

TRAINING RECAP



STEP
2



Escape To Freedom

Step 1 was probably intense for you
Because it's revealing how you have been accidentally
building your own emotional prison for years.

But what is the benefit of knowing how your prison is built?
Exactly...now you know how to escape.

And that is what Part 2 is all about.
Showing you a clever, and more importantly effective way
to escape to freedom.

Below is a brief review of Step 2.
It's information very few people have ever heard.
I also never heard it.
And it scares me to think what my life would be like if I didn't.

But it makes me happy that you now know it.
And it makes me happy to know it's going to help you escape to
freedom.

With love and emotional liberation,

Daniel

CARE FOR YOU IS NOT AUTOMATIC

CARE IS THE ANSWER

- Anxiety is a direct symptom of neglect and broken trust.
- So, the solution is take care of yourself and rebuild trust.

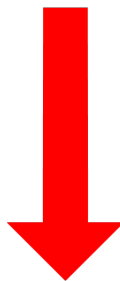
YOU WON'T DO CONSISTENT CARE

• **Conditioning**

- However, for multiple reasons that alone is not enough to solve this.
- Because if you could take care of yourself, you already would have.
- You haven't and won't naturally take care of yourself consistently because:
 - You weren't shown how
 - You were conditioned by your family and culture not to.
 - Your usual focus is on the outside and not the inside.
 - You are used to looking after others and not yourself.

• **Unconscious beliefs:**

- Also, you have unconscious beliefs that say you don't deserve' care:
- So, if you try to get yourself what you believe you don't deserve you will:
 - Feel guilty
 - Feel needy
 - Feel like a bother
 - Talk yourself out of it
 - Feel scared to do it



CARE FOR LITTLE YOU IS AUTOMATIC

THE PROBLEM

- The solution is for you to care for yourself
- But you won't naturally do it consistently.

THE HACK

- **Instinct**
 - Care for a child is strong and instinctive
 - Instinct overrides, social conditioning and fear
- **Deserving**
 - You unconsciously believe you don't deserve care.
 - But you do believe a child does deserve care.

THE ANSWER IS LITTLE YOU

- You will metaphorically see your emotional needs as the needs of a child
- Aka Little You
- By seeing your inner needs as the needs of Little You:
 - You can have compassion/understanding for why you feel like this.
 - You can give yourself care you might normally be able to give yourself.

WHO IS LITTLE YOU?

- Technically Little You is You.
- You are connecting to yourself through the helpful metaphor
- Little You is innocent and needs protection like a physical child.
- Little You is not however unknowledgeable and reckless like a physical child
- Little You is wise and connected to higher wisdom
- Little You is on some level your deep wisdom and intuition



APOLOGIZE FIRST

LONG TERM - ACTIONS OF CARE

- From all of the neglect they have experienced Little You feels:
 - untrusting
 - unsafe
 - anxious
- Long term the goal is to rebuild trust with Little You/You with acts of care.
- In Modules 2,3 and 4 you will learn a set of tools to do just that.

SHORT TERM - APOLOGIZE

- But shorter term we want to do something very important first.
- Little You wants to trust you.
- And to rebuild trust for the future you need to apologize for the past

LITTLE YOU WANTS UNDERSTANDING

- For quite a while Little You was:
 - Anxious/scared/worried
 - Telling you they didn't feel safe and trusting:
- But instead of listening to their concerns, you judged them and blamed them
- This leaves Little You feeling even more scared and anxious.
- So, you want to apologize in a way that helps Little You feel understood.
- To help Little You feel understood you want to:
 - Tell them you understand and respect why they feel this way.
 - You aren't going to judge them for how they feel.
 - You feel responsible for why they feel this way
 - You want to help them feel better.



TAKEAWAY

You don't have anxiety
It's Little You who is feeling anxious
from a years of neglect and broken trust.

You aren't broken.
You just have an understandably
scared and pissed off child on your hands.

But now that you see and understand that they are crying
you can now go and listen to pick them. Up.

By seeing your inner world as that of child
you will give them the love they deserve.

And when Little You feels safe...they calm down
And when they calm down, you calm down.