SUBCONSCIOUS POWER LANGUAGE

CHEAT SHEET

7 Powerful Language Patterns That Work WITH Your Brain the Way the IT Works for Success

01 AND vs BUT

Using the word "and" in place of the word "but" in your self-talk is one of the most effective ways to empower your goals and success. The subconscious mind hears the word "but" and de-potentiates the statement before it. Meaning it focuses on the 'but' phrase which is usually a negative statement.

"I did good today with my eating habits ➕ *...but I could have done better."* ➖

"I did good today with my eating habits ➕ *...and I will do better tomorrow."* ➕

Your brain tends to de-potentiate the phrase you say before the word '**but**.' Using the word "**and**" I will do better tomorrow, communicates a powerful intention, that I will do better tomorrow.

AND   **BUT**

There's a law of mind that says **"what gets celebrated in the mind, gets repeated."**

So we want to acknowledge and celebrate the positive.

Remember: The subconscious mind takes directive from the conscious mind. We are just not always aware of where we are directing it.

02 "I CHOOSE TO" vs "I HAVE TO"

Framing your tasks as a choice or a privilege instead of an obligation empowers your subconscious mind to take action. Saying words like "I have to" or "I should" creates resistance at the subconscious level of mind. It's not motivating you into action.

*"**I get to** pick up the kids from school"* ➕ vs *"**I need to** pick up the kids from school."* ➖

*"**I choose to** go to the gym"* ➕ vs *""**I have to** go to the gym"* ➖

Feel the energy shift in your body as you practice saying these examples.

This simple shift in language **reduces resistance in your mind and body**. Repeat the statements above and notice the subtle difference you feel in your motivation.

03 WHY

WHY is an essentially useless word when you're working on a solution to a problem. Your brain is the perfect search engine, like Google it will go out and find all the answers to the questions you ask. We are just not aware of the questions we are asking.

Notice when you find yourself asking disempowering questions like " why is this happening to me," or why is my success not happening faster? **Your brain is literal.** It will search for the exact question you pose.

Why is not a resourceful question. It doesn't give you solutions.

Why questions will keep you locked in the same thinking that keeps you stuck.

Stick with me here. Here's an example of how **your brain is like a Google search**. If you go to Google and search for 'why am I always alone?' This kind of question focus's your attention on the problem. It will amplify it, and then fond a list of reason to justify it.
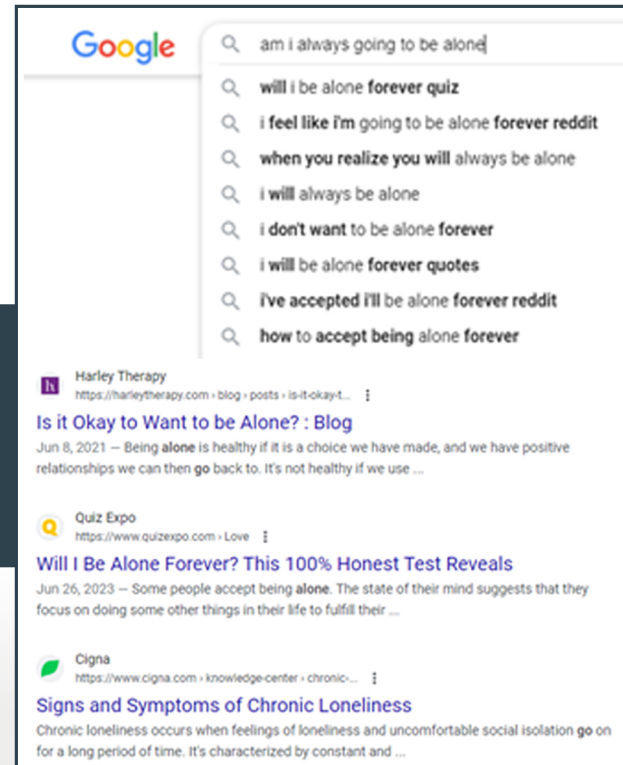
Why questions keep you locked in the problem, and focuses your attention in the past, which isn't useful when sourcing ideas. **WHY questions keep you doing the same thing over and over again**, creating the same results The solution is unlikely to be found.

Google   am i always going to be alone

- will i be alone forever quiz
- i feel like i'm going to be alone forever reddit
- when you realize you will always be alone
- i will always be alone
- i don't want to be alone forever
- i will be alone forever quotes
- i've accepted i'll be alone forever reddit
- how to accept being alone forever

Harley Therapy
https://harleytherapy.com › blog › posts › is-it-okay-t...
Is it Okay to Want to be Alone? : Blog
Jun 8, 2021 — Being **alone** is healthy if it is a choice we have made, and we have positive relationships we can then **go** back to. It's not healthy if we use ...

Quiz Expo
https://www.quizexpo.com › Love
Will I Be Alone Forever? This 100% Honest Test Reveals
Jun 26, 2023 — Some people accept being **alone**. The state of their mind suggests that they focus on doing some other things in their life to fulfill their ...

Cigna
https://www.cigna.com › knowledge-center › chronic-...
Signs and Symptoms of Chronic Loneliness
Chronic loneliness occurs when feelings of loneliness and uncomfortable social isolation **go** on for a long period of time. It's characterized by constant and ...

Check this out! Test it for yourself. Go to Google and pose a Why question...

04 WHAT

If the word Why is next to useless when solving problems, then What is the most powerful process word. What questions help unlock the resources that Why questions make unavailable.

Asking **"What can I do"** gets things moving and is way more effective than asking Why does this keep this keep happening? What questions reveal answers that keep you moving forward. Notice the powerful answers that come to mind when you ask **WHAT can I do?** Vs **"Why" questions**.

Ask yourself these questions aloud and notice how disempowering it feels in your body.

➖ *"Why haven't I been able to create the success I want?"*

➖ *"Why do other people seem to have success so easily?"*

➖ *"Why is this taking so long?"*

Now take a few deep breaths and physically shake off that feeling in your body. Then read these empowering questions out loud and notice... I mean REALLY notice the difference in how it feels in your body!

➕ *"What can I do with what I have now?"*

➕ *"What new skills or even old skills can I use differently?"*

Be still for a moment, listen, and take action on the answer.

What can I do is the most resourceful question to ask the subconscious mind!

DON'T

05

Our brain works best with positive statements. It doesn't process negative words. For example it's not a good idea to say "Don't get mad at me", you may get the opposite of what you want. The brain must first create the image of what getting mad looks like before it can be filtered through the critical faculty of mind and acted on.

Never tell yourself or someone who's freaking out "Don't panic."
You'll get exactly what you don't want... tell them, **give them a direct command** to "Stay calm." Goes straight to the subconscious mind and is acted on.

− *"Don't panic."*　　**+** *"Stay calm."*

Tell yourself, or another, what to do, instead of what not to do.

Experiment with this: Notice when you tell a child to stop running, saying "Don't run, don't run, don't run," watch them as they stop running for a moment and then start to run again. It's because **the conscious brain only hears the word "run."** Tell the child what to do instead, I said, "WALK."

− *"Don't run, don't run, don't run."*　　**+** *"I said, "WALK."*

06 BECAUSE
Our brains like to have a reason for doing something, and Because provides a reason, even if it's not logical.

There was a Harvard University study done in 1978, conducted by Ellen Langer on the power of the word "because," where students who were standing in line to make photocopies were asked by researchers it they could cut in front of them. The students responded that they needed to wait in line with the rest of them. Then researchers used the word **"Because"** and gave an excuse, and they were permitted to the front of the line.

The interesting thing about this is that when the researchers said something illogical after using the word Because, **"Can I cut in front of you BECAUSE…. "it's snowing outside,"** it hardly mattered what the words were after using the word Because.

The reason you give the person is mostly irrelevant. It's how your subconscious brain here's the statement. Use this technique, use it when giving yourself an affirmation, **"I am a highly successful business owner, BECAUSE, I'm getting better and better every day."**

Use it all the time… BECAUSE it works!

IT'S EASY

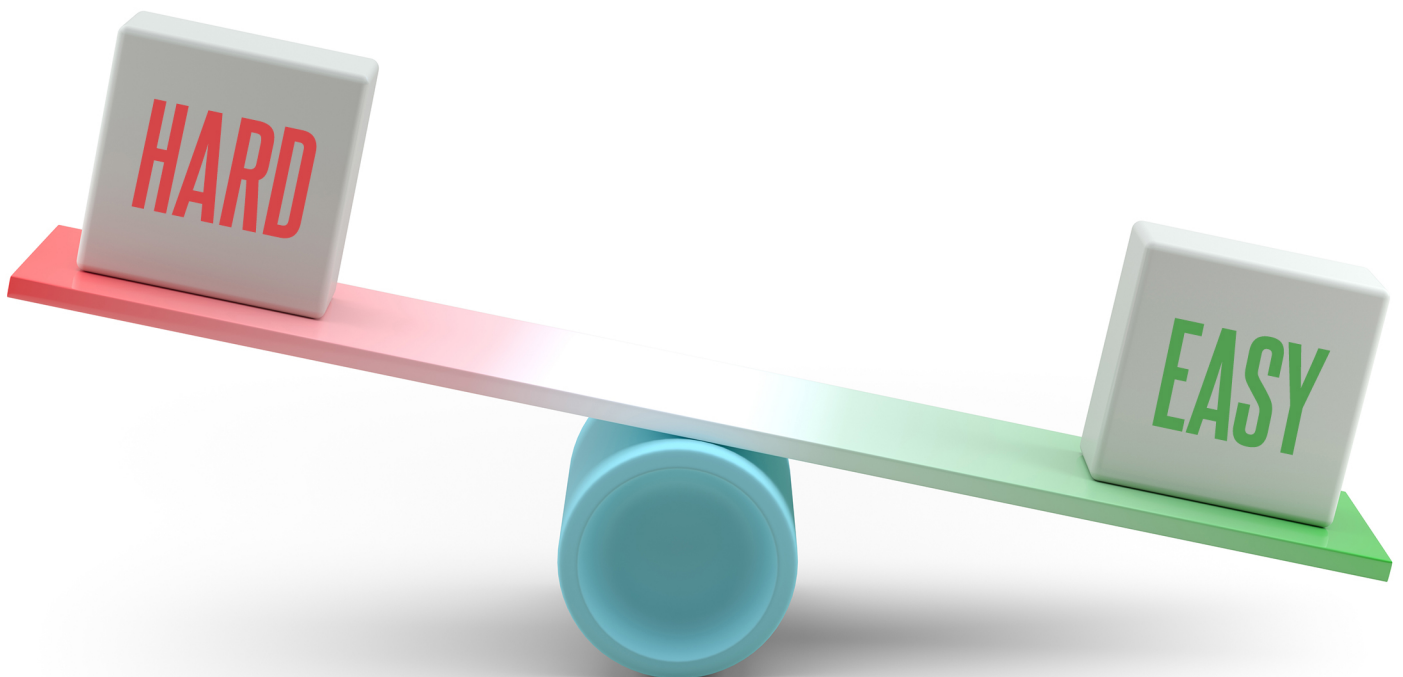When we say something's easy, the brain often checks to see if it's true.

This can result in things becoming easy, just because it was framed that way to begin with!

That's why I want you to notice how easy this training is, and how easy it is to succeed.

When you find yourself frustrated, and in a negative thought pattern, ask yourself: **"What if it was easy?"**

HARD ⟶ **EASY**

▲ **YOUR BRAIN**

SELF-WORK SUMMARY

Stay away from the word "But" and use "And" in its place, and notice the results you get.

Use the phrase "I get to", or "I choose to" instead of saying "I have to," or "I need to." Notice how it reduces the resistance and creates energy, and causes you to be more motivated. This absolutely works!

Avoid using Why questions and instead ask the question What? - "What can I do with what I have", and notice the answers you get that pop up in your mind; and take action on the answers you get.

Remember, your subconscious doesn't' process negative words like "don't." For example: saying to yourself "don't eat that donut," your brain hears, "eat that donut." Tell yourself what to do instead Tell yourself, to "eat something healthy". If you give your brain a chance it will do a search and come up with ideas for something healthier to eat. Tell yourself quietly, but forcefully to "eat eggs this morning for breakfast." You are the boss of your mind!

Powerhouse Move: When you catch yourself saying what you don't want… reframe it to show your mind what you do want instead. It will go there. Your subconscious mind is always taking directives from the conscious mind, we're just not always aware of what we're telling ourselves. Einstein is widely quoted as saying, "The intuitive mind (subconscious mind) is a sacred gift and the rational mind (conscious mind) is a faithful servant."

Use Because to get people to do what you ask of them. Ensure that you make the first part of the request an embedded command by phrasing it as a simple command you could follow with an exclamation mark. Continue to practice all the language patterns from this lesson, until they become automatic because it's really easy for you to do so.