



***Limitless
Mind Coaching***

August 15th - 18th 2024

Limitless Mind

with
Lotus



www.limitlessmindcoaching.com

Limitless Mind

Day 1 – The Beginnings of a Limitless Mind

What is a Limitless Mind?

There are 3 interconnected layers of human experience:

The _____ receives our sensory experience

The _____ makes meaning of our sensory experience

The _____ connects us to the non-material world

Our focus is on the _____ as it _____ both other layers.

Your experience is created in the mind, not the _____

Through transforming the mind, _____ and _____
experience is also altered.

A limitless mind is a mind where all _____ can be broken down via
_____ means

Let your imagination be _____ as to what you may be able to change

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Your Unconscious Mind

You have 2 _____ in your mind: the conscious mind and the unconscious mind.

The conscious mind contains everything you are _____ right now

Your unconscious mind contains _____

- Stores & organises all _____
- Domain of the _____
- Runs on _____
- Is _____
- Struggles to interpret _____
- _____
- _____
- _____ in nature
- _____ oriented

Limitless Mind

My Goals for Limitless Mind

Mindset Shifts:

What do I want to get out of Limitless Mind in the next 4 days

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What do I want over the next 3 months from Limitless Mind

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Life Shifts:

What goals do you want to achieve (i.e. where do you want to be in life) in:

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Your Conscious Mind

Your conscious mind is a _____

Your conscious mind is a _____ of the
unconscious mind

Properties of your conscious mind:

- _____ thinking
- _____ everything
- Limited scope of _____ items at a time
- Is _____
- Comfortable with _____
- Domain of the _____
- Responsible for many _____ in your 'mind'
- Contains your _____

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Your Paradigm

Your paradigm is the collection of _____ that _____
your universe

The limit on your _____ is your paradigm beliefs

Most paradigm beliefs go _____ and _____
throughout a lifetime

Shifting your paradigm changes your _____, _____
and _____

Paradigm beliefs are about your _____ and the _____

Example Paradigm Beliefs

- I am not good enough
- I don't deserve happiness
- My body is weak
- The world is dangerous
- All men are liars

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A series of 25 horizontal dotted lines for writing.

Limitless Mind

Trauma

There are 2 types of trauma: _____ and _____

You probably _____ of your major traumas

You've have had so many minor traumas that they do not _____
in your memory

The traumas before the age of _____ are the most impactful because they are in the
imprint period

Major traumas build on the _____ of pre-existing minor traumas

Your current issues are mostly the result of _____ traumas,
not major traumas

When a trauma memory runs in the unconscious mind it is _____

The brain heals traumas automatically when the necessary _____

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Your Personal History

What's the worst thing that ever happened to you

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What's the worst thing you ever did

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What's the most angry you've ever been

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What's the most frightened you've ever been

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What's the most embarrassed you've ever been

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Refining the language of Part descriptions

The 3 structures for describing negative thought processes:

There's a part of me that feels [emotion]

There's a part of me that tells me X

There's a part of me that believes X

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Parts of the Unconscious Mind

There are two types of voices in your internal dialogue

#1 The voice you totally control:

- Self-Justifying
- Planning the future
- Imaginary conversations

#2 The automatic voice(s)

- Self-criticism
- 'Irrational' fears
- Obsessions

The main goal of Limitless Mind is to use voice 1 to _____ voice(s) 2

Where the negative voice(s) comes from

The _____ come from 'Parts' of the unconscious mind

Parts are _____ that:

_____ for themselves

Have their own _____, _____ and _____

_____ to you in your mind

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Parts are NOT like apps on your phone because:

You can't _____ parts

Parts are much more _____ that apps

Parts are like people is a better _____ because:

You already know how to talk to people:

- Kind
- Patient
- Respectful

Your own negative self-talk:

- Ignore
- Distract
- Reason
- Get frustrated
- Shout
- Tell it to go away

The main goal of Limitless Mind is to make your _____ as good as the best of your outer relationships

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Fixing the relationships with Parts

To repair the relationship with your parts you must _____
for your side of the disagreement

Step 1: Identify the exact part you have an issue with

Step 2: Accept responsibility for your actions

Step 3: Ask for a better relationship

Just because you experience _____ from a part that does not mean it is the
only thing it is capable of

Negativity often comes from _____ within the part

Trauma heals spontaneously given the right conditions

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Example Parts of The Unconscious Mind

This list is a complete account of every part I encountered during my clinical practice 2014-2020. These are adequate but imperfect formulations of parts.

Feels like a failure
Afraid of rejection
Criticises
Gets angry
Tells not good/strong/attractive/smart enough
Tells I'm weak / A fraud
Tells worthless
Afraid of being judged
Takes things seriously/personally etc
Negative / given up on life
Worries about something/everything
Can't let go of...
Afraid of connection/intimacy/relationships
Can't trust ppl
Afraid of illness/vomit/blood etc
Afraid of what ppl will do
Part that gives in to ppl
Tells Ugly/Stupid/Bad person
Pleasing people
Expects disaster
Overreacts
Part wants to be popular
Worries about getting trapped
Let's ppl take advantage
Worries being seen as gross/insensitive/idiot
Worries about money
Has impossible standards
Sad about s/thing
Doesn't want to hurt ppl
Worries about being alone
Says hurtful things
Overthinks
Worries being told off/found out
Wants to run away
Wants recognition/acceptance/love/to be understood
Feels neglected
Feels awkward

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Afraid of dying

Doesn't like ppl

Hates person/idea/event

Thinks people don't take seriously

Worries being embarrassed

Worries about getting it wrong

Naïve

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Refining the language of Part descriptions

Descriptions of Parts

Descriptions of a part refer to its _____ not its _____

Formulating a description is about:

1. Uniquely identifying _____ part in a way that the part does not _____ to
2. Setting the _____ and _____ of the discussion that will follow

Be sure to avoid:

_____ or _____ language

_____ language that might identify more than one part

Language that a part might not want to _____

The kind of conversation you want to have:

- Understand how the part really feels
- Understand how the part really feels about you
- Understand what the part wants
- Understand what the part wants from you

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Formulate a description for your Parts that

1. Uniquely identifying one part in a way that the part does not object to
2. Setting the context and tone of the discussion that will follow from it

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Compassion for Parts

You don't really know the motivation of parts

A part can speak unkindly because you never _____ to its _____

A part can feel fears that you don't understand because you don't share the

_____ of the trauma

A part can be angry because you have _____ it.

A part can feel like you do not _____ or _____ it

A part can feel _____ and _____ in the
unconscious mind.

A part can be stuck in a _____ phase of development

Discussion Prompt:

Imagine that the part is a real person - can you imagine how the part could feel hurt by your actions (even if justified)

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A series of 25 horizontal dotted lines for writing.

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Day 2 – Working With Parts

Why heal the relationship with Parts

You are not an _____ you are a _____

Inner peace is not _____

A peaceful internal dialogue makes for a _____, _____ and
happy life

Parts are your #1 most powerful _____ resource - you can't live

your whole life _____

You can turn an _____ part into a _____

Your role in the conscious mind is to _____ the unconscious mind

not to _____ or _____ it.

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Refining the language of Part descriptions

Hierarchy of part descriptions:

#1 - There's a part of me that feels [emotion] when [trigger]

#2 - There's a part of me that tells me X

#3 - There's a part of me that believes X

Formulate 1 part as best you can:

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The 4 possible outcomes

Outcome 1: Part spoke

Outcome 2: Part appeared but did not speak

Outcome 3: Constructed experience (kinda felt like something was there...)

Outcome 4: No part appeared in the garden

Outcome 1 Questions:

How did you feel before vs after speaking to the part

How do you understand what the part said

What episodes in your life can be explained by this conversation?

Do you feel like you can build a relationship with this part (why)

If you build a positive relationship with this part, what will change in your life

Do you think you / the part can or need to forgive each other (why))

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Outcome 2: Part appeared but did not speak

Problem: Part was unsure of your intentions,

Solution: must be more clearly communicated in advance

Problem Part does not feel that it can speak to you.

Solution: Speak as if to a teenager through the bedroom door

Problem: Wrong part was called

Solution: Clarify the language

Outcome 3: Constructed experience

Problem: Ambiguous description of the part

Solution: Clarify and ensure that you follow the 3 structures

Problem: Attempting to work with something that is not in your internal dialogue

Solution: Be more specific in how you describe the problem.

Outcome 4: No part

Problem: Bad description

Solution: clarify description.

Problem: Part was offended by the description

Solution: Make description inoffensive.

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Problem: Part was afraid of what you might say or do

Solution: communicate intentions (not a telling off etc)

Problem: Part is very vulnerable and afraid

Solution: keep going back to the part and assuring that it will be ok and doesn't have to do anything it doesn't want to.

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Maintaining Good Relations with Parts

Relationships take work

When you reset the relationship with a part you must not _____ it

Parts value what you said most _____ over what has been said

_____ in the past

Having a good relationship with a part requires that you treat each part as an

Parts can have a _____

Parts can _____ slowly

Rebuilding trust takes _____ and _____

When you slip back into old habits you must _____

for your inner speech (with the conscious mind voice)

Do not try to _____ a part as that may cause it to _____

into the unconscious mind

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Outcome 1 - Discussion Questions:

How did you feel before vs after speaking to the part

How do you understand what the part said

What episodes in your life can be explained by this conversation?

Do you feel like you can build a relationship with this part (why)

If you build a positive relationship with this part, what will change in your life

Do you think you / the part can or need to forgive each other (why))

Outcome 2-4 Discussion Questions:

How do you feel about this part

What would have to happen for you to forgive a part like this

Would a part like this ever be willing to change in the way you desire

Do you genuinely wish to repair the relationship with this part (why)?

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Practical problems that Parts create

- Negative Thoughts
- Negative Emotions
- Inescapable Behaviours

There are only 2 reasons why you have problems with parts:

1. The part is feeling an _____ or _____ of feeling an emotion

2. The part is communicating with you in a particular way to _____
your _____

The Solutions

1. Reassure the part and help it to overcome the emotion like a child

Parts have experienced _____ by the conscious mind in the past

Parts can only overcome emotions / traumas when they _____

Parts need their emotions _____ not _____ (“It’s ok to feel like that”)

This requires _____, _____ and emotional

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2. Build enough rapport and trust with the part that it can be honest with you

Parts often feel _____ by the conscious mind

Parts worry about the _____ of the conscious mind (ego)

Parts communicate in a way that they believe will _____ behaviour

If a part starts to feel that you are _____ and can be

_____ then it will be open to changing its behaviour

Parts may need _____ about how to change.

Discussion Questions

If you had a good relationship with this part, then what could you do that you cannot currently

How could that part help you to achieve that even better than if you tried to do it without the part's help?

What would you need to change in your conscious mind to make this happen

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The Future

Life is not about the elimination of _____, it's about _____ experiences

Personal transformation is not as simple as solving the _____ problem

Personal transformation is an ongoing _____

Being a one-man band leaves you _____ and _____

True strength comes from _____ and _____

You are not an _____, you are a _____

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Discussion Questions

Imagine that your primary negative thought pattern suddenly and miraculously disappears - what are the possible negative consequences:

- Your safety
- Your relationships
- Your security
- Your health
- Your emotional vulnerability

What weaknesses do you have that the negative thought pattern protects you from

What work do you need to do to ensure that the negative thought pattern never NEEDS to return

What other resources will you need to ensure that the negative thought pattern never needs to return

Update your goals to reflect the additional work and resources required

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Day 2 Reflection Journal

A series of 25 horizontal dotted lines for writing reflections.

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Day 3 – Understanding Parts

Parts Have Emotions & Traumas

Parts have experienced traumas that you consciously do not _____

Each trauma is associated uniquely with _____ part

Parts are motivated to avoid _____ and _____

When a part feels the threat of triggering a trauma they may become _____

Parts do not know how to _____ their own traumas and therefore do not wish to discuss them

The worst thinking you can say to a part experiencing re-traumatisation is “_____

_____”

You should motivate parts that are stuck in negative emotions as though speaking to a

_____:

- Kind
- Patient
- Respectful

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Discussion questions:

Recall a recent time when you confronted your negative thought pattern

What did you say to yourself to try to overcome the stuckness/compulsion

Was it kind, respectful and patient?

What emotions did you feel ABOUT the negative thought pattern

Understanding that you were speaking to a part when you used that language, what would have been a better thing to say?

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Parenting Parts

You can help parts to escape from _____

Traumatized Parts always respond well to being treated like _____

This requires the POP mindset: _____, _____,

Parental

Take responsibility for the _____ of your parts (even when they _____ you)

Show _____ whilst remaining _____

Create _____ for Parts

Open-Minded

You don't know what a part is really _____

Parts may be _____ or _____ to share the truth with you

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Parts may have been in the habit of _____ you and feel ashamed to admit that.

Patient

Healing traumas _____ takes time

If you rush a part, you lose _____ and _____

If you lose your temper with a part you should _____

This Is Not Inner-Child Work

More than 1 part of you will require this childlike approach

Each part must be treated as a unique individual

Given what you have learned so far, how good are you at treating yourself kindly

What efforts have you made in the past to treat yourself kindly and practice self-love

What mistakes did you make

What will you do differently in the future

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Working With Emotional Parts

Parts are _____ when experiencing negative emotions

Trying to make a part _____ in moments like this is counterproductive

_____ a part for a feeling is also counterproductive

You must first _____ the emotion of the part then seek ways to

_____ out of the emotion

Remember: Every time a memory runs in the unconscious mind it is changed forever

Personal History Questions

When did the negative thinking start

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Who have you previously blamed it on

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What have you previously blamed it on

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How do you understand it now

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Refining the language

Emotional problems with parts should be formulated as:

There is a part of me that feels [emotion] when [trigger]

[Trigger] must be:

_____ (i.e. not an accusation against the part)

Questions

What emotion do you feel

When does it always happen

When does it never happen

Formulate as there is a Part of me that feels [Emotion] when [Trigger]

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Nurturing childlike parts

Do not assume that what parts say to you is _____ or _____.

Do not _____ a part with a _____ it has made

Do not fight with a part _____

Ask yourself “Is going along with this in the short-term worth the

_____ in the long-term”

Allow parts to see the _____ for themselves

Use _____ questioning

Play the _____

Teach parts to _____ not simply _____
what you tell them

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How do you feel about the Part of you that feels [Emotion] when [Trigger]

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Why do you feel this way

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Do you wish you could feel differently? What prevents you from feeling differently?

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What do you want for this part

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Life as The Teacher

You are a community of parts and you must _____ that community

Parts need _____, _____ and _____

Parts need to learn to:

- See other people as _____
- _____ with each other
- Cooperate with the _____

Parts need support to:

- Explore their _____
- Recover from _____

When parts are _____ with one another you must speak to both parts

Remind parts that the most important aspect of your life is continued, positive

Insist that parts are _____ to each other

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How Motivation Works

Motivation can be _____ or _____

Positive motivation is moving toward _____

Negative motivation is moving away from _____

Your internal dialogue _____ or _____ motivation

It is better to _____ than _____ parts to produce motivation because this produces positive motivation

Positive motivation has direction therefore parts need a goal to move toward

When parts feel supported the impact of negative motivation is lessened because the

pain seems _____

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Parts as Crew

Parts are the _____ of your unconscious mind

Your conscious mind is the _____.

The job of Parts is to _____ through life

The job of the conscious mind is to provide _____

The conscious mind should not try to _____ the ship

The conscious mind should provide _____, _____

and _____ ONLY.

The parts of your unconscious mind are better placed to _____
your body

All movement is fundamentally _____

Movement includes your _____ and _____

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What parts have you identified so far

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How do they interact with the conscious mind

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How do they interact with each other

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Have you identified any major conflicts between parts

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Day 4 - Creating Your Future

Qualities of good Leadership

The 2 energies required to be a good leader in your mind

1. _____

2. _____

Both energies must be practised at the same time

The parent energy is:

The Captain energy is:

As a good parent or captain in real life you would exhibit _____ energies

You should choose the metaphor you wish to explore with a part based on their

_____, _____ and _____ style.

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Aggressive parts require a more _____ approach whilst still maintaining a patient, forgiving and caring manner

Sensitive parts need more _____ whilst still remaining strong, decisive and goal-oriented

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Journal Questions - If you feel that you ARE good at either parent or captain now:

Are you more captain or parent right now. Why

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Can you adopt more of the other energy? (why)

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Journal Questions - If you feel that you are NOT good at either parent or captain now:

Which would be easier to adopt first? Why,

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What would you need to do,

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Can you do it?

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What help would you need?

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Being a community

Every part of your mind has the absolute _____ in your mind

The community of your mind requires _____

The current state of your mind is the starting point - you must be clear on the kind of

_____ you wish to create

Parts can be _____

Parts can _____ other parts

Parts may not have access to _____

Parts may get a thrill from _____

Your conscious mind MUST be the leader of the unconscious mind otherwise a part may

_____ leader

To re-establish yourself as the leader you must show _____

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The Role of The Conscious Mind / Ego

The conscious mind is a _____ within your whole mind

Your conscious mind contains everything that you have _____
to.

Many problems that people assume are unconscious are simply in an _____
portion of the conscious mind

Through radical _____ you can shine a light on many problems that
you have overlooked

The _____ / _____ entity within the conscious mind
could be considered the Ego.

Your ego is what you _____ you are

Your ego does not have to be _____, yet it frequently is.

Self-critical parts often _____ the arrogance of the ego

By adopting the 2 energies of good self-leadership in your conscious mind you

_____ your ego

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How do you decide what to focus on in life?

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How do you speak to parts that disagree with your priorities?

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If you took a more collaborative (with parts) approach to choosing your priorities, what would you start focussing on.

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What would you stop focussing on.

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Would that be ok? Why?

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Sharing responsibility with parts

You cannot live life 100% _____

Parts are responsible for:

- _____
- Complex _____
- _____
- _____ processing

Most parts need to feel _____

When assigning jobs to parts you must ensure they are _____,

_____ and know _____

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What parts of you do you find it hard to trust? Why?

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What would need to happen for that part to earn your trust

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What would you need to do to earn the part's trust

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Do you think the part would be willing to do it?

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Would you?

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Resolving conflict between parts

When parts are in conflict you may experience:

- Physical _____ and _____
- Inner _____
- Low _____
- Lack of _____ and _____

Resolving conflict requires that both parts feel _____ by the
conscious mind

All conflicts can be resolved given _____ and remaining rooted in

the _____ of captain & parent

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Achieving goals as a community

Assigning task to parts creates a sense of _____ and therefore good rapport.

A larger goal should be subdivided into smaller tasks then _____ to parts.

Asking parts to collaborate causes the _____ and _____ of one part to be taught to the other part

Collaboration also repairs _____ between parts

_____ tasks to the unconscious mind frees up time for the conscious mind

The conscious mind should not be actively engaged in _____

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Choose 1 major, external goal.

What parts have you identified that might benefit from participating in the achievement of the goal

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What parts might be well equipped to achieve the goal

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What parts might be suitable collaborators

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Refining Your Goals

Goals should be set from the perspective of what is best for the

When every part of you is _____ with your goals, success is far simpler and easier

When parts are _____ with your goals you are unlikely to achieve them

If a goal _____ then it is not a good goal

If the goal is to damage or destroy a part then the part will _____

Both _____ and _____ goals should be given to parts

Discussion Questions: Refining Goals

Are your goals considerate of the feelings, beliefs and objectives of the parts you have identified

With your previous attempts to achieve these goals, can you see where resistance may have come from

What do you need to change in the formulation of the goal to make it achievable

What do you need to change in your approach to achieving the goal to make it possible

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Building a New Identity

The most profound changes we experience are _____ transformations

Now that you understand yourself as a community, your old identities may need to be

The most important relationships you have are the _____ relationships

Your _____ relationships will all improve as a result improving the inner relationships

Some of your old relationships may need to be _____ or

Do not be in a hurry to cut off any relationships but also do not procrastinate.

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Who are you?

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What are you capable of?

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What is important to you?

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Day 4 Reflection Journal

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