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AUDI-O

**“No problem can be solved by staying in the same level of awareness that caused it.”
Albert Einstein**

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

- 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. First do a brain search with your conscious mind. Remembering to trust yourself. To evaluate what comes into your mind. If it fits, if it makes sense, go with it. Do not second-guess yourself. There are countless possible solutions but the only valid one is your solution
- IV. IMPLEMENTING YOUR DECISION: What is your concrete, specific plan? When? Where? How? Who? Hold your feet to the fire. Make yourself accountable. This is probably the most difficult step because we are so readily disinclined to make a clear, specific commitment. The most efficacious path is through, rather than around it or over it.
- V. OUTCOME: Periodically reevaluate the issue to ascertain if it is resolved or you need to go through the process again. An essential step, at least as you initially develop this skill, is to create an AUDIO journal. Once a week review your entries to ascertain if the issues have been resolved or if you need to repeat each step to arrive at a deeper understanding of the real or underlying issue. It is like peeling an onion. If we do not identify and resolve the real issue, the issue will not go away.