

- Part 1: Subconscious 101
  - Root causes and limiting beliefs live in the subconscious mind, therefore understanding of the subconscious allows us to create change
    - This is my functional understanding of the subconscious mind
  - Working with the subconscious mind is like working with a willful six year old
  - Our subconscious mind's primary goal is to keep us safe
    - And to save energy
  - It stores its understanding of the world in packages of information
    - Each package of information is autonomous
    - Each package believes it understands the full truth
    - Each package believes it is the only part trying to keep us safe
  - Operative reality is reality
  - Our subconscious only sees the now
    - All the past is the past
    - All the future is way in the future and will never come
  - It communicates how to keep us safe through information that is information and emotion
    - information shows up as pattern, cause and effect relationships, frameworks and knowledge
    - what we call positive emotions direct us towards what the subconscious mind thinks is safe
    - what we call negative emotions direct us away from what the subconscious mind thinks is unsafe
  - Fear always wins
  - It will choose the predictably bad over the unpredictable
    - From @subconsciousthinker IG: My therapist said, "the reason why you self-sabotage is because it allows you to predict what is going to happen, which is giving you the illusion of self-control."
  - Can't write directly into the subconscious
    - How stories are written in
      - Novel
        - Alpha and Theta brainwaves
        - Novel
      - Trauma
        - Unexpected
        - Isolating
        - Extreme
  - Maslow's hierarchy of needs matches the structure brain
  - The subconscious mind has a negativity bias
  - Tapping allows us to inform, educate, and transform these packages
  - The goal of tapping is a proportionate well informed emotional response
    - "Self-sabotage is misguided self-love" - Brad Yates

- Part 2: Tune in + 2 questions
  - The magic questions
    - What is it afraid of?
    - What proof does it have that this is a possibility or a probability?
  - Consequences of proof
    - Go up
    - Go down
    - Stay the same
  - Consequences of NO proof
    - Go up
    - Go down
    - Stay the same
  - The process
    - Tune in to taking action
    - Notice the resistance
      - In the body
      - Outside the body
      - Chattering voice in head
    - Ask the resistance "What is it afraid of or worried about?"
    - Ask the resistance "What proof does it have that this is a possibility or a probability?"
    - Tap on the information that comes up

- Part 3: Information of Emotion
  - The emotional experience of daily life
    - We encounter stimulus
    - The stimulus is interpreted (§)
    - The information related to the interpretation in the subconscious mind is accessed
    - Priority given to
      - Information of danger
      - Most often accesses info
    - Information is conveyed to the rest of the system
      - Information goes to the executive function
      - Emotions goes to the body
    - Sometimes there is no data or emotion
      - These are our habits (§)
    - Sometimes we only receive data
      - when it is a trivial task
      - when it is a trivial situation
    - Emotions are stronger than data
    - Negative emotions always win
    - We act based on this interpretation
    - § Note 1: We respond to the world emotionally based on the way we describe the world
      - Data comes in
      - We interpret the data
      - We describe the situation from this interpretation
      - Which reinforces the emotions
    - § Note 2: Habits can be created by emotion, but then operate irregardless of the emotion
  - What information does each emotion convey
    - Frustration
    - Anger
    - Disappointment
    - Fear
    - Sadness
    - Shame
    - Guilt
    - Regret

- The process using the information of emotion
  5. Give vocabulary to experience - name the emotion
  6. Give voice to the intention of the emotion
  7. Find out what proof it has that is true
  8. Respond to it with understanding
    - A. Affirm its intention
    - B. Decide if the proof is true
    - C. Share the full truth
      - a. more information
      - b. reframe
  
- Part 4: The emotion about the issue
  - For every experience there is an emotion about the issue
    1. Sometimes the emotions are small and NOT dysregulated
      - A. Calm
      - B. Predictable
      - C. Acceptance
    2. Sometimes the emotions are positive
      - A. Excitement
      - B. Hope
      - C. Confidence
      - D. Control
    3. Sometimes the emotions are dysregulated
  - The emotion about the issue
    1. Makes it hard for us to see the root cause
    2. Can be a large percent of the issue
    3. There can even be an emotion about the emotion about the issue
  - Process
    1. Name what you want to change
    2. How do you feel...
      - A. Naming it?
      - B. Thinking about your current state?
      - C. Thinking about how long you have been in the current state?
      - D. About the actions you have (or have not) been taking?
      - E. How much work it is going to take to create change?
      - F. How much effort change is going to take?
    3. Tap on those emotions

- Part 5: Hero tapping
  - It is possible for us to use the lens of others' experiences to find our issues
  - The Process
    - 1) Start tapping and tap the entire time
    - 2) Focus on someone else's success (the hero)
      - A) Imagine the hero having the success you want to have (the more specific, the better)
        - (1) How do you feel just seeing them have the success you want?
        - (2) What are the thoughts that come to your mind as you see them?
      - B) Imagine seeing other people interacting with the hero
        - (1) How do you feel seeing other people interact with them?
        - (2) What are the thoughts that come to your mind as you see this?
      - C) Imagine you can hear what other people are thinking as they see the hero
        - (1) How do you feel hearing other people's thoughts and feelings?
        - (2) What are the thoughts that come to your mind as you see this?
    - 3) Your success
      - A) Imagine yourself having the same success as the hero
        - (1) How do you feel about having the success you want?
        - (2) What are the thoughts that come to your mind as you do this?
      - B) Imagine you are moving through the world interacting with others
        - (1) Look at this through three rings:
          - (a) People closest to you
          - (b) People you know, but not well
          - (c) People you encounter in your daily life
        - (2) How do you feel as you interact with others while enjoying success?
        - (3) What thoughts come to your mind as you do this?
      - C) Imagine you can hear the thoughts and feelings of those you interact with
        - (1) Look at this through three rings:
          - (a) People closest to you
          - (b) People you know, but not well
          - (c) People you encounter in your daily life
        - (2) What are they thinking and saying?
        - (3) How do you feel in response?

- Part 6: The 3 Ws
  - The process
    1. Start tapping
    2. Why do you want to get through this limit?
      - A. What will having success do for me now?
      - B. What will having success do for me in the future?
      - C. What will having success do for others now?
      - D. What will having success do for others in the future?
    3. You are worthy
      - A. I am worthy of having what I want even though I have failed in the past
      - B. I am worthy of having what I want even though I have missed opportunities
      - C. I am worthy of having what I want even though others say I am not
      - D. I am worthy of having what I want even if I have never done this before
      - E. I am worthy of having what I want even though I have squandered opportunities in the past
      - F. I am worthy of having what I want even though I have squandered success in the past
      - G. I am worthy of having what I want even if it feels hard
      - H. I am worthy of having what I want even if it feels like I already have enough
    4. Way forward
      - A. What is one task that you can take today to move closer to your goal?
      - B. Imagine yourself doing that one task
      - C. Imagine something going wrong
      - D. Imagine getting past the obstacle
      - E. Imagine successfully completing the task