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CORPORATE PEOPLEMAP™ TRAINING & EMPLOYMENT TESTING, PERSONAL & BUSINESS COACHING,
INDIVIDUAL & COUPLES PSYCHOTHERAPY

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AUDI-O

- Never say “I don’t know”.
- Be powerful – never powerless.
- Use your conscious mind and your unconscious mind.
- Face issues and resolve them.

- I. **AWARENESS**: List any upsetting awareness/issue such as a feeling, thought, pattern, relationship, etc.
- II. **UNDERSTANDING YOURSELF**: Or the real issue or the underlying issue. Focus on yourself. What is the real reason this issue is so upsetting for me. Look deep within yourself. If the answer doesn’t come to you doing a brain search with your conscious mind, learn to access your unconscious mind by focusing inside. Stay with your breathing, quiet your mind and wait/allow the answer to come to you. The truth is within you.
- III. **DECIDE WHAT YOU NEED TO DO TO HEAL OR RESOLVE THE ISSUE**: Use the same process as stated in II. Above.
- IV. **IMPLEMENTING YOUR DECISION**: What is your concrete, specific plan? When? Where? How? Who? Hold your feet to the fire. Make yourself accountable.
- V. **OUTCOME**: Periodically reevaluate the issue to ascertain if it is resolved or you need to go through the process again.