

Formation of Articulation Prescription

1. Explaining the concept "SW*A*T=D"

SW = Spoken word, external voice (+/- conviction) -- Nature is like LIQUID -- the most controllable -- does not require any form of belief just repetition

A = Action -- nature is SOLID -- not easily changed

T = Thoughts, belief, emotions, awareness, inner voice -- Nature is like GAS -- difficult to control -- very influenced by imagination

D = Direction -- where things are going

If any two "Factors" are aligned the third always tries to align itself in the same direction - if this is not happening the individual is exerting a lot of energy to prevent the alignment and this resistance can invariably be overcome through repetition of one of the other factors.

For example if your thoughts are sad and your spoken words are sad your actions would be that of a sad person and your direction is sadness

Use the word "WILL" in any sentence of purpose

- Helps avoid denial

- Anchors in the present

For example:

"All will be well I will be okay" -- when unsure of the future

"I will trust more or I will be trusting" -- when trust is an issue

"I will love myself" -- when experiencing self loathing

2. Express 2 "action words" in present direction:

1)

2)

3. Replace with 2 "action words" in desired direction:

1)

2)

4. Form articulation statement using WILL and align it based on how it resonates

"I will be

"I will be

5. Determine appropriate Repetition rate e.g. 10 articulation makes a set and do 10 sets equally spaced daily = 10 x 10

6. Check for:

- Confidence = X/10

- Conviction = x/10

Find solution if Conviction or Confidence is less than 80% (8/10)

Articulation Exercise

1. Start and end each counselling visit with Articulation statement:

"I will be

"I will be

10 x makes a set

Do 10 sets a day

Say it aloud

Say it like you mean it

Do not reflect on it

2. Repetition rate at home: e.g. 10 articulation makes a set and do 10 sets equally spaced daily = 10 x 10

3. Start each Articulation with the number e.g. one, I will be ----- two, I will be ----- three, I will be ----- etc.

4. Follow up: For review in

weeks