feel you **ABSOLUTELY MUST** do to accomplish your goals.

A)

B)

C)

D)

4) Please, write down all of the excuses that keep you from attaining your goals.

A)

B)

C)

D)

5) Do you feel confident you can accomplish your goals, and if not what questions do you ask about them?

A)

B)

C)

D)

Empowering Questions

Turn all responses from the **Subconscious Perspective** into Empowering Questions.

Empowering Questions	Answers
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	6)
7)	7)
8)	8)
9)	9)
10)	10)
11)	11)
12)	12)
13)	13)
14)	14)
15)	15)
16)	16)
17)	17)
18)	18)
19)	19)
20)	20)

Empowering Questions

After you have established your goals and how you communicate to yourself about them on the deepest level of the subconscious, you need to initiate control and implement your new programming. You will do this by turning all of your goals, statements and questions from The Subconscious Perspective into positive **Empowering Questions**. This begins the process of restructuring your subconscious.

What Determines Human Behavior?

What determines human behavior is simply **Information** and the components of that information are words and pictures. You could not do anything without going through this process. In other words **No Information = No Action**. The Subconscious Perspective and Empowering Questions address the first component of what brings about a behavior and this is your words.

How does your subconscious work?

Two key elements must exist in order to activate an emotional state, which in turn determines your behavior.

1) You must talk to yourself, which usually begins with a question

And

2) By asking yourself a question, your subconscious mind will always give you an answer which in turn produces a correlating picture.

It is from this subconscious picture your emotional state is determined and in turn determines your behavior. If you have a means of intervening on these two key components, you can make a change in the way you feel, which in turn changes your behavior.

Example:

Keep in mind this is extreme slow motion. If I were to ask you where you went on vacation last the subconscious process goes like this. You repeat the question to yourself and this evokes a picture of where you went on vacation. It is from this subconscious picture you are able to tell me where you went on vacation and how you felt about the vacation. This is how the subconscious works and you simply would not be able to function or communicate without the subconscious going through this process.

This process broken down into its most simplistic form looks like this.

Word - Picture - Emotion – Behavior

It is imperative you have the tools to intervene on this process if you want to have any control over your emotional state, your behavior and your life. Philosophers have always stated in one way or another that life is all about your word. You will now fully understand why this is true.

Empowering Questions Defined

Before we get started on Empowering Questions you need to understand why questions are the primary component for taking control of your subconscious programming. Now that you know you ask yourself questions the next question is...Does your subconscious work on questions when you are not consciously involved? Yes! If you have ever asked yourself the question...What is that person's name? You may not get an answer right away, but maybe in an hour or two or maybe even the next day while you are doing something completely unrelated, the answer comes popping into your head as clear as day. Your subconscious will generate a response to absolutely every question you ask yourself even if it has to make one up. False memories are created by someone continually asking you for an answer to a question the subconscious does not have stored. This can be a tremendous benefit if you are the one who has control over the questions. If you do not have control over your internal dialogue especially your internal questions, anyone can use this process to take control of your subconscious.

When I ask you a question, what part of your consciousness usually gives you a response? You have to retrieve an answer from your subconscious. If I ask you a question about questions you ask yourself, you have now gained access to the deepest level of the subconscious. This is the very beginning of the process that brings about an emotional state, which in turn determines your behavior. This is why it is important to turn every response from The Subconscious Perspective into an Empowering Question. This will immediately engage the subconscious and force it to move in the direction you have predetermined.

Now that you know the subconscious works on questions when you are not consciously involved, how important then does the structure of the questions you ask yourself become? It becomes very important, because if you are now asking yourself questions like...“Why can't I maintain a consistent exercise program?” or “Why can't I stop eating unhealthy foods?” or “Why can't I stay focused in school?” What do you think the results of these questions will be? They will give you more excuses or keep you anchored to what you do not want.

Most **Empowering Questions** will begin with: “How can I” or “What actions do I need to take to” or “What do I need to do to?” Example: If one of your goals is to become more focused in school, an **Empowering Question** might be: “How can I make sure I stay more focused in school and increase my fun with it?” You do not have to agonize over a question. All you have to do is to continue asking and eventually the subconscious will come up with an answer. You do need to make sure you continue coming back and ask your **Empowering Questions** until they are answered. Once all of your questions are answered, ask yourself...“Am I completely happy with this answer or is this the answer that is going to work the best for me?”

You will start the process of **Empowering Questions** with your goals.

1) Please, write one goal per category you ABSOLUTELY MUST accomplish.

Why do you set goals? You establish goals to give the mind some place to go because if you do not determine where you want to go the subconscious will decide for you. The two key words when establishing your goals are, **ABSOLUTELY MUST**. Following are samples of how to turn your goals into Empowering Questions, which will engage the subconscious and begin the process of taking control of your programming.

If your goal was...

Love: Be more loving toward my family, friends and myself.

Health: Improve my eating behavior and level of fitness.

Wealth: Learn more about money and how to manage it.

Self-Image: I would like to have a positive image of myself that makes me feel powerful.

Your empowering question might be...

Love: How can I make sure love is always the dominate emotional state in my life?

Health: What do I need to do to permanently change my eating behavior and improve my fitness level?

Wealth: What do I need to do to learn more about money and how to manage it?

Self-Image: What do I need to do to establish a more positive empowering self-image in the subconscious?

2) Please, write down the reasons why you feel you ABSOLUTELY MUST accomplish your goals.

We refer to your reasons for accomplishing your goals as anchors. Anchors are what attach you to any one particular behavior. First you give the mind somewhere to go, and then you anchor yourself to those new goals to assure you will keep moving toward them.

Excuses are also anchors, but they are keeping you attached to what you do not want. In just one minute I'm going to show you how to use those excuses as a fast moving vehicle that will move you toward your goal instead of keeping you away from your goals which is what they are doing now. Following are samples of how to turn your reasons into Empowering Questions.

If your reason was...

Love: Love is my most powerful emotional state and it will have the most positive effect in every aspect of my life.

Health: I will feel much better about myself and have more energy for everything I love to do.

Wealth: I will feel less stress about money and be able to focus more on everything I love.

Self-Image: A more positive self image will attract the kind of people I want to be with.

The empowering question might be...

Love: What do I need to do to make sure I am always empowered to make everything in my life work for me?

Health: How can I feel better about myself every day while improving my level of energy?

Wealth: What do I need to decrease my stress and continually maintain my most powerful emotional state?

Self-Image: How can I be more of a magnet to the people I want in my environment?

3) Please, write down what you feel you ABSOLUTELY MUST do to accomplish your goals.

Writing down what you need to do to accomplish your goals is like making a map. You always need to clearly define what action needs to be taken in order to get from point A to point B. It is also important because you can turn that map into **Empowering Questions** which is what you are going to do now.

If what you absolutely must do was...

Love: Restructure and replace all negative emotional states that keep me from my perfect love.

Health: I need to stop wasting time on people, information and emotional states that do not work.

Wealth: I need to manage my time better so I am able to stay focused on school and making a secure future.

Self-Image: I need to be more consistent with processing out my old self-image and maintaining my new subconscious self-image.

The empowering question might be...

Love: What do I need to do to restructure and replace all negative emotional states with my most powerful emotional state?

Health: How can I process people and information more quickly so I have more time to focus on my health?

Wealth: How can I manage everything in my life better so I am able to focus more on what I need to do to make a secure future?

Self-Image: How can I make sure I never allow my old self-image to reemerge into my subconscious?

4) Please, write down all of the excuses that keep you from attaining your goals.

If you turn your excuse into a positive **Empowering Question** and continue to repeat it as a question, the mind will no longer be able to use it as an excuse. For example, if one of your excuses is time, you can turn that excuse into a question such as...“How can I find more time to spend on my diet and exercise program and have a good time with it?”

What you have done is not only pulled that anchor up, but it has also become a high-speed vehicle to move you more quickly toward your goals. This is why you must write down every excuse you can think of because you can immediately turn it into a fast moving vehicle as opposed to dead weight in regard to your goals. Following are samples of how to turn your excuses into Empowering Questions.

If your excuse was...

Love: Stress from my school does not allow me to focus on myself or my family.

Health: I just do not have the time to exercise.

Wealth: I am too young to make money.

Self-Image: I am overweight and I just do not feel good about myself.

The empowering question might be...

Love: How can I reduce stress from school so I can focus more loving time toward my family and myself?

Health: How can I find more time to spend on my food and fitness program and have a fun time with it?

Wealth: What moneymaking opportunities are there for someone my age?

Self-Image: What do I need to do to permanently destroy my negative self-image and permanently install a positive empowering self-image in the subconscious?

5) Do you feel confident you can accomplish your goals, and if not what questions do you ask about them?

Why is this question THE key component in regard to your subconscious? As stated earlier the questions you ask yourself are the very beginning of an emotional state which in turn equals a behavior. Responding to this question helps you understand how you communicate with yourself in relationship to your goals on the deepest level of the subconscious.

If you have any questions written down in the Subconscious Perspective that have a don't or can't in them, these questions will be turned into **Empowering Questions** such as: "How can I keep myself on a consistent fitness program and have a good time doing it?" or "How can I make sure I eat only foods that work for me?" or "What action do I need to take to make sure I am always moving quickly toward my goals?" If you are not happy with the results you are getting, this is one of the things you **ABSOLUTELY MUST** do consistently if you want to make a change.

It is imperative you listen to your self-talk and change every negative question you ask yourself into a positive **Empowering Question**. Ask yourself if you will be completely happy with the results of the questions, you asked in question 5. If the answer is no, restructure every question in a form that will empower you and continue to repeat it until you get what you want.

If your question was...

Love: Why don't I feel any love coming from my family or friends?

Health: Why can't I stop eating unhealthy foods and stay consistent with my fitness program?

Wealth: Do I have time with school to make money?

Self-Image: Why do I feel so negative about myself?

The empowering question might be...

Love: How can I be more receptive to the love from my family and friends?

Health: What do I need to restructure that is driving me to make poor food choices and how can I be more consistent with my fitness program?

Wealth: What changes do I need to make in my life so I can make some money?

Self-Image: What do I need to do consistently, that will allow me to permanently maintain a positive empowering image of myself?

The Five Key Questions

There are five key questions you will be asking yourself every day:

- 1) Does this work for me?
- 2) How do I feel and will I benefit from the results of this?
If the answer to this is no, ask yourself this next question.
- 3) What can I replace this with that I will benefit from?

The two key questions to use instead of reprimanding yourself are:

- 4) What can I learn from this? *and*
- 5) How can I use this experience to move myself more quickly toward my goals?

There is a detailed explanation of the importance of these key questions in Step 5, The Heart of SR™.

Step 3

Subconscious Self-Image

There will never be a more important image you have in your subconscious mind or a more important image you will need to change than the image you have of yourself right now

This is Step 3 of the program process, which addresses the second component of **Information** which determines your emotional state and in turn determines your behavior...“Your Subconscious Pictures”

There is a question you need to ask yourself before starting on this one and that is... Do you feel good about yourself right now? Starting right now, you must feel fantastic about yourself on all levels. If you do not feel good about yourself right now, the subconscious has no place to go.

Example: If you see yourself as out of shape, insecure with your job or relationship, have a low self-image or are continuously subjected to a previous traumatic event and do not know how to restructure this information the subconscious will simply do what it does best and continue to maintain this unwanted image.

If you set a goal that has to do with a change of your physical image without restructuring the image in your subconscious, your chances of success are at best remote. It is like wearing clothes that do not fit. You can wear them, but you are never comfortable. This discomfort will lead you back to where you began.

The best example of the importance of your subconscious self-imagery is people who are unable to maintain a consistent weight loss. One of the primary reasons for not maintaining their weight is because they did not restructure the image they had of themselves before they started. Once they achieve their goal weight, the subconscious did everything it could to get them back to the image that was locked in the subconscious.

As you now know, it is essential the image you have of yourself in your subconscious mind, match your goal and this is in regard to all of your goals not just body image. **Writing down a detailed description of your new self-image will be the most effective way of implanting your new self-image into your subconscious.** Going back and reading the description of your new self-image as part of your daily program will make this image a permanent part of your new subconscious programming.

Again, I will ask you questions to try to generate as clear a picture as possible. If you do not need the questions simply go directly to the Subconscious Self-Image form on page 3.

Subconscious Self-Image

1) Please, describe in detail how you see yourself after you have attained your goals.

Questions for Your New Self-Image

- A) Do you see yourself doing well in school?
- B) Do you feel empowered when you look at this new image?
- C) How are other people reacting to you in this picture?

It is important you learn to associate activities you know you will enjoy with your new self-image because becoming more active is an essential factor in attaining and maintaining a positive self-image. With this in mind let us continue.

2) Please, describe the activities you see yourself participating in after attaining your goals.

Questions for Your Activities

- A) Do you see yourself doing aerobics, jogging, lifting weights, dancing or going for a brisk walk?

The subconscious will always move toward pleasure and away from pain. This is why it is crucial your new subconscious self-image is detailed, crystal clear and you derive tremendous pleasure from it.

3) Please, write down the feelings you experience from your new self-image.

Questions for Your Feelings

- A) Do you feel like you have become more of a magnet for everything you desire?
- B) Do you feel a greater sense of spiritual strength?
- C) What location could you put yourself in that would give you the most incredible feeling?
Example: On vacation with family and friends, or maybe in a quiet place just meditating.
- D) Do you feel a tremendous sense of accomplishment? Not just over yourself but the things around you as well?

Subconscious Self-Image

1) Please, describe in detail how you see yourself after you have attained your goals.

2) Please, describe the activities you see yourself participating in after attaining your goals.

3) Please, write down the feelings you experience from your new self-image.

Writer Producer Director

You are now the writer, producer, and director of your subconscious self-image. You can create the exact image you wish. You can participate in an activity you enjoy and in an emotional state and location that makes you feel incredible. Make your new subconscious self-image as real and pleasurable as possible.

Maintenance Questions

What do you do if you have a difficult time maintaining your new image? Questions play an important role here as well. If you are having a difficult time maintaining the new perception of yourself, ask the following questions.

- 1) How can I maintain the image of this positive perception every second, every minute, every hour of the day?
- 2) What do I need to do to maintain this new image?
- 3) What can I add to the picture that will help me maintain this new image?
- 4) What do I need to do to feel fantastic all the time?
- 5) What action do I need to take today that will make me feel great?
Any time you run out of questions, ask yourself:
- 6) What questions can I ask myself that will help me maintain this new positive empowering image?

There is one more variable here, and that is, there might be something in the way of the consistent maintenance of your new pictures. If so, ask yourself the next two questions:

- 7) What is getting in the way of the maintenance of my new picture? *Or*
- 8) What do I need to restructure that will help clear up the image of my new picture?

You need to go back and reread your three responses from your Subconscious Self-Image every day because you need to have a very clear vision of how the new self appears, and most importantly, feels in mind, body, and spirit. Every time you go back and reread this, you are restructuring the old programming. It is important to continue to restructure until the subconscious accepts this new picture as to how you should look and feel.

The Structure of Your Subconscious Pictures

The way you are able to determine positive from negative experiences is the way an image is stored in the subconscious or the structure of that image. Following, you will discover how you store the visual information that creates a positive emotional state for you and then use this information to help you maintain your focus and motivation toward your goals.

I think we can all agree we are all basically wired the same, but the reason one person loses motivation and another says never quit, lie in the way each of us codes our internal pictures. In other words, every person's perception of what they are doing is different. This is why two people can experience the same event but have a totally different perception or feeling about it.

Before we begin, you need to clearly understand how to **Associate** and **Dissociate**. Right now association and dissociation happens automatically; in other words, how you feel about events in your life will determine whether you associate or dissociate with the experience. If you are out of shape, over or under eat, or are abusive toward your body, you are dissociating from it. Association and dissociation must be intentional if you want a greater level of control over how you feel. Association and dissociation is the equivalent of you watching your life's movie. If I ask you to **Dissociate** from a picture this means you are in the theatre looking at yourself in the picture. You may need to further dissociate from the picture if it is one you are particularly uncomfortable with. This means you will put yourself in the balcony looking down at yourself watching yourself in the picture. When I ask you to **Associate** with a picture of yourself, this simply means you place yourself in the picture and fully become part of that experience.

You will now begin with defining the structure of a subconscious picture. Make sure you are in a quiet place where you can fully concentrate. Think about your new self-image as you detailed it in the Subconscious Self-Image and establish all the positive associated feelings of love, health, and wealth. Do whatever you need, to fully focus and concentrate on the formation of this picture. When you look at this picture, you feel total love and feel life could not be better. It could be a vacation, doing well in school or whatever you wish. You will refer to this picture as your **Motivation Picture**.

Once you have established your new image, we will explore the composition. Is the picture you see of this experience in color or black and white? If it is in black and white, turn it in to color; if it is already in color, make the colors more pleasing and vibrant. Is the picture framed, unframed, or panoramic? If the picture is framed or a certain size, make it panoramic so it completely encompasses your field of vision. Is the picture moving like a film or is it still? If the picture is still, add movement. If the picture is too fast or too slow, adjust the speed so it is completely comfortable for you. Is there sound in the form of voices, music, ambient, or nothing? If there, is a voice or voices you find immensely pleasing, add them in and delete the rest; now add your favorite music or ambient sound like ocean waves, birds chirping or a gentle breeze.

Is the picture bright and clear or slightly out of focus? If the picture is out of focus, make it perfectly clear; if it is clear, make it brighter, sharper, and clearer until it is overwhelmingly pleasing. Take a few moments to structure this picture so it is the most compelling experience you have ever had. Now, associate with this picture and place yourself in that experience. Give yourself a moment to solidly plant yourself in the picture. Did you feel different when you became part of this experience? Step out of this picture and put the image aside for a moment, and we will establish what you will refer to as your **Goal Picture**.

This time I want you to create a picture of yourself moving toward one or more of the goals you established in the Subconscious Perspective. Take a moment and be sure to get a clear image of this picture. When you have established the image, let us look at the composition. Is the picture in color or black and white? Is the picture framed, unframed, or panoramic? How big is the image and where is it located? Is the picture moving like a film or is it still? If it is moving, is the speed fast, slow, or normal? Is there sound in the form of voices, ambient, or nothing? Is the picture bright and clear or slightly out of focus? Once you have established the composition of the **Goal Picture**, I want you to bring back the motivation picture and place it in front of the **Goal Picture**.

Step into the motivation picture and completely associate with it. Now punch a tiny, tiny pinhole through the motivation picture so you can look through it and see the **Goal Picture**.

While looking through the pinhole, begin to change the structure of the **Goal Picture** to match the motivation picture. In other words, if the **Goal Picture** is in black and white, turn it into color. Now make it panoramic. Do the same with the sound, speed and resolution as well as any other differences you can see. Once you have reframed your **Goal Picture**, change the image of yourself until you see exactly what you want. Pause for a moment to make sure the mind, body, and spirit of the person in this picture is exactly what you want. Be sure to establish the exact physical dimensions you want along with the purest feelings of love for the person in that picture. Be sure you remain in the motivation picture while occasionally looking through the pinhole and seeing yourself totally in control and doing what you feel is completely necessary to accomplish your goals.

If you have trouble restructuring the **Goal Picture** to match the motivation picture, you can fuse the **Goal Picture** with the motivation picture. In other words, move the **Goal Picture** into the motivation picture until both pictures become one and you see yourself in the motivation picture going through your daily fitness plan. This technique can be used with any objective in your life that needs a little more motivation behind it.

Step 4

The Stop & Replace System

This is the most powerful part of the program. The Stop and Replace System will allow you to restructure any subconscious programming you wish to change and make dramatic changes in your emotional state and behavior. This is accomplished by using the same process that created the program to begin with. All the elements from the first three Steps of the program are used on this page to help you **Interrupt, Restructure** and **Reprogram** any subconscious information which simply does not work for you.

A brief reminder on how the subconscious works:

Two key elements must exist in order to activate an emotional state, which in turn determines your behavior.

1) You must talk to yourself, which usually begins with a question

And

2) By asking yourself a question, your subconscious mind will always give you an answer which in turn produces a correlating picture.

It is from this subconscious picture that your emotional state is determined and in turn determines your behavior. If you have a means of interrupting and restructuring these two key components, you can reprogram the way you feel, which in turn changes your behavior.

This process broken down into its most simplistic form is.

Word - Picture - Emotion - Behavior

We will begin with the three emotional states which have the potential of causing the most damage and they are **Fear, Guilt,** and **Anger** unless you decide on something else. The reason we start the program with these three emotions is that fear and guilt are used on all of us as children to try to control our behavior and at some point fear and guilt turn into anger.

The STOP and REPLACE System Breakdown

Please take a look at the Stop and Replace breakdown on the following page. Each step will be in bold followed by an explanation. There are seven components to the Stop and Replace System with three parts to The Switch Pattern, which is the seventh step.

The STOP & REPLACE System Breakdown

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤ You will write down what you wish to restructure here

Benefits of NOT doing this

Empowering Questions

1) This is where you will write down your benefits.	1) This is where you turn your benefit into an empowering question.
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1) This is where you write your answers to your empowering questions.
2)
3)
4)

Describe your Replacement Picture:

➤ Associated

This is where you will describe your new picture.

Describe your Old Picture:

➤ Dissociated

This is where you will describe your old picture.

The Switch Pattern

1) CUE: When you recognize your cue you will say STOP to yourself.
2) STOP: When you say STOP your old picture will be destroyed.
➤ SWITCH PATTERN
3) REPLACE: When you say the word REPLACE your subconscious mind will produce your new active body image.

Stop and Replace System Samples

Following are ten Stop and Replace System samples. If you look at the first one, you will notice the **Benefits of NOT doing this** and **Empowering Questions** are filled out for you. These samples are meant to help you get started with the Stop and Replace System. You should use information from the samples only if it specifically applies to you. If you would like to skip over the samples for now and get started, go to page 14.

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤ Fear

Benefits of NOT doing this

Empowering Questions

1) I will not procrastinate over things I know need to be done.	1) How can I restructure procrastination?
2) I will feel a greater sense of control over Everything I do.	2) How can I gain a greater sense of control over everything I do?
3) My decision making power will greatly improve.	3) How can I increase my decision making power?
4) I will be able to move more quickly toward my goals.	4) How can I move more quickly toward my goals?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ Associated

Describe your Old Picture:

➤ Dissociated

The Switch Pattern

1) CUE	
2) STOP	
3) REPLACE	➤ SWITCH PATTERN

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state
you absolutely must restructure in the box below.

➤ **Guilt**

Benefits of NOT doing this	Empowering Questions
1) I will be able to eliminate my negative self-talk.	1) How can I eliminate my negative self-talk?
2) I will feel better emotionally.	2) What do I need to do to feel better all the time?
3) I will eliminate behaviors that make me feel guilty.	3) How can I eliminate behaviors that make me feel guilty?
4) I will be able to eliminate guilt as an excuse for over (under) eating.	4) How can I eliminate guilt as an excuse for over (under) eating?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture: ➤ **Associated**

Describe your Old Picture: ➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤ **Anger**

Benefits of NOT doing this

Empowering Questions

1) I will have complete control over my communication skills.	1) How can I improve my communication skills?
2) I will not be able to use anger as an excuse to over (under) eat.	2) How can I eliminate anger as an excuse to over (under) eat?
3) I will be more loving toward myself family and friends.	3) How can I be more loving toward myself, family and friends?
4) I will have more fun with life.	4) How can I have more fun with everything I do in life?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
3) REPLACE	➤ SWITCH PATTERN

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state
you absolutely must restructure in the box below.

➤ **Negative Self Talk**

Benefits of NOT doing this	Empowering Questions
1) My self-esteem will greatly improve.	1) What do I need to do to upgrade my self-esteem?
2) I will feel better about everything I do in life.	2) How can I feel better about everything I do in life?
3) I will feel more confident in every aspect of my life.	3) How can I increase my confidence?
4) I will be able to move more quickly toward my goals.	4) How can I move more quickly toward my goals?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture: ➤ **Associated**

Describe your Old Picture: ➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
3) REPLACE	➤ SWITCH PATTERN

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤ **Procrastination**

Benefits of NOT doing this

Empowering Questions

1) I will feel more in control over every aspect of my life.	1) How can I gain more control over every aspect of my life?
2) I will be able to establish and maintain greater self-esteem.	2) How can I establish and maintain a greater self-esteem?
3) I will have a more loving relationship with family, friends and myself.	3) What do I need to do to be more loving toward family, friends & myself?
4) I will feel more comfortable in social situations.	4) How can I feel more comfortable in social situations?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state
you absolutely must restructure on the line below.

➤ **Drugs & Alcohol**

Benefits of NOT doing this	Empowering Questions
1) I will not predispose myself to liver, heart disease and high blood pressure.	1) How can I improve my overall health?
2) I will not accelerate the aging process.	2) What do I need to do to slow down or reverse the aging process?
3) I will always be able to drive myself home.	3) How can I make sure I never have to leave my car anywhere?
4) I will have a greater level of power over myself and the things around me.	4) What action do I need to take to increase my self-power and control?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture: ➤ **Associated**

Describe your Old Picture: ➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state you absolutely must restructure on the line below.

➤ **Over (Under) Eating**

Benefits of NOT doing this

Empowering Questions

1) I will feel more in control over every aspect of my life.	1) How can I gain more control over every aspect of my life?
2) I will be able to establish and maintain greater self-esteem.	2) How can I establish and maintain a greater self-esteem?
3) I will have a more loving relationship with myself, family and friends.	3) What do I need to do to be more loving toward family, friends & myself?
4) I will feel more comfortable in social situations.	4) How can I feel more comfortable in social situations?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state
you absolutely must restructure on the line below.

➤ **Smoking**

Benefits of NOT doing this	Empowering Questions
1) I will not predispose myself to lung cancer and heart disease.	1) How can I improve the health of my heart and lungs?
2) My breath, home and clothes will not smell like stale smoke.	2) How can I improve the fragrance of my breath, home and clothes?
3) I will not have yellow/brown tobacco stained teeth.	3) What do I need to do to brighten my smile?
4) I will not continually offend people who do not smoke.	4) How can I improve my rapport skills?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture: ➤ **Associated**

Describe your Old Picture: ➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤ **Coffee**

Benefits of NOT doing this

Empowering Questions

1) I will not have brown teeth and bad breath.	1) What do I need to do to improve the appearance of my mouth?
2) I will increase my insulin sensitivity by 15%.	2) How can I increase my insulin sensitivity?
3) I will not increase my homocysteine to dangerous levels.	3) How can I better manage my homocysteine level?
4) I will have more patience for people I care about.	4) How can I be more patient with the people I care about?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System Samples

Please write down one habit, behavior or emotional state
you absolutely must restructure in the box below.

➤ **Sugar**

Benefits of NOT doing this	Empowering Questions
1) I will not be eating empty calories that add fat instead of muscle.	1) How can I eliminate empty calories?
2) I will not be doing constant damage to my teeth and gums.	2) What do I need to do to eliminate damage to my teeth and gums?
3) I will not have to suffer through the low points and mood swings.	3) How can I eliminate my emotional low points and mood swings?
4) I will have more energy for the things I enjoy.	4) How can I find more energy for the things I enjoy?

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture: ➤ **Associated**

Describe your Old Picture: ➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
3) REPLACE	➤ SWITCH PATTERN

The Stop and Replace System

Following are the blank Stop and Replace System Sheets. You will use these sheets to restructure programming that does not work for you. How often and how long you will need to restructure an old program has several variables and they are:

- 1) Age
- 2) Gender
- 3) How much physical abuse was used to reinforce your programming?

The bottom line is this is the most powerful tool you have for taking control of your subconscious programming. You must decide to what extent you wish to change and how much restructuring you wish to do on your old programming.

Fear Guilt and Anger

Fear and guilt are used on you to try to control your behavior. As a result, these two emotional states eventually turn into anger. This is why we start out with guiding you through the process of restructuring these emotional states because they are also the most limiting. What you wish to restructure from there is up to you. Fear, guilt, and anger are also the motivation behind a wide spectrum of behaviors that do not work. Some people think they have to have fear so they do not do things like jump off a tall building. You do not have to be afraid of heights to keep yourself from jumping off a tall building. All you need to know is what the results will be and that is usually enough. Does the emotional state of fear ever need to be more than concern? The quick answer is no. You will ultimately decide when you are comfortable with this emotional state.

If any emotional state is debilitating to you in any way, you need to restructure it until you control it and it does not control you.

The STOP & REPLACE System – Fear

Fear

You will begin the process of restructuring with fear. At the top of the first blank Stop and Replace System on page 18, please write Fear in the first box with the arrow in it. If there is something specific to you such as fear of crowds, etc., write that in next to it. Fear can also include doubt, insecurity, etc. In other words, you could be insecure about accomplishing your goals, about the way you look, about your relationships. All of these pertain to Fear.

Benefits of NOT doing this and Empowering Questions

In the left column below fear, it states Benefits of NOT doing this. If you have a difficult time thinking of the Benefits of not being fearful, refer to the Stop and Replace Samples. If you refer to the samples, only use the information there if it is specific to you. Remember you also refer to the Benefits of doing something as anchors so what you are doing is moving yourself away from what you wish to restructure. What might the advantages be for not being fearful? Can fear keep you from getting things done? Yes. If this applies, write in. “I will not procrastinate over things I know need to be done.” In the right hand column, you will write a correlating **Empowering Question**. If your positive anchor was “I will not procrastinate,” the **Empowering Question** would be...“How can I restructure procrastination?”

You have now begun the process of moving away from fear by realizing a Benefit for not being fearful and asked a question that will begin to move you toward something that will empower you. Something else has also happened here. You have also uncovered something else you want to restructure which is, of course, procrastination. Much of the time when you are writing down **Benefits of NOT doing this**, you will uncover other things you may want to restructure so **always scrutinize your Benefits for anything else you wish to restructure**.

What other positive benefits might there be for not being fearful? If you do not procrastinate, you will be more productive so your next benefit might be...“I will be more productive.” The **Empowering Question** would then be...“How can I increase my productivity?” If you are not spending time on fear or procrastinating, then you would have a lot more time to spend on your food and fitness plan and other things you enjoy; so the next benefit for not being fearful might be: “I will have more time to spend on my food and fitness plan and other things I enjoy.” The **Empowering Question** would be...“How can I find more time to spend on my food and fitness plan and other things I enjoy?” Would the elimination of fear give you more control? Yes! Therefore, the last benefit for not being fearful might be...“I will have a greater sense of control over my environment and myself.” The **Empowering Question** would be...“How can I gain a greater level of control over my environment and myself?”

Answers to Empowering Questions

Right below the Benefits and **Empowering Questions**, you will see a space for Answers to **Empowering Questions**. Be sure to fill this in when the answers come to you. Remember you do not have to sit and work on a question. Just keep asking and the subconscious will eventually give you one. It is important to come back to this every day and continue asking these questions until you are completely happy with the answers.

Describe your Replacement Picture - Associated

Describe your Replacement Picture. The most important question to ask yourself when restructuring a behavior is...What can I use to replace this habit, behavior, or emotional state with that will benefit me?

You cannot just quit something and leave a blank spot in the mind; you must replace it with something before you quit. A good example of this is someone who says..."I can't quit smoking I'll gain weight." You gain weight because you did not make a conscious choice of what you were going to replace the habit with so your subconscious made a choice for you.

There are no limits for this replacement picture. You do however want to make the replacement picture as compelling as possible which means you want to focus on the results as opposed to the process. In other words, everyone likes the results of exercise but very few people enjoy the process so it is important to create an image that is the most compelling to you. The basis for this new picture needs to be a combination of the results of the goals you listed in Step 2 in the Subconscious Perspective and the description of the new self you wrote down in Step 3 the Subconscious Self-Image. After establishing the picture of the new self, enhance it in any way you possibly can. For instance, add music to it if you have a favorite song, add whatever colors you want, or put people in the picture who make you feel good. Also, make sure you always focus on the results of your replacement picture.

Example: If fear is preventing you from getting something done, you want to establish a picture of having the task done as opposed to going through the process.

Describe your Old Picture - Dissociated

Now write down a description of the old picture and remember to stay dissociated from this picture. Do you remember how to dissociate from your negative pictures? If not, go back to Step 3 and review

"The Structure of Your Subconscious Pictures." **It is important you remain dissociated from all pictures in your subconscious you wish to change.**

Your Cue for Fear

After you have written down what the old picture looks like, I want you to take a look at that picture and then back it up. That's right! Go in reverse until right before you begin the behavior. This is known as your Cue. Your Cue is also referred to as a trigger. The Cue is the most difficult part of the Stop and Replace System so if you cannot think of your Cue right now, do not concern yourself with it; just ask yourself the question: What is the Cue or trigger for this issue? It is important to recognize the Cue, so as soon as you think of it, write it down. There is always a beginning to every subconscious process, and it is imperative you stop it before it gains power and takes over what you truly want.

The Switch Pattern for Fear

Now for the fun part, are you ready? We are going to learn how to do the switch pattern. First I would like you to get a good clear vision of your Replacement Picture, **Associated**. Do you have a clear vision of your new picture? Once you have established that picture, set it aside for a moment. Now bring up your Old Picture, **Dissociated**. Remember anytime we talk about the old picture make sure you remain dissociated from it by putting yourself in the back row of a theatre as opposed to actually being part of the picture.

When you recognize your Cue in the old picture, say **STOP** to yourself and then move the picture closer to you, make it smaller, smaller, darker and darker until it's a little black BB right in front of your face. Now shoot it back behind you and blow it up into a million molecules while saying **REPLACE** to yourself, which will simultaneously bring up the new picture. That is the Switch Pattern. This is how you restructure an emotional state and behavior that does not work for you and create a positive permanent change in the subconscious.

All the elements that constitute an emotional state and behavior are within the Stop and Replace System. As long as you assert control and consistently restructure the old process you will have optimum control of your subconscious programming.

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
➤ SWITCH PATTERN	
3) REPLACE	

The STOP & REPLACE System – Guilt

Guilt

On page 21 at the top of the next Stop and Replace System page, write in Guilt. If there is something specific to you such as guilt from food, not exercising, procrastination etc., write that in next to it.

Benefits of NOT doing this and Empowering Questions

In the left column below guilt, it states Benefits of NOT doing this. What might the benefits be for not being guilty? If you have a difficult time thinking of advantages for not being guilty, refer to The Stop and Replace samples. Remember, when you refer to a sample, only use the information there if it is specific to you.

What might a big advantage be for restructuring guilt? What does guilt do to you? Guilt tends to help generate your negative self-talk. Restructuring guilt will help you eliminate your negative self-talk. The benefit or anchor then for not being guilty would be...“I will be able to eliminate my negative self-talk.” If this is relative to you, write it down. An **Empowering Question** for this benefit might be...“What do I need to do to permanently eliminate my negative self-talk?”

You have also once again uncovered something you want to restructure if you marked in eliminating negative self-talk as one of your benefits or anchors. What other benefits or anchors are there for not being guilty? If you restructure guilt, will you feel better emotionally? Yes. Therefore, another benefit for not being guilty is...“I will feel better emotionally.” A suggestion for the correlating **Empowering Question** would be...“What action do I need to take to improve my emotional state every day?”

Another benefit for not feeling guilt is...“I will eliminate behaviors that make me feel guilty.” The **Empowering Question** would be...“How can I permanently Stop behaviors that make me feel guilty.” Another benefit for not being guilty is...“I will be able to eliminate guilt as an excuse for over eating, not exercising etc.” The **Empowering Question** would be...“How can I permanently eliminate guilt as an excuse for over or under eating and skipping my fitness plan?”

Answers to Empowering Questions

Be sure to fill in your Answers to **Empowering Questions** when the answers come to you. Drop down to your replacement picture.

Describe your Replacement Picture - Associated

Once again, the basis for this new picture needs to be a combination of the results of the goals you listed in the Subconscious Perspective and the description of the new self you wrote down in the Subconscious Self-Image. After establishing the picture of the new self, make sure the structure is the same as your initial replacement picture and enhance it in any way you possibly can.

For instance, add music to it if you have a favorite song, add whatever colors you want, or put people in the picture who make you feel good. Make sure you focus on the results of your replacement picture. Always go for the results of not feeling guilty and **Associate** with this picture.

Describe your Old Picture - Dissociated

Make sure you keep yourself out in the audience of the theater when viewing this picture or up in the balcony looking down at yourself, looking at this picture.

Your Cue for Guilt

When you are done describing the old picture, continue to look at it and then run it backwards until right before you begin the behavior. This is your cue.

The Switch Pattern for Guilt

Are you ready for the switch pattern? First, get a good clear vision of the new picture and make sure you are a part of it. Once you have established that picture, I want you to move it aside for a moment.

Now establish a dissociated vision of the old picture. When you recognize the cue in the old picture, say **STOP** to yourself and then move the picture closer to you, make it smaller, smaller, darker, and darker until it's a little black BB right in front of your face. Now shoot it back behind you and blow it up into a million molecules while saying **REPLACE** which simultaneously brings up the new picture.

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ Associated

Describe your Old Picture:

➤ Dissociated

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System – Anger

Anger

In the box at the top of the next Stop and Replace System sheet on page 24, please write in anger. If there is something specific, add that in. In other words if you have anger toward yourself, a family member, a friend, your boss or the way your life is going.

Benefits of NOT doing this and Empowering Questions

What is one of the biggest Benefits of not being angry? What is usually significantly impaired when you get angry? Do you begin to communicate differently? Yes. Your first benefit for not being angry might be...“I will not lose control of my ability to communicate effectively.” And of course the **Empowering Question** would be: “How can I improve my communication skills?”

What other benefits might there be for not being angry? Do you ever stuff this emotion with food? If the answer is yes, your next benefit for not doing this might be...“I will not be able to use anger as an excuse to over or under eat.” The **Empowering Question** would be...“How can I eliminate anger as an excuse to over or under eat?”

Would you be more loving toward yourself, your family, and others? Yes. If this pertains to you, please write it down. The **Empowering Question** for this benefit would be...“How can I be more loving toward my family, others, and myself?”

Would you have more fun with life? Definitely! If this pertains to you, another benefit might be...“I will have more fun with life.” The **Empowering Question** would be...“How can I have more fun with everything I do in life?”

Answers to Empowering Questions

Be sure to fill in your Answers to **Empowering Questions** when the answers come to you.

Describe your Replacement Picture - Associated

When you have finished the positive anchors and **Empowering Questions**, drop down and describe your new picture associated. Once again, the basis for your new picture needs to be a combination of the results of the goals you listed in Step 2 of the Subconscious Perspective and the description of the new self you wrote down in Step 3 of the Subconscious Self-Image.

After establishing the picture of the new self, make sure the structure is the same as your initial replacement picture and enhance it in any way you possibly can. For instance, add music to it if you have a favorite song, add whatever colors you want, or put people in the picture who make you feel good. Also, make sure you always focus on the results of whatever your replacement picture is.

Describe your Old Picture - Dissociated

When you have finished describing the new picture, describe the old picture, dissociated.

Your Cue for Anger

Were you able to recognize your cue? If you were not able to clearly recognize your cue, just ask yourself the question: What is the cue for this picture?

The Switch Pattern for Anger

Get a clear vision of the new picture and make sure you are a part of it. Once you have established that picture, move it aside for a moment. Now establish a dissociated vision of the old picture. When you recognize your cue in the old picture say **STOP** to yourself and then move the picture closer to you, make it smaller, smaller, darker, and darker until it's a little black BB right in front of your face. Now shoot it back behind you and blow it up into a million molecules while saying **REPLACE** to yourself, which simultaneously brings up the new picture.

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
➤ SWITCH PATTERN	
3) REPLACE	

Continue to Restructure

It is important to reread these sheets every day until you have completely destroyed the old program and installed a new one of your choice. If you have not begun to see significant results after 7 days, you will need to use another blank Stop and Replace sheet and rewrite all of your benefits, **Empowering Questions**, new and old picture and of course a clear identification of your Cue.

Every time you reread your Stop and Replace sheet, you are moving closer to permanently restructuring an old subconscious program. This is how you learned what does not work and this is how you restructure it.

You have seven more blank, Stop and Replace pages to take control of whatever may be controlling you that does not work. It is now up to you to determine what you are happy with and what you are not happy with.

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System

Please write down one habit, behavior or emotional state
you absolutely must restructure in the box below.

➤

Benefits of NOT doing this	Empowering Questions
1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture: ➤ **Associated**

Describe your Old Picture: ➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤	
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Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ Associated

Describe your Old Picture:

➤ Dissociated

The Switch Pattern

1) CUE
2) STOP
➤ SWITCH PATTERN
3) REPLACE

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
	➤ SWITCH PATTERN
3) REPLACE	

The STOP & REPLACE System

Please write down one habit, behavior or emotional state you absolutely must restructure in the box below.

➤

Benefits of NOT doing this

Empowering Questions

1)	1)
2)	2)
3)	3)
4)	4)

Answers to Empowering Questions:

1)
2)
3)
4)

Describe your Replacement Picture:

➤ **Associated**

Describe your Old Picture:

➤ **Dissociated**

The Switch Pattern

1) CUE	
2) STOP	
➤ SWITCH PATTERN	
3) REPLACE	

The most dramatic results you will ever achieve for something you wish to change will be made with the use of the Stop and Replace System. The Stop and Replace System will allow you to take control anytime you choose to do so. You are no longer subject to what you have learned or how you have been programmed. You can now ultimately decide what information remains in the subconscious and what information will not. The only question in regard to using the Stop and Replace system regularly is...“Do I want my programming to control me or do I want to take control of my programming?”



Step 5

The Heart of SR™

Your Pathway to Positive Empowering Change

The Heart of SR™ consists of your **Love, Health, Wealth, and Self Image**. Now that you understand how to take control of your emotional state and behavior, it is necessary you use these skills on a daily basis. The way you process information can be dramatically changed in a short period of time, simply by consistently implementing The Heart of SR™.

Feel free to bend, shape, rearrange, and change any questions to suit your exact needs. **It is imperative you ask yourself a minimum of one question per category every night before you go to bed and every morning after you get up.** This is the least you must do in order to maintain control of your subconscious.

The Five Key Questions

The First Three Key Questions You Will Ask Yourself About Everything Through the Course of Your Day Are:

- 1) Does this work for me?
- 2) How do I feel and will I benefit from the **results** of this? (If the answer is no, ask yourself this next question)
- 3) What can I replace this with that I will benefit from?

The Two Key Questions to Use Instead of Reprimanding Yourself Are:

- 4) What can I learn from this? *and*
- 5) How can I use this experience to move myself more quickly toward my goals?

The first of these five questions is the most important because you can plug many different things into it. For instance, does this **program** work for me? I want you to ask yourself this question because the objective is to insure your success. You now have the resources to do that, but you need to know what is working and what does not.

Other things you may want to plug into this first key question are: Does this food plan work for me? Does this fitness plan work for me? Does this relationship work for me?

The second question is important because there are things in your life you think may work for you, but you may not benefit from the results. The best example of this is cigarette smokers. If I ask a smoker: “Does smoking work for you?”

The image they will usually see initially is kicking back, relaxing, and enjoying their cigarette so the initial answer is many times yes. If I then ask...“How do you feel and will you benefit from the results of smoking?” This brings up a totally different picture especially if you ask them to look at the results 10, 20 or 30 years from now.

You now see someone whose mouth looks like a puckered rectum, breathing has become difficult, and they have significantly shortened their quality of life. The third question is important because you cannot leave a blank spot in the subconscious mind. If you do not make a choice for replacement of an emotion, habit or behavior, the subconscious will make one for you. The whole point of this program process is not to become who you are by accident, especially if it simply does not work.

Reprimanding yourself will not only keep you where you are but will also increase the weight of the anchor for what you do not want. Asking the last two questions will allow you to not only move away from making yourself feel bad, it will also allow you to use every experience in your life. **Nothing** in life is negative or useless if you fully understand how to speak to yourself about it.

Empowering Questions for My

Love

1) How can I make sure I continually and perpetually live in the light of love?

2) What do I need to do to be more loving toward my family, others and myself?

3) What do I need to restructure that is be keeping me from my perfect love?

4) What action do I need to take to ensure I perpetually live in the light of love?

5) What questions do I need to ask myself to ensure I live in the light of love?

6) What questions do I need to ask myself during prayer or meditation?

7) How can I be more of a magnet for my perfect love?

8) What do I need to do to perceive all relationships as beneficial?

9) How can I stay focused on being grateful for what I have been blessed with?

10) How can I make every person a golden link in the chain of my good?

Empowering Questions for My

Love

11) What do I need to do to improve all my relationships?

12) How can I make sure my love never turns to hate or fear?

13) How can I be more receptive to all the love that surrounds me every day?

14) What do I need to do to perpetuate my perfect love?

15) What questions can I ask myself that will make me more of a magnet for my perfect love?

16) How can I improve my communication skills with the ones I love?

17) What am I willing to do to ensure my perfect love?

18) What action do I need to take to become more of a magnet for my perfect love?

19) What will happen today that will give me incredible pleasure for no reason?

20) How can I use every emotion and every life experience to move myself forward?

Empowering Questions for My

Love

21) What questions can I add to this list that will perpetually move me toward a powerful, empowering **Love**?

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Empowering Questions for My

Health

1) What action can I take to create positive change in my life every day?

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2) How can I make sure I stay in the habit of restructuring things that do not work?

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3) What do I need to do to maintain my excitement and enthusiasm for my fitness program every day?

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4) Why do I feel so excited and enthusiastic about my fitness program?

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5) How can I have more fun with my new eating, exercise and other new habits?

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6) Who or what do I need to process out my life that is keeping me from my perfect health?

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7) How can I use all the things in my life to move me toward my perfect health?

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8) How can I make sure I only ask questions that work for me and move me quickly toward my food and fitness goals?

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9) What exercise do I enjoy enough to make it a permanent part of my weekly or daily workout routine?

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10) Why do I love working out so much?

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Empowering Questions for My

Health

11) What do I need to do to establish a permanent subconscious program that will continually and perpetually move me toward my perfect health?

12) What do I need to do to keep my emotional state from becoming erratic?

13) What am I the most excited about in my life?

14) What do I need to do to empower myself every day?

15) How can I make sure I only ask questions that will propel me toward my goals?

16) What do I need to do to maintain a consistent exercise program?

17) What do I need to do to maintain my perfect health?

18) What is keeping me from my perfect health and what do I need to do to restructure it or remove it from my life?

19) What questions do I need to ask myself every day to insure I am continually moving toward my perfect health?

20) What foods will have the most positive effect on my emotional state?

Empowering Questions for My

Health

21) What questions can I add to this list that will perpetually move me toward my perfect **Health**?

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Empowering Questions for My

Wealth

1) What do I need to do to perceive every experience as a positive?

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2) How can I maximize my productivity every day?

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3) What do I need to restructure that may be keeping me from my perfect wealth?

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4) What do I need to do to more clearly define my goals?

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5) What do I need to do to maintain the focus of my goals?

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6) What subconscious programs do I need to change to move more quickly toward my goals?

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7) What action do I need to take to use every life experience as a stepping-stone toward my goals?

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8) What do I need to do to draw all things into my experience that will ensure my success?

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9) How can I make sure I stay focused on the task at hand?

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10) How can I eliminate confusion?

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Empowering Questions for My

Wealth

11) How can I keep myself up, on, centered and focused?

12) What do I need to do to become more of a magnet for my perfect wealth?

13) How can I increase my-decision making speed?

14) What do I need to do to perpetuate my perfect wealth?

15) What am I willing to do to ensure my perfect wealth?

16) How can I make sure I exploit my potential to the maximum every day?

17) What questions do I need to ask myself to clearly define the divine design of my life?

18) How can I make all things in my life work for me?

19) How can I use all events in my life as a stepping-stone to move me toward my goals?

20) What questions do I need to ask myself everyday to ensure I am always moving in the direction of my goals?

Empowering Questions for My

Wealth

21) What questions can I add to this list that will perpetually move me toward my perfect **Wealth**?

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Empowering Questions for My

Self-Image

1) How can I make sure I continually maintain a positive self-image?

2) What do I need to do to improve my sense of humor?

3) What do I need to do, to consistently maintain my new self-image?

4) Why am I so happy?

5) What subconscious pictures or self-talk do I need to change to insure a positive self-image?

6) How can I take greater control of my emotional state?

7) How can I make sure I fully enjoy every day of my life?

8) What goals do I need to set in order to ensure my happiness and maintain a powerful self-image?

9) What do I need to do to make sure all levels of consciousness are continually and perpetually integrated?

10) What do I need to do to maintain my emotional health?

Empowering Questions for My

Self-Image

11) What action do I need to take every day to maintain my emotional health?

12) What do I need to do to stay focused on all the positive aspects of my life?

13) What is the divine design of my life?

14) What do I need to do to fulfill the divine design of my life?

15) What do I need to do to make this a perfect day?

16) How can I make this the best day I have ever had?

17) What do I need to restructure that is be keeping me from my most powerful self-image?

18) What am I willing to do to maintain my new self-image?

19) What do I need to do to perpetuate my new self-image?

20) What do I need to do to be closer to who I am instead of what I have learned?

Empowering Questions for My

Self-Image

21) What questions can I add to this list that will help me maintain my new **Self-Image of Love, Health, and Wealth?**

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22)

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Step 6

Food & Fitness Planner

Getting consistent control of your emotional state includes consistent control of what you eat, drink, and the type and amount of exercise you get. Why is it important to plan your food and fitness schedule? It is important because the process of an unconscious attack on the body with food can start a day or even days before you indulge in a behavior that will throw you completely off course and out of control. Planning your food and fitness schedule is a big part of reprogramming these behaviors, and you need to plan them out until it becomes automatic.

Starting from the top, you have a start date and end date. You always want to plan your food and fitness schedule the day before so on this first page you start on Sunday and plan your food schedule for Monday. On Monday, you plan your schedule for Tuesday and so on.

Food & Fitness Plan Instruction Set

Food Plan - Please plan your meals the day before. If you are working with a Registered Dietitian or Nutritionist, you will need to mark in estimates of the following along with the type of food. For a more comprehensive breakdown of the foods you eat look up “Glycemic Index” at Google.

P - Protein

C - These are complex carbohydrates such as fruits and vegetables

G - These are grains such as bread, muffins, bagels, etc. (Grains are known as simple carbohydrates)

F - Grams of Fat

Water: Estimated amount of water

Sleep: Sleep is a very fundamental issue when taking control of your emotional state and Food and Fitness plan. The body sees sleep deprivation as a state of stress and cortisol is a stress hormone. Cortisol causes in turn the release of insulin.

Emotionally Driven Food - This is where you mark in your emotionally driven food or drink. Identify the emotion and use The **STOP** and **REPLACE** System to initiate change and take control.

Fitness Plan - Please plan your fitness schedule the day before. Mark down the type of workout and amount of time. If you did aerobics only mark in your approximate heart rate.

Weight - A recent study has found people, who were most successful at maintaining a consistent weight, weighed themselves every day. You must ultimately determine if this is going to work for you. You have enough Food and Fitness Planner sheets for 30 days.

Food & Fitness Planner

Start Date _____ End Date _____

MONDAY		TUESDAY		WEDNESDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
G					
F					
Water:					
Afternoon:		Afternoon:		Afternoon:	
P					
C					
G					
F					
Water:					
Evening:		Evening:		Evening:	
P					
C					
G					
F					
Water:					
Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	



Food & Fitness Planner

Start Date _____ End Date _____

THURSDAY		FRIDAY		SATURDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
G					
F					
Water:					
Afternoon:		Afternoon:		Afternoon:	
P					
C					
G					
F					
Water:					
Evening:		Evening:		Evening:	
P					
C					
G					
F					
Water:					
Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	

Food & Fitness Planner

Start Date _____ End Date _____

MONDAY		TUESDAY		WEDNESDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
G					
F					
Water:					
Afternoon:		Afternoon:		Afternoon:	
P					
C					
G					
F					
Water:					
Evening:		Evening:		Evening:	
P					
C					
G					
F					
Water:					
Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	



Food & Fitness Planner

Start Date _____ End Date _____

THURSDAY		FRIDAY		SATURDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
G					
F					
Water:					
Afternoon:		Afternoon:		Afternoon:	
P					
C					
G					
F					
Water:					
Evening:		Evening:		Evening:	
P					
C					
G					
F					
Water:					
Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	

Food & Fitness Planner

Start Date _____ End Date _____

MONDAY		TUESDAY		WEDNESDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
G					
F					
Water:					
Afternoon:		Afternoon:		Afternoon:	
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Water:					
Evening:		Evening:		Evening:	
P					
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Water:					
Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	



Food & Fitness Planner

Start Date _____ End Date _____

THURSDAY		FRIDAY		SATURDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
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Water:					
Afternoon:		Afternoon:		Afternoon:	
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Evening:		Evening:		Evening:	
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Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	

Food & Fitness Planner

Start Date _____ End Date _____

MONDAY		TUESDAY		WEDNESDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
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Afternoon:		Afternoon:		Afternoon:	
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Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	



Food & Fitness Planner

Start Date _____ End Date _____

THURSDAY		FRIDAY		SATURDAY	
Food Plan		Food Plan		Food Plan	
Morning:		Morning:		Morning:	
P					
C					
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Water:					
Afternoon:		Afternoon:		Afternoon:	
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Water:					
Evening:		Evening:		Evening:	
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Water:					
Sleep:					
Emotionally Driven Food		Emotionally Driven Food		Emotionally Driven Food	
Fitness Plan		Fitness Plan		Fitness Plan	
Weight:		Weight:		Weight:	





Step 7

The Trance-Formation

Step 7 Audio

“The Trance-Formation” Step 7 Audio is available at BurrisConnect.com. Simply make a free account and click on Step 7. There are two tracks to the Step 7 Audio. Track 1 is an explanation of the Trance-Formation and Track 2 is The Trance-Formation. Following is an explanation and the intent of the seventh and final step of SR™.

The Trance-Formation

The term Trance is used to describe a subconscious state, or what you may refer to as meditation or prayer. It is a means of having a greater level of communication with the subconscious. The last half of this term, Formation, refers to the formation of information during your Trance or the structure of your self-talk and pictures. I also refer to the Trance-Formation as accelerated restructuring.

The most powerful means of changing your subconscious programming is through the use of light trance. Light trance is termed light trance because it is not intended for me to take over your subconscious. The intention is for **you** to take control of your subconscious. I am simply the facilitator. The Trance-Formation is also important because it is in essence prayer or meditation with a purpose. It is designed to help you learn how to meditate and for those who already meditate to substantially increase the power of your meditation or prayer.

During your light trance, you remain aware of everything around you and in complete control. Instead of being given generic or general information, the information used during your trance will be specific to you as established in the first six steps of the program. The purpose of the Trance-Formation is not to quiet the mind as in most forms of meditation. The mind has a certain speed it is going to run regardless of what you attempt because this is just part of being alive. You can however take control of what it is doing, and this is what the Trance-Formation is all about.

What you say to yourself is more important than anything anyone will ever say to you or about you. Once you have learned the dialogue of the induction, you can use this to put yourself in a relaxed state that will allow you greater control over your subconscious processes. It is important you put yourself in a Light Trance at least once a day.

The effectiveness of your meditation will always be determined by what you say to yourself and the pictures you choose. The Trance-Formation requires you are not involved in any activity. It is important before listening to the Trance-Formation that you choose a quiet place where you can relax and fully absorb this wonderful experience.

Maintenance

Maintaining Control of Your Subconscious

The program process of SR™ **immediately generates dramatic results** that are unseen in any other form of behavior change.

The big issue is maintenance after you have established your initial results. There are several variables whether an unwanted behavior will, if ever, come back. Age, gender, the amount of physical abuse, and how the behavior was learned to begin with are all factors. Let us start with age. Right now you are in the process of being programmed but past the age of 40, a behavior is going to be more difficult to restructure. Women seem to have about 10 to 15 years longer than men in regard to their ability to restructure in a short period of time. In other words, men get stuck in a behavior at a much more dramatic level at a younger age. The success rate goes down for men over the age of 50 and for women over the age of 60.

You can only move forward if your thinking remains flexible, and you become more inflexible as you age. If you understand and accept this, it will make the process of change easier.

It is imperative you follow up on yourself for a minimum of ninety days. After that, you will need to determine for yourself whether you are satisfied with your programming and if not, you need to continue to restructure subconscious processes that simply do not work.

Another variable is how you learned the behavior. If there was physical abuse in conjunction with emotional and verbal abuse, this is going to require a greater level of maintenance at any age. When I compiled the first version of this program process in the late 1980's and put myself through it, the results were so dramatic I thought I had completely fixed myself. The reality was after a few months went by; I had just peeled away a couple of surface layers so I could restructure the true core issues. During the first couple of years, I ran myself through the program about four times per year. I now put myself through it twice a year. It is a wonderful thing to stay tuned up and in control.

The last and probably the most significant variable in maintaining control of your subconscious is that up until now you have been programmed to allow the subconscious to run itself. Once you allow the subconscious to again run itself you become subject to any and all information stored in the subconscious and new information you are continually exposed to.

It is imperative you have programmed yourself to ask the five key questions every day. The first one is especially important because you can apply it to the two components that bring about an emotional state and behavior.

Ask Yourself Everyday

What am I saying to myself right now?

Is my internal dialogue empowering me?

What pictures am I allowing in the subconscious?

Are my internal pictures keeping me in my most powerful emotional state?

Working with a CBC

Working with a Certified Burris Coach or Coach is your best insurance to establishing and maintaining permanent behavior change. All CBC's are trained to maximize your ability to restructure and maintain your new programming. CBC's have a wide range of expertise. Along with being a Certified Burris Coach or Coach, many of them are also Psychologists, Registered Dietitians, Teachers, Counselors, Personal Trainers and Registered Nurses. If you want to take this program process as far as it can go you may want to work with a CBC.

Step 1 - The Emotional Checklist

If you are doing the program on your own, you will need to print several copies of the Emotional Checklist. If you are working with a CBC, they will supply the Emotional Checklist for you. This will give you a baseline reference you can refer back to. The Relationship Satisfaction Scale correlates with everything else so your numbers here should also continue to improve as well unless you are dealing with someone who insists on staying broken. This is the reason for the first of the five key questions...Does this _____ work for me? You fill in the blank.

Your maintenance schedule for the Emotional Checklist after the first thirty days needs to be once a month and compare it to the one you filled out the previous month. It is important to keep in mind you can always do more. The only question is how far do you want to take it?

Step 2 - The Subconscious Perspective

Are you happy with the progression of your goals?

If the answer to this question is no, reevaluate your goals. Do you need to upgrade them? If you do upgrade them, make sure you respond to the other statements and question on the Subconscious Perspective in regard to your goals.

Empowering Questions

Have all of your Empowering Questions from the Subconscious Perspective been answered?

If they have not, keep asking and then make sure you write them down. If you have answered all of your questions, are you completely satisfied with the answers? If you are not satisfied with the answers restructure the questions until you are completely satisfied with the answer. Example: If one of your questions was..."How can I lose this weight?" You may need to enhance it by asking: "What action do I need to take every day to reach my goal weight and have fun doing it?"

Step 3 - Subconscious Self-Image

Have you been able to maintain your new self-image?

If you have not been able to maintain your new self-image, then this is definitely something you will want to work on in the Stop and Replace System. The issue at the top of the Stop and Replace System would be "Not Maintaining My New Self Image."

Step 4 - The Stop and Replace System

Are you completely happy with the results of the issues you have addressed in the Stop and Replace System?

If the answer to this is no, have you been reading this page every day? You must go back and reread the Stop and Replace System every day for at least a week. If you do not notice a difference, then you need to go back and start a new page with new and better benefits, more powerful questions and a more compelling replacement picture. Continue to restructure until you get what you want and have fully reprogrammed yourself.

Has anything else come up you need to restructure?

Step 5 - The Heart of SR™

Have you picked out a minimum of one question per category and are you reading those questions aloud to yourself every day? This is a minimum you need to do every day for the rest of your life. The mind is an incredible multitasking machine so you can ask as many questions as you wish, and it will work on them all.

Step 6 - Food and Fitness Plan

Have there been any foods that were emotionally driven?

If the answer to this is yes, did you address the issue in the Stop and Replace System? If you have not, you need to restructure it until you have reprogrammed yourself.

Step 7 - The Trance-Formation

The most control you will ever assert over the subconscious is when you are in a subconscious state. This is why it is imperative you use the Trance-Formation until you have established your own method of putting yourself in a subconscious state at least once a day.

Your Support System

Once you establish the foundation for reprogramming yourself, it is up to you to implement these tools anytime you discover something that does not work. A client once commented a few months after going through the program that her mind was running amuck. I asked her if she attempted to stop and intervene on the process and the answer of course was no. As I stated earlier, if you do not run the subconscious, the subconscious will run itself. If you belong to any group, you can hire a CBC that will implement, develop and grow your support system. Here again, the fundamental question is...What is going to work the best for me?

SUBCONSCIOUS RESTRUCTURING®

A DEFINITIVE STANDARD

Intelligence (IQ) – A significant improvement in your intelligence will happen via improvement of your Emotional Intelligence.

Emotional Intelligence (EQ) – Everything you have ever seen, heard, smelled, tasted or felt is stored in your subconscious. The subconscious uses this information to determine how you emotionally respond to your world. The only real control over this autonomic process is to first understand how it works and then how to interrupt, restructure and reprogram all subconscious programming which simply does not work. Once you have put yourself through the SR™ process you will have the tools you need to take control of what had previously been an automatic process. A full understanding of how an emotional state comes about will allow you complete control of your behavior and significantly improve your Emotional Intelligence.

Spiritual Intelligence (SQ) – Everyone who is claiming they can take you to higher spiritual ground but cannot tell you how the subconscious works is simply guessing. It is imperative you know how the subconscious works because the only path to the superconscious is via the subconscious. The conscious and subconscious must be fully integrated and working together if you truly wish to reach higher spiritual ground. Understanding how to fully integrate the conscious with the subconscious is one of the many residual benefits of the SR™ process.

Personal – Your personal life is determined by previous programming. However you were or are being programmed will determine how good your personal relationships are. The variable now is that you do not have to follow your previous programming if you choose not to.

Education – There will always be someone you will come across as you are going through your education that can and will put you in an emotional state that simply does not work. The reason for your inability to succeed will be focused on this person. This is not the case if you improve your Emotional Intelligence and take control of how you perceive your world. All information is processed in a way that will allow you to move more quickly toward all your goals at school and outside of school.

WORKING WITH A CBC

The Emotional Measurement™ Process of SR™ represents an exciting new way of thinking that will empower you to take control of every aspect of your life. This new way of thinking may also represent some challenges that can easily be overcome through the use of a Certified Burris Coach (CBC). Every CBC is trained to shape themselves and the program around their clients to get the absolute maximum out of every session. Many CBC's also have backgrounds in the military, teaching and psychology which will assist in insuring your success. To locate a CBC please visit BurrisConnect.com.