



## HOW TO PROGRAM A BELIEF REGARDING YOUR SOCIAL LIFE:

Note: Use the worksheet for the tutorial to identify, define, and program your beliefs.

It is important that you use your own words and expressions! Write as you think!

1. Go to a quiet place, relax, and activate your I-frequency. Think of someone you love or something you love.
2. Think about your social life, your friends, your acquaintances, etc. Observe how you feel when you think about these aspects of your life. How does your I-frequency react?

### YOUR I-FREQUENCY BECOMES STRONGER



**3.** If you feel good because your I-frequency is getting stronger, analyze the content of your thoughts. How do you feel about your social life? What words do you use? Why do you feel good when you think about it?

Write down a few key points under ① in the worksheet.

This section describes how you have thought up until now.

**4.** Then consider if you want to continue thinking this way or if you want to optimize your thoughts so that you feel even better and express more confidence and optimism when you think about or experience your social life and engagement with others.

Once you are clear about how you want to think, write down your thoughts under ⑤ in the worksheet.

This section describes how you want to think now.

Continue here with point 5.

### YOUR I-FREQUENCY BECOMES WEAKER



**3.** If you don't feel well or your I-frequency weakens, you have identified an unfavorable belief. This belief relates to a specific area or aspect of your social life. Identify which area/aspect this is and analyze the thoughts behind your belief. How do you express absence, separation, lack, or wanting (fear) in this area? Identify the words you use to express worry, uncertainty, insecurity, mistrust, etc.

Write down these thoughts under ① in the worksheet.

This section describes how you have thought up until now.

**4.** Now define thoughts for your new belief that express the presence of a happy and fulfilled social life or that describes the advantages. How can you think about your this aspect of your life in a way that makes you feel good and gives you a strong I-frequency? Formulate thoughts that suit your level: statements that you can think and feel without resistance, i.e., your I-frequency remains constant or improves. Don't go straight to the top!

Write down this content (as bullet points) under ⑤ in the worksheet.

This section describes how you want to think now.

Continue here with point 5.



**5.** Next, formulate how you want to feel concerning your social life and write it down under ②.

**6.** Then formulate what you would like to perceive in your social life and write it down under ③.

**7.** Combine the points ② and ③ into one single statement (can be several sentences) and write it down under ④.

**8.** Combine the statement under ④ with the content for your new belief under ⑤ (into a statement!) and write it down under ⑥.

**9.** Write down your belief in as many places as possible. Write little notes and hang them up. Write the belief in a notebook and carry it with you at all times. The aim is to remind yourself of your new belief as often as possible.

You can also create reminders for yourself, such as small colorful dots or other symbols that you stick everywhere. These will subconsciously remind you of your new belief.

Be creative!

**10.** Think only this new belief! Think it as often as possible, e.g. when you think about your social life, or when you notice that your I-frequency is getting weaker because you are becoming insecure or worried about engaging with others or how you may be perceived by them etc.

**11.** You should take action! Get started and stay disciplined until your new belief is programmed and you notice a change concerning your social life

Check your I-frequency (feeling good) regularly and correct your belief if necessary.

**12.** Complete additional tutorials, as everything is connected and your skills influence each other. It is therefore very important that you work on all your skills and achieve a high level of proficiency.

Your I-frequency shows you at any time where there is still room for improvement.

Listen to it!