

UN-STIFLING

Part 1: PREVIEW

Part 2: SELF DEVELOPMENT

Part 3: EGO

Part 4: ARGUING

Welcome to the UN-STIFLING Course.

This is the first course I offer that is a great start for beginning your journey in self development.

After completing this course I recommend taking the Brain Reframe course.

After completing the Brain Reframe course take the course on Humor.

If you are interested in a zoom call to go over in detail one of my courses select the COACHING tab on my website to schedule a call!

How to become Un-stifled

There are 5 main tenets people are attracted to.

Confidence, Money, Girls/Guys, Materials, Fame

People think they need one or multiple of the above things to be happy This is simple not true. I know from experience. I have broke, no girlfriend, no materials, no fame yet I was happy!

Why was I happy?

I was happy because my self worth and self respect came from my personality, specifically my love for humor!

I have also been extremely depressed and this resulted from either being thinking I needed one of the above. I was depressed from working a job I didn't like. I was depressed working for myself at the Coldstone Creamery I owned because I only made \$15 per hour. Just because you work for yourself doesn't mean you'll be happy. I was depressed after we sold the store and I had nothing to do.

What does stifled mean?

In my opinion, being stifled means you are in your head which can lead to a depressed mood.

Being stifled derives from comparing yourself. Being stifled isn't always bad because these people who are in the stifled mode are great at observing. It's why they are able to compare themselves so easily. It's a blessing and a curse. I know this because I was an amazing observer. The curse is that you compare yourself to other people. For example, most guys compare themselves to pro athletes who make lots of money. Are handsome. Get girls ect. ect. I compare myself to Cristiano Ronaldo. He's rich, famous, ripped. I will never have a body like Cristiano. Due only to the fact that I have pasty white skin and a million freckles.

Nonetheless, there's an upside to observing everyone. I once was stifled and always wanted to be funny. Once I unlocked my brain I realized I was kind of funny. That was 3-4 years ago. Since then my humor has improved exponentially. I learned how to be funny by stealing humor from everyone I know. I now have my own style. I have also noticed I have a great vocabulary and mirror well in conversation. All this is due to the fact that I'm good at observing.

Feeling Alone

Do you feel alone like everyone in the world has it all figured out. When you go to restaurants you see people talking up a storm. When you go out to bars everyone is talking and you wonder how do all these people know what to say. Guys do you wonder how women have so much to say. Women do you ever see your friends talk up a storm and wonder if there is something wrong with you.

First I would like to add there is nothing wrong with you. I have wondered the same thing. Don't compare yourself to these scenarios and feel bad. There is nothing wrong with you. Somehow due to your natural nature, how your parents raised you, if you were an only child, or the oldest in the your house, or had naturally outgoing cyclings, friends ect ect. These factors all played a role in determining your natural demeanor.

First I would like to add that the people who go out to bars and restaurants are people who are generally more confident. Especially when it comes to being social. Going out to bars and restaurants are locations that we rarely frequent unless you are a bar tender or waiter, thus we are going to be more uncomfortable and stifled in these spot.

I honestly still find some social places put me a little bit outside my comfort zone. But the more you go out, the more you frequent these places, the more comfortable you get. Know you aren't alone...everyone's faking it until they make it.

A natural is someone who things came easy for. They are generally positive. They might be attractive, compare themselves less, are better at communication. Someway somehow they had the right conditions that led them to be this way.

Personal development is a blanket term that can be confusing. If you are like me, you want to break things down to their simplest form to understand them. When I break down personal development I get these ideas: confidence, self esteem, communication. Confidence can be broken down further to self discovery, understand this world we live in and how we fit into it. Self esteem is how we validate the things we say or do. Communication is how we interact, speak, and communicate whether it's verbally or through body language.

Now, I want to give you a metaphor and diagram that will help you through this self discovery journey to make you even more successful as you go.

Below is a bank safe that stores the information you absorb from this self discovery process. I like to pretend it's located in the middle of my chest. It stores you reasons, information, understanding, knowledge, thought, beliefs, ideas, opinions that help you build a rock solid confidence that can't be shaken.

Personal development isn't over night. You won't go from being stifled or wherever you are at to exactly where you want to be overnight. This journey can last years. It took me about 3 years to go from feeling fucked to finding myself and being comfortable with myself. Hopefully with me guiding you through this process you will be able to find yourself faster than me. I created this diagram to show that you don't want to improve too fast. It's better to improve slowly over a longer period of time than super fast over a short period of time. This is because with more time you can add more reasons and information to your bank account and have a rock solid house than a house made out of straw.

UN-STIFLING

Stifling means someone is stuck in their ways not reaching their potential. We are going to get you out of this through understanding yourself, the world and how you fit into it.

Write down what your dream life looks like!

How would you feel?

How would you act?

How much money would you have?

What type of car would you have?

Who would you be friends with?

What would you do for work?

What would you spend money on?

Who would you hang out with?

Whats your reason for living?

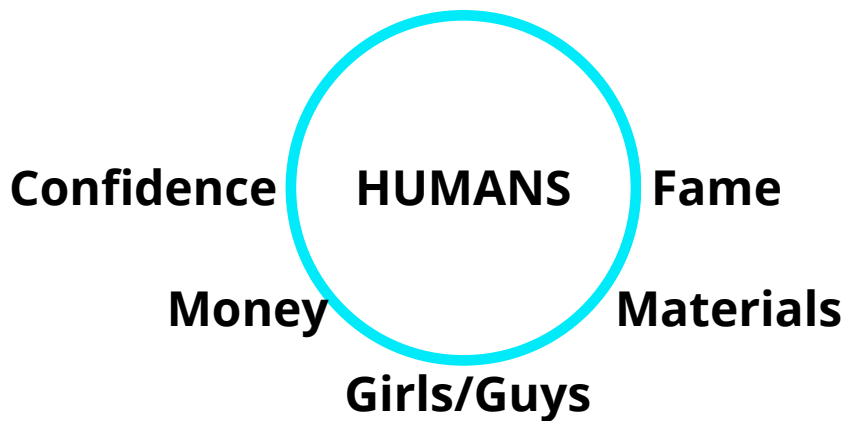
Would you be in shape?

Would you have a partner?

What would they look like?

How do family relationships look?

How would you spend free time?



Humans are attracted to many tenets. Above are some of the main ones we are attracted too. Let's write down what you are attracted too:

Let's first understand what your daily routine looks like, what do you do? how do you feel?

MORNING: _____

NOON: _____

Evening: _____

Let's sum your life up to 3 main tenets:

**Let's analyze your 3 main tenets. Are they productive?
How do they influence your life?**

**IF YOU COULD DO 3 THINGS MORE TO ENRICH YOUR LIFE
WHAT WOULD THEY BE?**

HOW DO YOU FEEL RIGHT NOW?

WHO ARE YOU CLOSEST WITH?

**HOW DO YOU FEEL WHEN YOU ARE WITH YOUR BEST
FRIENDS?**

**HOW MUCH MORE COMFORTABLE ARE YOU WITH YOUR
CLOSEST PEOPLE COMPARED TO OTHER FRIENDS, FAMILY
OR STRANGERS?**

LET'S THINK ABOUT HOW FILTERED YOU ARE. THIS IS ESSENTIALLY A SCALE OF YOU SAYING WHATEVER IS ON YOUR MIND VERSUS SAYING ONLY PART OF WHAT IS ON YOUR MIND, WHEN ARE YOU MOST OR LEAST FILTERED?

IN ORDER FOR US TO REACH NEW LEVELS OF SELF UNDERSTANDING WE MUST BE HONEST AND VULNERABLE!

LET'S WRITE DOWN THE MOST IMPORTANT PEOPLE IN YOUR LIFE. HOW DO YOU FEEL ABOUT THEM? BE HONEST, DO YOU LOVE THEM, HATE THEM, OR FEEL JEALOUS ABOUT THEM?

WHAT ARE YOUR WANTS?

PRESENCE: YOU CAN EITHER BE IN THE PAST, PRESENT, OR FUTURE! WHERE ARE YOU ON THIS SCALE AT WORK OR IN YOUR ALONE TIME?



WHAT WOULD IT TAKE FOR YOU TO BECOME FULLY PRESENT IN ALL AREAS OF YOUR LIFE?

INSECURITIES ARE THINGS WE ALL HAVE THAT WE DON'T FEEL COMFORTABLE WITH. IT CAN BE ANYTHING FROM APPEARANCE TO HOW WE FEEL.

WHAT INSECURITIES DO YOU HAVE? BY RECOGNIZING THEM WE CAN BEGIN TO OVERCOME THEM!

LET'S PROVE TO YOURSELF THAT THESE INSECURITIES DON'T MATTER BY FINDING REAL LIFE EXAMPLES OF PEOPLE WHO HAVE YOUR FLAW AND ARE STILL SUCCESSFUL PROVING THESE INSECURITIES ARE HOLDING YOU BACK AND DON'T MATTER!

WHAT EMOTIONS DO YOU FEEL ON A DAILY BASIS AND WHY? HERE ARE SOME EXAMPLES:

BUBBLY _____

ALIEVIATED _____

SADNESS _____

HAPPINESS _____

FULFILLED _____

SHAME _____

ANGER _____

EMBARRASEMENT _____

DISAPOINTMENT _____

HELPLESSNESS _____

FRUSTRATION _____

CONFUSION _____

VULNERABILITY _____

SMUG _____

SURPRISED _____

WORRIED _____

JEALOUS _____

ECSTATIC _____

EMPTY _____

OVERWHELMED _____

CONFIDENT _____

HOPEFUL _____

WHAT CONFUSES YOU?

HOW CAN YOU MAKE A PLAN TO OVERCOME THESE OBSTACLES?

HUMOR

WHAT MAKES YOU LAUGH?

WHO ARE YOUR FAVORITE COMEDIANS?

FAVORITE MOVIES/TV SHOWS?

LOVE LANGUAGE: WHAT YOU COMPLAIN ABOUT NOT HAVING IS YOUR LOVE LANGUAGE

ACTS OF SERVICE: People doing things for you

WORDS OF AFFIRMATION: likes to hear pleasing words

GIFTS: GETTING AND RECEIVING GIFTS

SPENDING TIME: BEING AROUND THE ONES YOU LOVE

PHYSICAL TOUCH: BEING HELD BY THE ONES YOU LOVE

WHAT ARE YOUR TOP STRENGTHS?

WHAT ARE YOUR TOP WEAKNESSES

WHAT COULD YOU DO MORE OF TO BE HAPPIER?

WHY DO PEOPLE LOVE YOU?

YOU ARE AWESOME!

EGO

id: act on basic urges (like a dog, go sniff butts and stuff)

ego: creates balance between id and super ego

Super ego: moral and idealistic standards

EGO: is defined as the view that someone has of themselves

Example: Thinking you are the smartest person on earth

Thinking you are important

How do you get rid of ego?

Stop thinking you are anything or need to be anyone. All you are is 1 brain, 2 arms, 2 legs.

Stop getting angry, does it ever help?

Stop worrying about shit, does it ever help?

Stop caring about negative things that happen to you.

Try to do your best to live unfiltered. Say what you think at the appropriate times. In order to become more unfiltered, think of how you are with your closest friends. Is this different compared to how you act with your family or coworkers.

To reiterate, realize you can translate how unfiltered you are with your closest friends to other parts of your life. This should give you the freedom to be authentic and live a better life!

Try to generally be positive, unless someone asks your opinion, then be mostly honest. Try to preface negative things. I.E your not going to like this but I hate you.

With communication, make it your goal to be clear and pertinent. Sometimes forget big words and anything that can be distracting helps to be clear. Realize balance is necessary. Also, you aren't under a time limit so take your time to listen, think, and respond appropriately.

How to argue?

Stay calm. Listen carefully. Don't give a shit about which side you are on. Realize you can win on either side. It's just a discussion where people find common ground. The only time there is a loser is when someone gets emotional and pissed off. Your goal is to come to some agreement and if you are able to convince the other person that your point or side is best, then feel good about it and be gracious. Never gloat or act like you are better than the other person you are having a discussion with. Thank them for stimulating conversation.

How do you become proficient at arguing? Ask lots of questions. Be a detective trying to find out why the person cares so much about their side. I call it an insecurity. Their caring so much about their side is their weakness. It's in my opinion an insecurity. Once you find this angle, unload on them calmly and calculated with reasons why their side is wrong.

If they get emotional ask them why they are so emotional, tell them to relax. It only makes them more upset. Listen intently, and respond slowly allowing your brain to process what they said. Then your brain will give you the reasons you need to convince them your side is correct.

How can you improve at arguing?

How can you ask more questions?

How can you improve your communication?

How can you have more fun with communication?

What can you do to help other communicate better?

When do you have the most fun communication?

BE SURE TO CHECK OUT MY PROGRAM ON HUMOR!