

Before the workshop...

- Print out these pages, and the phone number and PIN for the call
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages
- Identify a food that you dislike: the mere thought of this food should make you grimace in disgust. We will be using this to practice eliminating feeling-responses.
- (Optional) Obtain some of the food you dislike, and have it available to you during the workshop, so that we can produce the feeling and test its elimination.
- Prepare a list of your top three unwanted feelings that you'd like to get rid of
- Call in to the conference line a few minutes ahead of schedule, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking (use "6" on your touchtone keypad to mute or unmute)

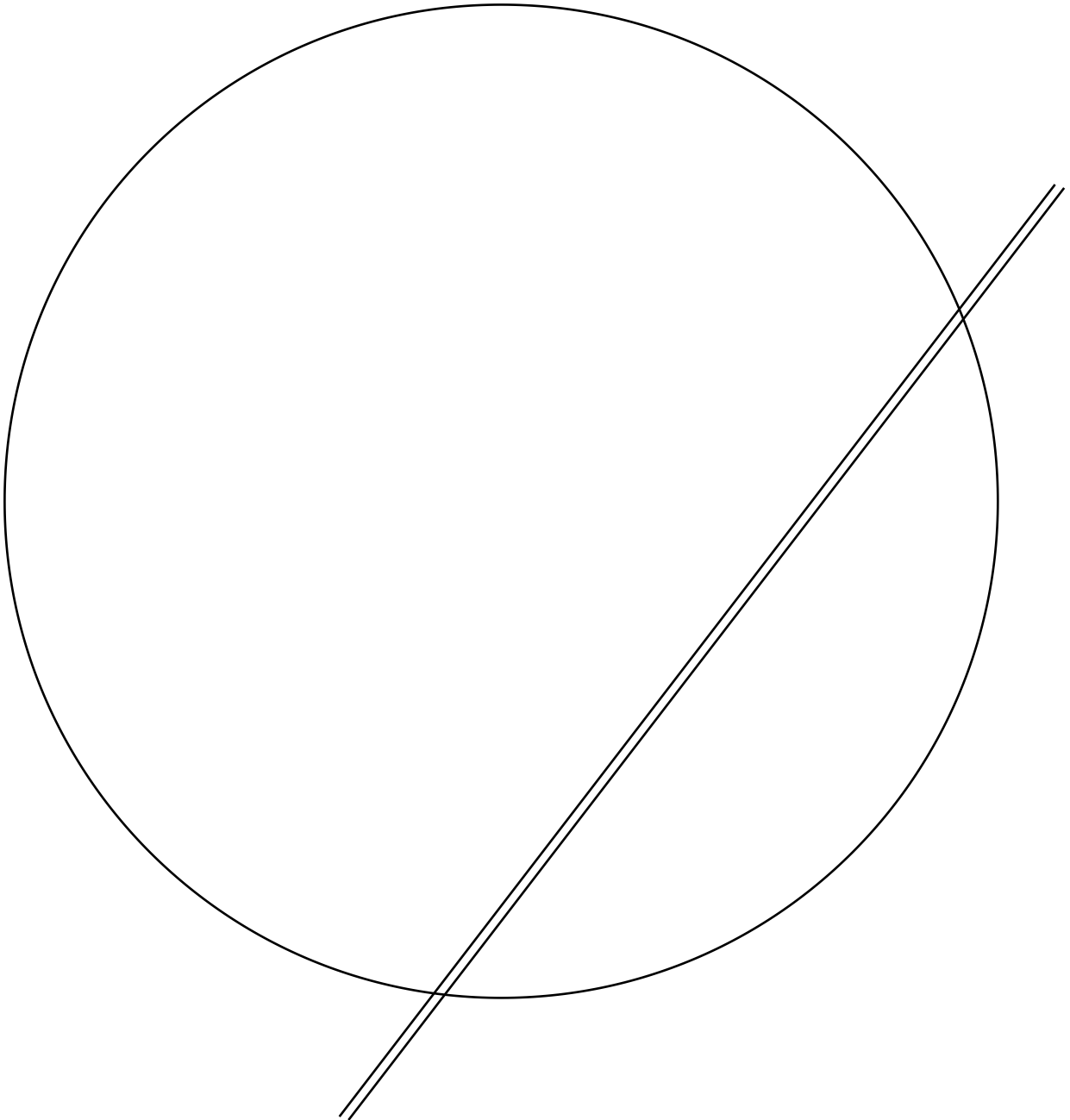
The Top 3 Things That Stop 90% of All Change Efforts Dead In Their Tracks

1.

2.

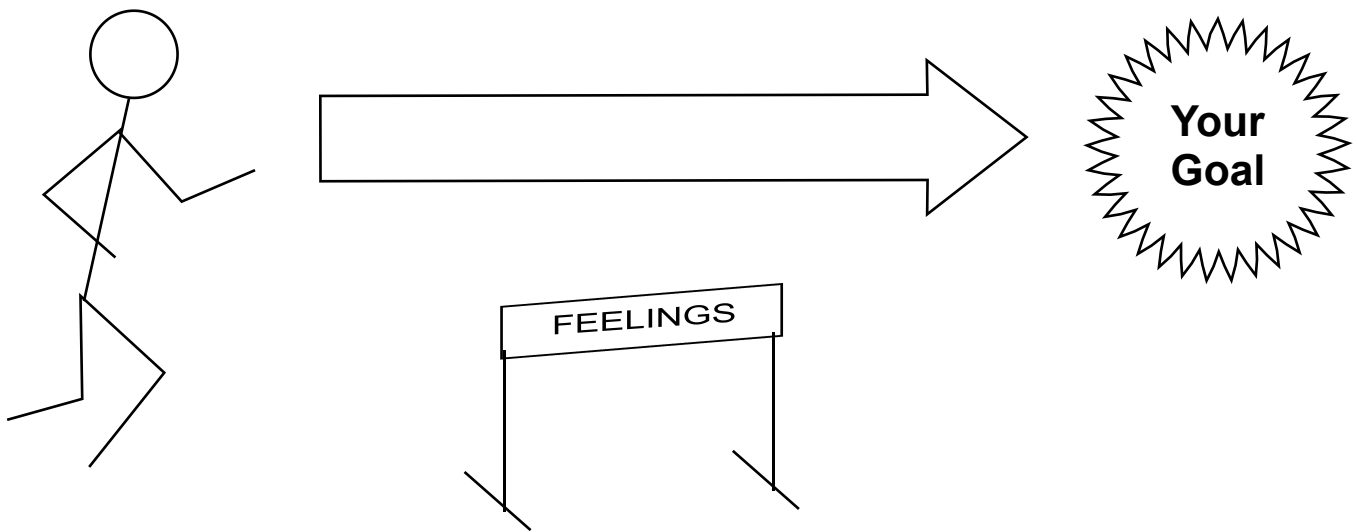
3.

How You Lose Control of Yourself ...and Your Life



Resistance is futile... accept to move on!

Use Your Goals to Find Your Blocks



You won't get anywhere by standing still!

Liking Yourself Means...

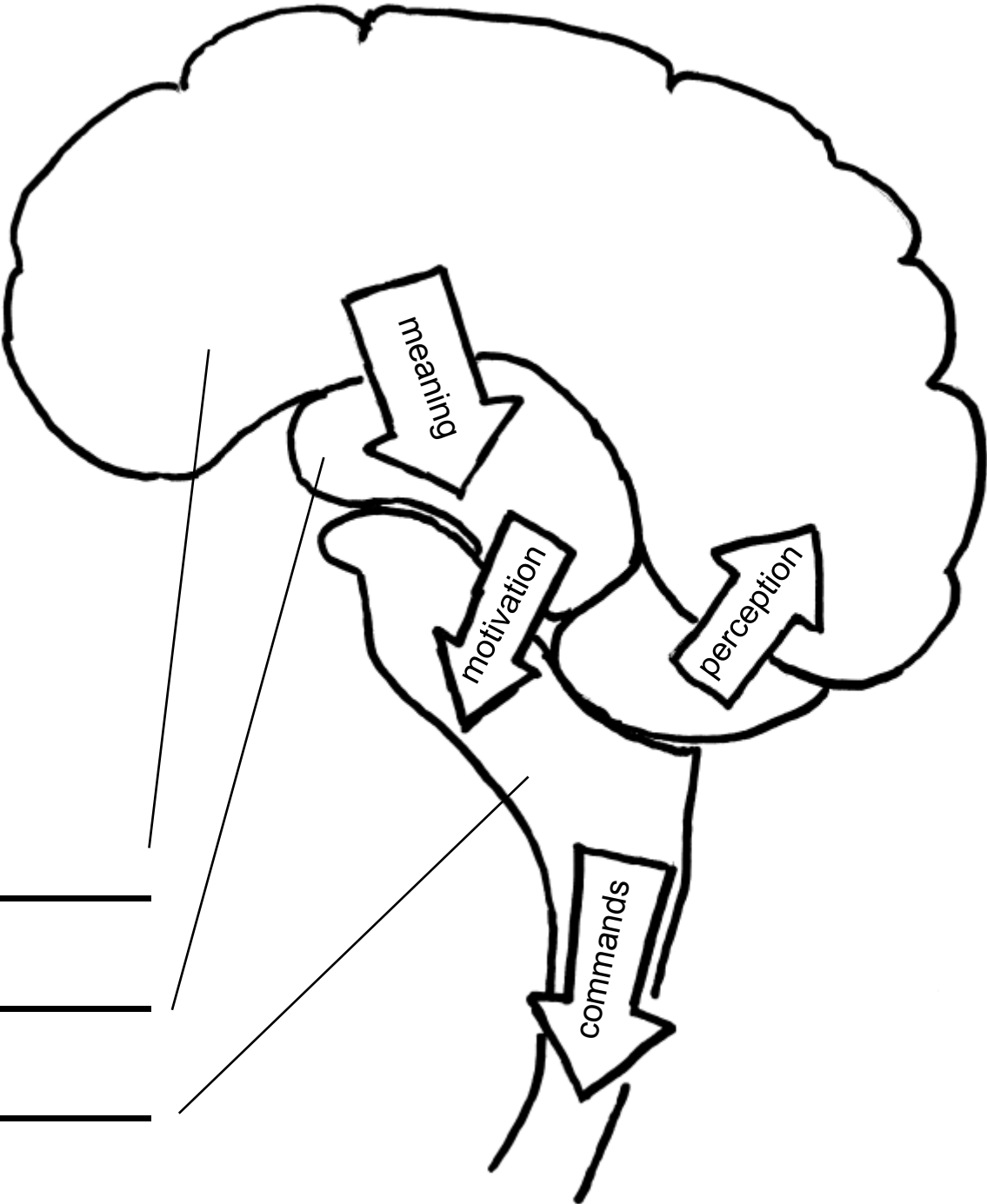
1. Going out of your way to:

_____!

2. If you want to win, you have to:

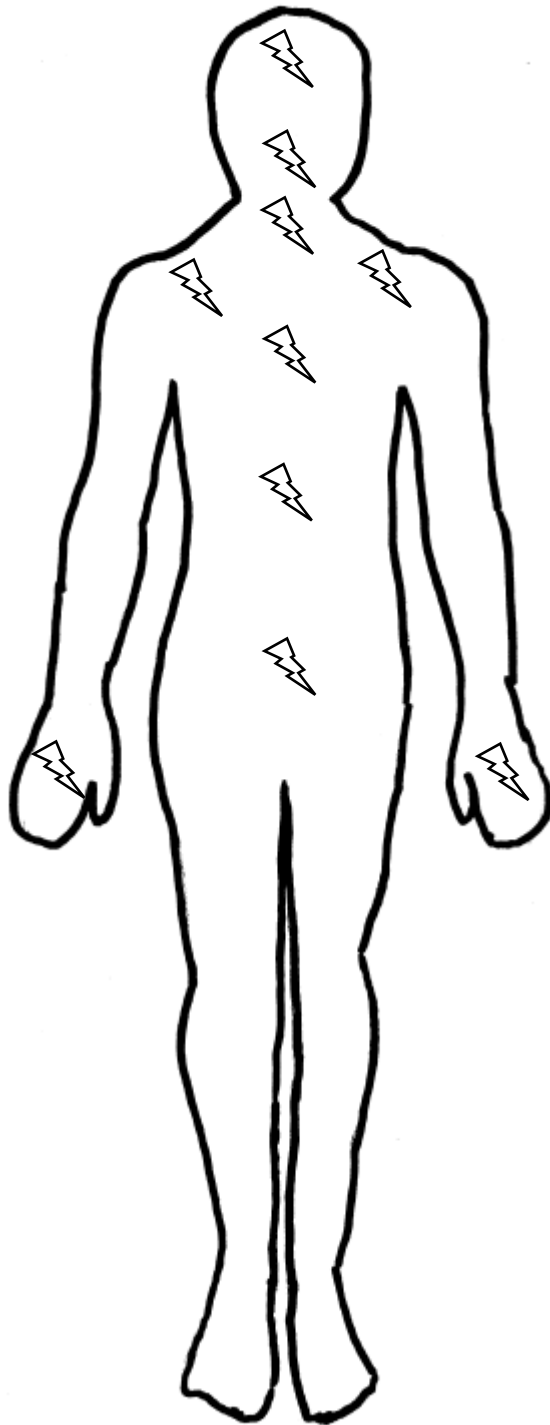
_____!

An Oversimplified Model of Your Brain



- 1. _____
- 2. _____
- 3. _____

Find The Feelings in Your Body (Not your mind!)



Some key areas to check:

- Forehead
- Jaw
- Throat
- Neck and shoulders
- Chest
- Diaphragm
- Belly/“Gut”
- Arms and Hands

Some sensations to look for:

- Tension
- Irritation
- Shivering or trembling
- Feelings of “weakness”
- Clenching, spasming
- Heat or cold, clamminess or sweating

Also pay attention to:

- Breathing (From chest, belly? Fast, slow? Deep, shallow? Nose, mouth?)
- Spinal curvature (Extended? Contracted? Curved forward, back?)
- Repetitive movements (e.g. rocking, tics)

**Note: these lists are just a starting point!
You may have other sensations or find
them in different parts of your body.**

How to “Delete” A Feeling

Step 1: Hold

Step 2: Mark

Step 3: Test!

Review and Q/A

Wrap-up and Feedback

1. What did you enjoy most?

2. What are you going to start using immediately?

3. What kind of difference will it make to your life?

Send answers to feedback@dirtsimple.org