

# Acting AS IF

## The Intentions:

- ★ Your thoughts are creating a reality, regardless of whether you know it (or not), or like it (or not).
- ★ The solution is to start taking ownership of your thoughts...
- ★ Because your CIRCUMSTANCES are not causing (or preventing) your results and successes. Your THOUGHTS are.
- ★ So what if the conversation was: intentionally take your thoughts in the direction that you want them to go.

## The Tale of Two Cookies



### The **Data** Story

- ★ Series of Thoughts (DATA) ✓☀️✓
- ★ Chain reaction of Feelings ❤️
- ★ Chain reaction of Actions 👍
- ★ Cause-and-Effect Chain reaction of Results (also perceived just as data) 😊



### The **Drama** Story

- ★ A Series of Thoughts (DRAMA) 🌧️🌩️⚡
- ★ Chain reaction of Feelings 💔
- ★ Chain reaction of Actions 👎
- ★ Cause-and-Effect Chain reaction Results (also perceived just as data) 😞



Awareness of your thoughts is the key to shifting them. Start becoming masterful at the following...

### What's the Data?

What are the facts (not my feelings)?  
What's ACTUALLY happening/happened?

### What's the Drama?

What meaning, story, or justification am I giving it?

### Move through ACCEPTANCE when you don't LIKE the data:

Acknowledge that this is happening, decide to mindfully respond instead of react... and decide not to become a victim to it.

### Borrow This Belief:

"I don't have to LIKE the the data, but the sooner I can accept it, the sooner I can move through it, because "when I argue with reality I suffer."

# Acting AS IF

★ Every single thought CAUSES a feeling. NOT the other way around.

★ Your Self Image knows how you really feel. So find a more 'middle ground' feeling. (Acceptance and peace are my go to's.)

★ Every thought and feeling has a physical, chemical, biological response and "frequency". It's actually a very researched, well-known SCIENCE...just not often talked about in the mainstream world.

★ So if you can simply create an awareness that every thought and feeling you emits has a frequency, and start influencing your thoughts through THOSE eyes... everything can change for you.

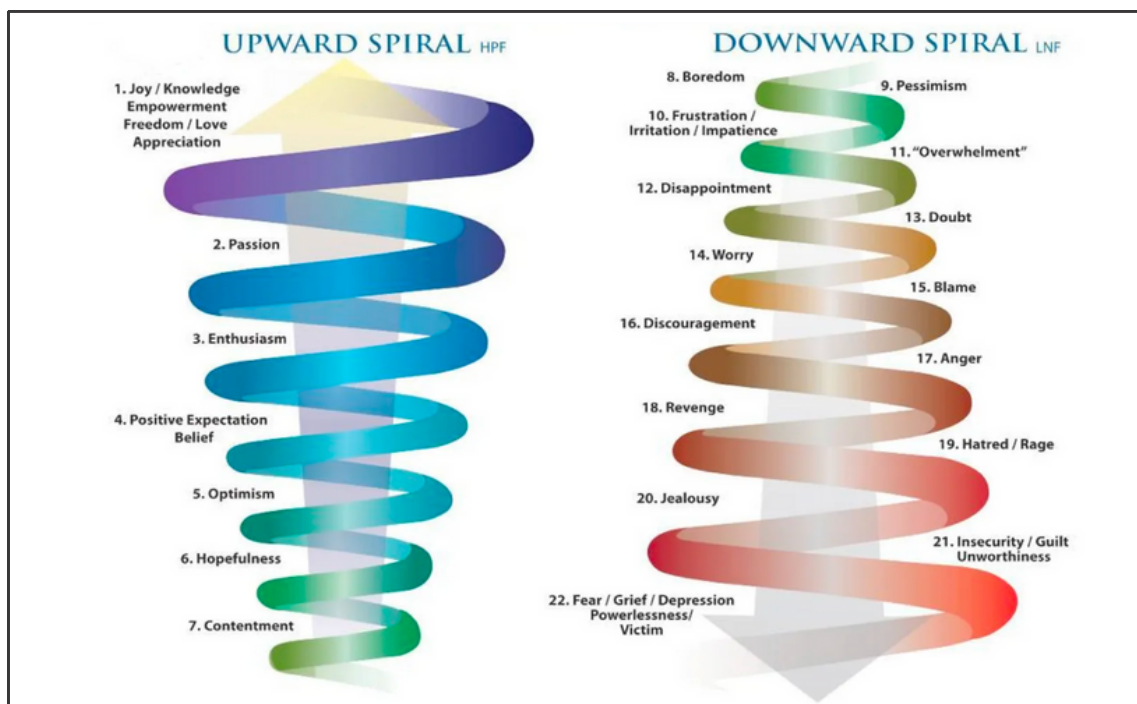


Image courtesy of [www.creatingbeyond.com](http://www.creatingbeyond.com)

# Acting AS IF

Impairment	Truth (W+P+W+T)= Gift	
Resentment	<b>HURT</b>	Healing & Courage
Apathy	<b>LONELY</b>	Intimacy
Self-pity	<b>SAD</b>	Acceptance
Pride & Depression	<b>ANGER</b>	Passion
Anxiety	<b>FEAR</b>	Wisdom & Faith
Toxic shame & Contempt	<b>SHAME</b>	Humility
Toxic shame & Shamelessness	<b>GUILT</b>	Freedom & Forgiveness
Sensuous or sensual pleasure without heart	<b>GLAD</b>	Joy with sadness

Created by Chip Dodd, Author of "The Voice of the Heart"

\*\*[W+P+W+T]: Through feeling your feelings, telling the truth, and giving it to God (the process) in **willingness** and **patience** and **work** and **time**, you will receive the Gifts.\*\*

# Data Vs. Drama



REALITY  
REALITY  
REALITY

## What's the Data?

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## What's the Drama?

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# Reality Check of Acceptance



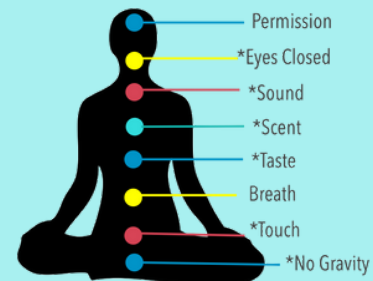
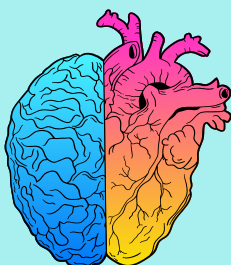
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# Parasympathetic : Neural Relaxation



**Inhale:** Picture a cool, crisp, blue, air

**Exhale:** Picture a red, hot, fiery air

(Your nervous system cannot tell the difference between a real and imagined experience)

**Box Breathing:** In 4, hold 4, out 4, hold 4

## Old Belief

What's the old, non-serving belief?  
What's the drama belief? (The non-reality story, limiting belief, disempowering self-judgement, self rejection)? \*\*Identify the old belief



## Old Belief

It's just a story. It's drama. It doesn't HAVE to be true – it just feels true because it's been practiced for a long time. But just as quickly as you learned the old, non-serving, lie-of-a story...you can learn a new one.



## The In-Between

Call B.S. on the old belief. Why is it NOT true? Why is it NOT serving you? Why is it a flat-out lie or fairytale? Why is it B.S.?

\*Add in a splash of forgiveness ("I didn't know what I didn't know. I couldn't see what I couldn't see")

B.S.

## What Needs To Happen

Remember it's imperative that you take away the authority in your brain about the old belief. You are essentially 'poking holes' in it and building NEW evidence of why the old belief is NOT true...or perhaps not even possible.

B.S.

## New Belief

What's the new empowering (yet believable) belief that you know you want to step into? Before you write it down, mentally come up with reasons/evidence that the new belief is 1) true (or you're 'on it' and it's becoming true) 2) is better/serves you more and 3) is more loving, patient, and kind.



## New Belief

It's got to be YOUR truth, and a new belief that can/does actually feel true to you. It's got to be your words, your language, your intentions, or your brain will call B.S. on it. (Think: positive neuro-associations come from RESONANCE)

