



Conscious Dating Tele-Seminar Series



Conscious Dating: Managing Your Inner Critic

Study Guide

Date	Thursday, September 6, 2007
Time	6:30 PM Pacific/9:30 Eastern
Call-In Number	218-486-3694
Pin #	9170752#

Internal dialogue is the real-time conversation you have with yourself about everything that's happening in your life and the world around you. It can be positive and encouraging, or negative and sabotaging.

Have you ever wondered why your inner dialogue is sometimes supportive, and at other times disruptive and upsetting?

The truth is, the thoughts you have that form these inner conversations come from two distinct sources: One - your "Inner Voice" - provides unerring guidance to help keep you on track with your goals and dreams, while the other – your "Inner Critic" - presents obstacles and limiting beliefs that will keep you from those dreams.

Unfortunately for most people, the Inner Critic's strong, negative voice is so overpowering, it prevents them from taking action and achieving their goals.

This program will reveal how you can take control of your internal conversations and create the life you want.

In this program you will learn:

- The origins and workings of the Inner Critic and the Inner Voice;
- Why one will never lie to you, while the other will always mislead you;
- How you can easily identify which one is in charge of the conversation;
- Why habitual behavior is a key to retraining the Inner Critic, eliminating your limiting beliefs and accelerating the Law of Attraction;
- The 5 step process for controlling your internal conversations and your life.
- And more!

I. Introduction

We have 2 distinct internal voices that communicate with us. Many people think it is one voice, from one source, so you will often hear people use the term inner critic or inner voice, as though they are interchangeable. They are not.

The Inner Critic is the voice within that _____ us and causes _____ distress.

It speaks with overwhelming authority about things that are based on a _____ belief. It's voice always makes you feel _____.

The Inner Critic is the voice of the _____ mind, which is the seat of all learned behaviours, attitudes, beliefs, memories, interpretations and experiences.

The Inner Critic's original function is to protect us from the _____ and the _____ of being found "less than" we should be.

The limiting beliefs that are buried in the subconscious mind and voiced by the Inner Critic are generally not in _____ with what we want at a conscious level.

The **Inner Voice** is that quiet, confident voice that comes from _____ us, whose job it is to provide us with _____. Some people call it intuition or instinct, while others call it our inner or spiritual guidance system.

It usually speaks _____, and is unerringly _____. Remember, your intuition is never _____, although your interpretation of it may sometimes be _____.

The Inner Voice will help keep you on track with your _____ and _____, because it is in complete alignment with what you want.

If you begin to feel distressed, discouraged or unhappy as a result of an internal conversation, be assured that it is the Inner _____ speaking.

If you feel happy, confident and encouraged to stay on your path, and have thoughts about taking positive action, you are definitely listening to your Inner _____.

II. Here are a few quick steps to help you determine which voice has the floor:

1. Check in with your _____

2. Connect with your _____

III. Ways to spot a limiting belief:

- You tell yourself that you only have one or two _____ in a situation, or "no _____" at all.
- A decision may appear to be _____ and _____ to you,
- You have decided that "this is the way the world is" and you have no _____
- You make a decision based on _____
- You lack _____ about a specific situation.

It is important to understand the difference between the _____ and the _____ minds.

IV. _____ Mind:

- Processes 4 billion bits of information per second
- Functions 24/7
- Seat of all memories, emotions, fears, behaviors, automatic responses, defenses and biases
- Directly influences who you are and what you become through this accumulation of perceptions, programming and conditioning
- Accepts facts to be true based on ONLY one of two criteria:
 - it is a thought handed down by the conscious mind, or it exists in the subconscious mind's current database of experiences/knowledge

V. _____ Mind:

- Processes 2000 bits of information per second
- Is fully reasoning
- Is present when you are consciously aware of and paying attention to something
- Makes one decision at a time
- Can control the subconscious:

In summary, the subconscious:

- thinks in _____ time only
- thinks _____
- can be given _____ by the conscious mind
- _____
- always _____ / handles thousands of processes at a time
- _____ everything it sees or hears

VI. What does this mean?

It means that if you know how to _____ with the subconscious mind you can :

- change the way it _____ by substituting negative thoughts with positive thoughts and by _____ what you want.
- You need to format those thoughts in the _____ tense

VII. We can rewire our thinking by following 5 steps:

1. Become _____ of Your Limiting Beliefs

Pay attention to the internal dialogue. Decipher their meaning and identify your _____ beliefs.

2. Catch and _____ the Limiting Belief

Be aware each time the Inner Critic speaks.

_____ the negative thought, by simply saying “No, that is not true!

3. _____ the New Belief

_____ the new truth – one that is in alignment with your life vision and goals.

4. _____ the Process

_____ this process as often as required.

5. Set Aside Time for _____

Set aside the same time every day to _____ your vision and goals.

For the complete written transcript and MP3 audio recording of this seminar please visit www.consciousdatingseminar.com

Upcoming Programs

➤ Thursday, October 4th - 6:30pm pacific/9:30pm eastern –

Conscious Dating: Practical Tips for the First Three Dates

Thank you for participating in tonight's program!

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Until next time! *David Steele and Frankie Doiron*

