



## Module 2: True-me® Method I: Class #1

### THE MIND'S WORK

In this class, you will learn a few principles of how the mind works. When you have \_\_\_\_\_ fully this lesson, you will be in a position to understand and \_\_\_\_\_ your client to \_\_\_\_\_, as you will have an excellent overview of what is on his/her mind ... and what it \_\_\_\_\_ from that stand point.

The mind follows \_\_\_\_\_ basic routes for \_\_\_\_\_ the information \_\_\_\_\_ from the environment.

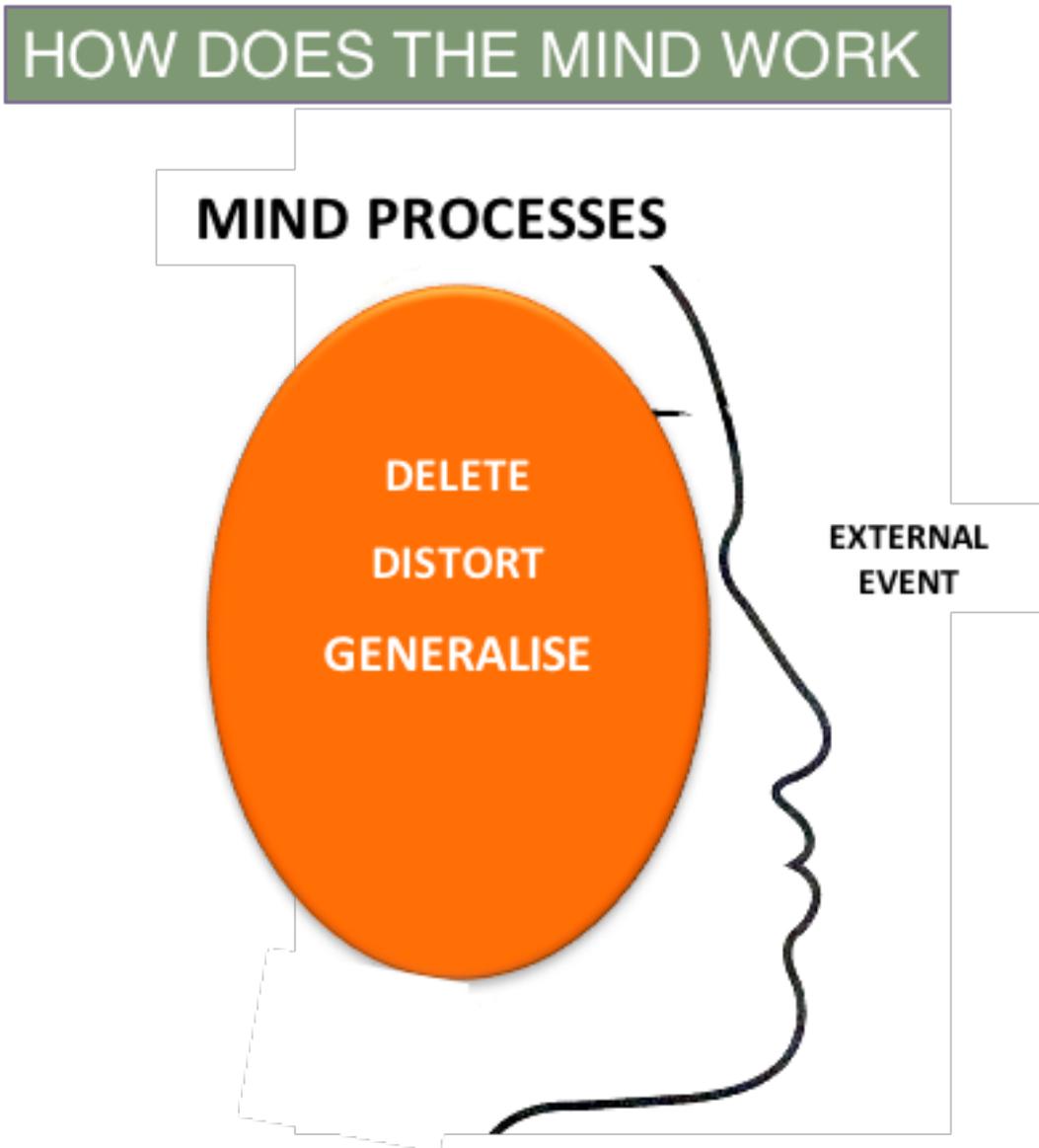
### DELETION

The first brain process is "Deletion". A huge amount of \_\_\_\_\_ is deleted before we even get to \_\_\_\_\_ it.

What people are aware of, is what has some \_\_\_\_\_ or \_\_\_\_\_ to them and also something to which they have \_\_\_\_\_ their attention, at some point in the past. The mind makes sure to \_\_\_\_\_ these facts and information, in order to



\_\_\_\_\_ them in the future whenever they need them. All the rest will  
be \_\_\_\_\_.





## **DISTORTION**

The second process of the brain is “Distortion”. In this case, the brain receives information but \_\_\_\_\_ it in a way that \_\_\_\_\_ the meaning of the \_\_\_\_\_ stimulus.

The way the brain will interpret an event, is not \_\_\_\_\_, and relates to what people have been \_\_\_\_\_ to - whether in the distant past or lately.

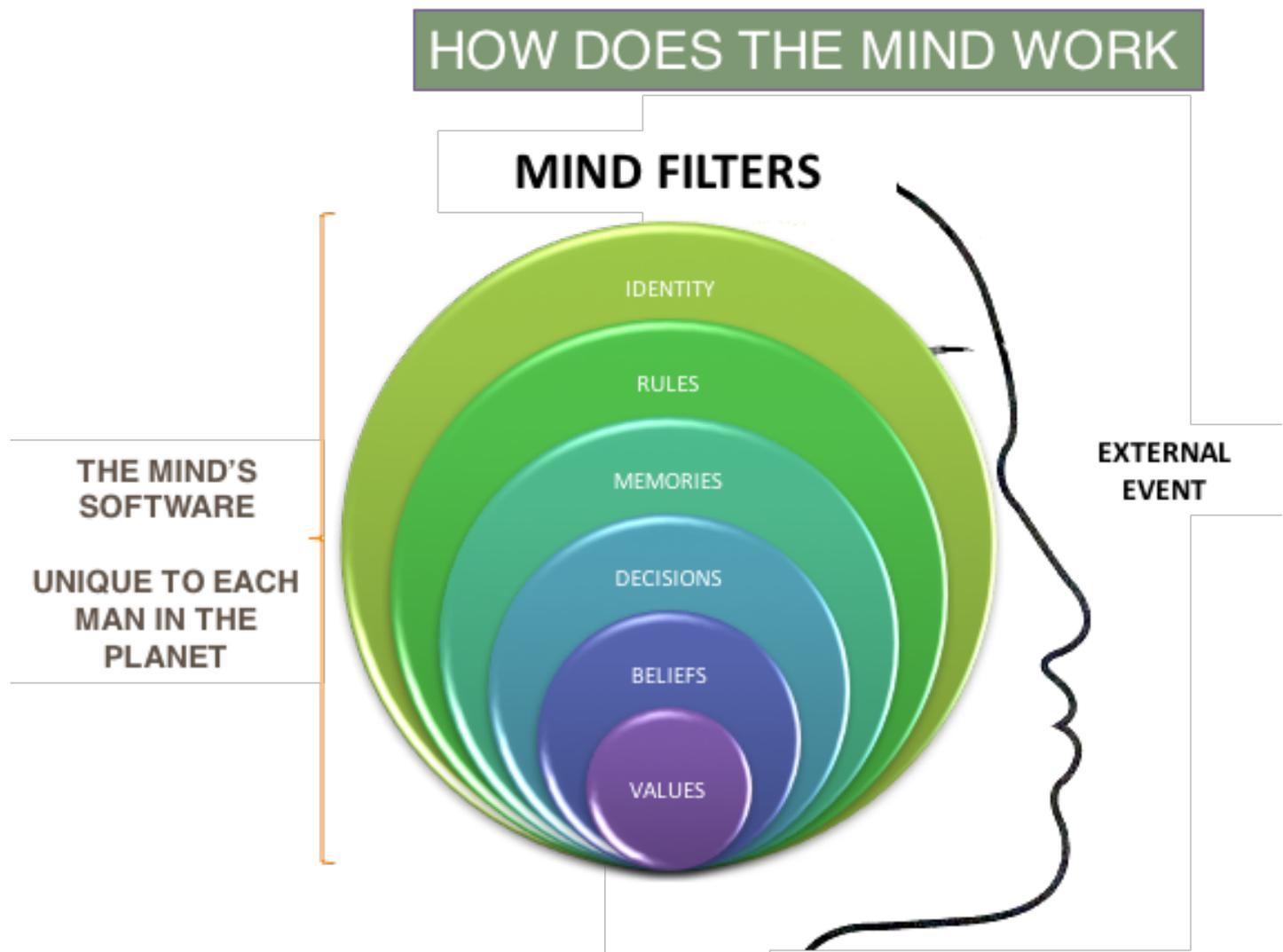
## **GENERALIZATION**

Whenever something \_\_\_\_\_, the brain will try to link it to other \_\_\_\_\_ events or information, so people do not need to go through the \_\_\_\_\_ learning process again. They just automatically apply the \_\_\_\_\_ they have gained from \_\_\_\_\_ experience.

What \_\_\_\_\_ what process the mind will do, depends on the \_\_\_\_\_ stored in the \_\_\_\_\_, which relate, among other things, to memories, decisions made in the past, experiences, values, beliefs, the rules that have been set, the identity that has been adopted - to refer only to some.



These \_\_\_\_\_ are especially important because they define how your clients \_\_\_\_\_ everything they receive as stimuli, that is, how they interpret what is happening in their \_\_\_\_\_. In this course, we are going to work with each one of those filters, so you become a master in dealing \_\_\_\_\_ with them.



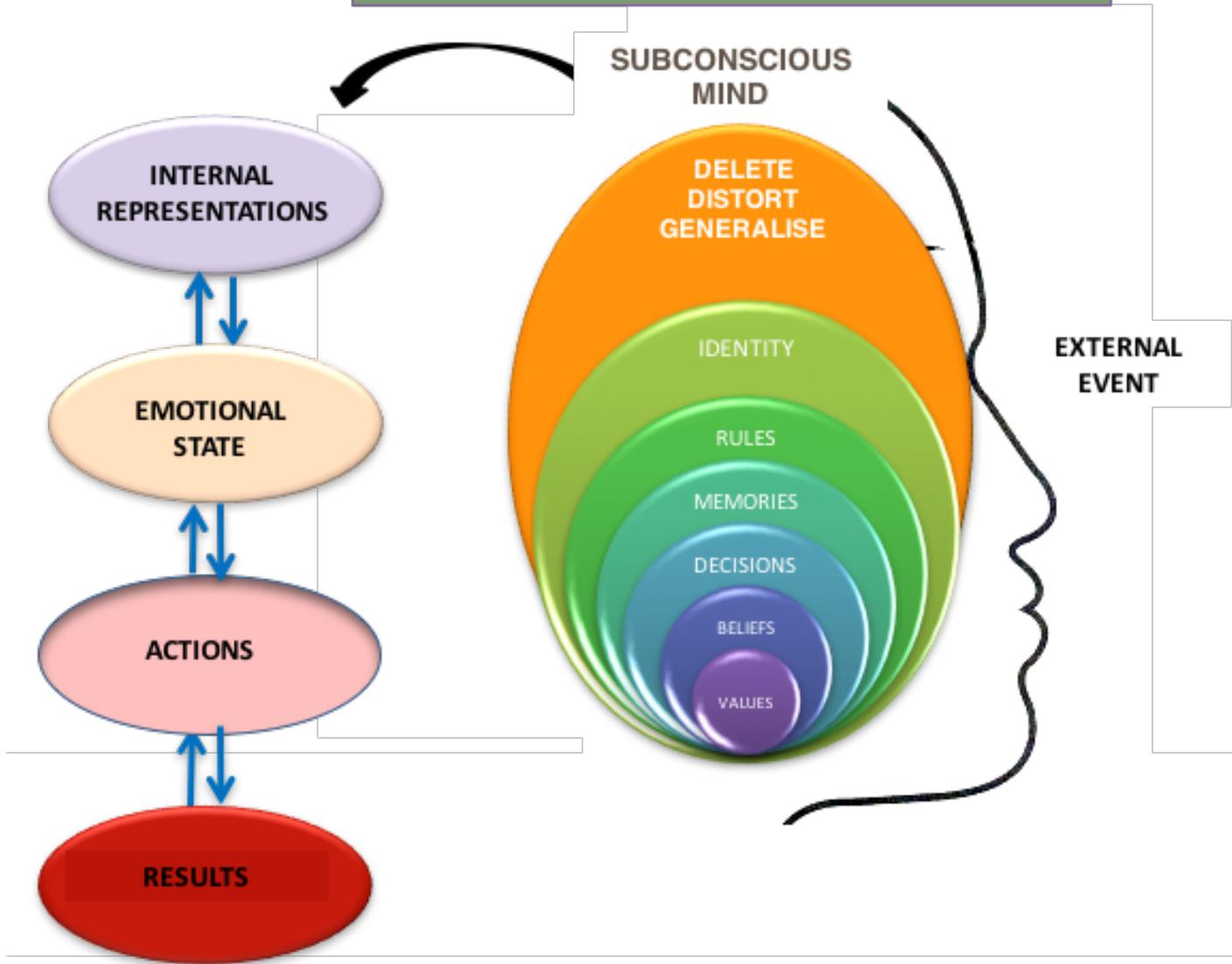


When information is filtered into the \_\_\_\_\_ mind, it passes to the conscious in the form of an \_\_\_\_\_ representation. This representation is modeled on the basis of the five \_\_\_\_\_ - it can be an image, a sound, a smell, a taste, a sense of touch, or it can still be about creating a \_\_\_\_\_. What exactly will arise will depend on the process that took place in the \_\_\_\_\_ some nano-fractions of the second before, and that determines how people will \_\_\_\_\_, in your mind, what came to their understanding.

You may be aware or have heard that \_\_\_\_\_ arise from the \_\_\_\_\_ that the brain does about an event. \_\_\_\_\_ are particularly important because they essentially represent these correlations and automatically lead to the creation of an \_\_\_\_\_. How intense or mild is the \_\_\_\_\_ that is created each time and how long it will last, depends on the importance a person will give to the \_\_\_\_\_ that caused it.



## HOW DOES THE MIND WORK



The \_\_\_\_\_ state that will be born at any moment is particularly  
 \_\_\_\_\_ because it is the one that will determine the client's  
 \_\_\_\_\_, whether they will be happy to do what they do, if they do it



as a chore, or if they do it from a lot of pain. And this has a big effect on whether the \_\_\_\_\_ they bring will be what they want and deserve, or even more, if the result they want will come \_\_\_\_\_ and \_\_\_\_\_.

### WHAT THE BRAIN TEACHES US:

- What a person \_\_\_\_\_, he/she experiences
- As he/she feels, he/she \_\_\_\_\_
- \_\_\_\_\_ are not recorded by the brain.
- You are \_\_\_\_\_!

**THE TASK OF THE WEEK:** To discover and accept your own neural-associations, during next week, think of the below:

- 2-3 neural-associations that you have made in the past and affected your life in a \_\_\_\_\_manner.
- 2-3 neural-associations that you have made in the past and affected your life in a \_\_\_\_\_manner.