

THOUGHT DETECTION AND THOUGHT SELECTION

NEGATIVE SELF(LIES)

NGU - negative growth units

thoughts

- 100 NGU

feelings

- 200 NGU

words

- 300 NGU

acts

- 400 NGU

BODY

Brain

“Heart”

Mouth

Whole body

POSITIVE SELF(TRUTH)

PGU - positive growth units

thoughts

+ 100 PGU

feelings

+ 200 PGU

words

+ 300 PGU

acts

+ 400 PGU

Thoughts usually come first, then feelings are expressed in words which results in actions that hurt your body.

Negative self is then controlling body.

**Negative fights to control.
(Catch them quickly.)**

Detecting and selecting thoughts help you avoid negative acts... stops action.

Doing the right thing for the right reason

Real self takes away negative control.

***Negative thoughts will fade away.
(Switch them quickly.)***

NEGATIVE THOUGHT DETECTION - *POSITIVE THOUGHT SELECTION*

THE THREE QUESTIONS

(May want to put them on a tape)

1. WHAT ARE YOU AWARE OF INSIDE? (This means how you feel inside.)

Where do you feel it in your body? Point to a place such as lungs, chest, stomach, etc.

These are all places garbage (negatives) can be stored and you will discover clue to your fears.

Hands - performance, perfectionism, failure

Eyes - how you look

Stomach - deep down, needs to be vomited up (got rid of).

Neck and shoulders - heavy load or burden

Lungs or chest - need to sigh, take a deep breath

Arms - hugs or embraces

Legs and or feet - grounded, or mobility, or lack of stability

Throat - pouring out of stored up or frozen energy

2. WHAT DO YOU WANT?

Where do you feel this desire in your body?

3. WHAT ARE YOU AFRAID OF? (Try to isolate a specific fear)

Where in your body do you feel it?

After the third question

**go back to the first and ask the three questions
over and over again as fast as you can answer them.**

This procedure will help you get to the core, as you find your garbage pouring out...

**It is important in doing the three questions
to repeat them over and over until you get
three positive answers in a row...**

1. "How do I feel inside?" I feel better.

"Where do you feel it in your body?" All over, especially in part you felt most negative.

2. "What do you want?" I want to feel this way all the time.

"Where do you feel it?" In my heart.

3. "What are you afraid of?" Uhh--I'm not afraid of anything, wow!

"Where do you feel it?" All over, especially in my heart or chest, etc.

The aim of all the methods Dr Ellsworth has given you is for love supplies from your real self.