



Module 4: True-me® Method III: Class #3

WEAKENING RULES

Weakening, or disempowering rules are those that are difficult to achieve. They are the ones that create -consciously or subconsciously- many ways to feel _____ and a few ways to feel _____.

More specifically, they are rules in which:

1. A person's mood depends on the _____ of others
2. A person's mood depends on something he/she cannot _____
3. Things are very _____ or _____ for a person to experience a value

You want your clients to set rules that give them the energy which motivates them to take _____ and make them feel joyful - not rules that can have a _____ effect on them and _____ them.



WHAT LIES WITHIN EVERY CONFLICT?

It is very important to realize that on the basis of any emotional conflict with someone else, there is a conflict of _____. **People are never quarreling with each other. What come into conflict are the _____ that they hold in their minds.**

You will need to explain your clients that, if someone makes them feel angry or sad, it is their own rules that infuriate or sadden them, not the _____ of the other. They probably have some '_____' that are being '_____'. These _____ are within them, they are their own. It is not necessary that the other party is aware of their _____ or of what bothers your client.

SETTING RULES WHICH REMOVE ANYTHING THAT WEAKENS YOUR CLIENT

You have helped your client in previous session create rules which activate them. And it is important also to help them realize if they have _____ that can overpower them.



Thus, before proceeding, have them to take a look at their anti-values as they have _____ them from the exercise you did with them some sessions ago, and answer the following question:

- _____

Once they have created the list above, they will be able to realize some thoughts or experiences that are _____.

SETTING YOUR CLIENTS' RULES

The question to ask to replace weakening rules is:

- _____

You may express the new rules as bellow:

- _____

When they are done making their list, asked your clients to _____ them to the list of rules that they _____ in previous sessions. _____ everything into a list will help them understand how each thing or each thought affects them and what is their _____ in



their soul. And when they are ready to express them _____, they will be ready to experience their life to the fullest!

A SMALL PHRASE WILL DO IT!

As time passes, rules might become more and more _____ in their _____, more and more _____ to follow, more and more _____. And the feeling, that your client is experiencing the values these rules refer to, will be magnified!

TASK FOR NEXT WEEK

Work on your own list of anti-rules and try to ensure that they are _____ with the intent of your life. Then you will be prepared to assist your clients do the same.