

POD 10 TOC Technique Training

There are two Demonstration Exercises:

Demonstration #1:

6 Structures of Belief Process – Practice Sessions

Do **at least 3 practice sessions** using the information about the 6 Structures of Beliefs. You may work with the same person or 3 different people or any combination.

Have fun with this!

Questions:

1. What did you learn about yourself personally and yourself as a coach in this exercise?
2. What went well?
3. What would you do differently next time?

Demonstration #2:

Generalization Exercise – The purpose of this exercise is for you to personally see how when you generalize you are stating an unconscious program. The power of discovering your generalizations (and your client's generalization) is the ability to open new doors in the way you think about your possibilities.

Explore your programs and beliefs through what you generalize.

Work with your partner for this exercise. You start out as Partner A. Once the first session is completed, you switch and you become Partner B.

Partner A asks questions and records the answers for Partner B.

Find a generalization, i.e. *I can never trust anyone. Nothing I ever do is good enough. Men (women) always let me down.*

Generalizations are stated with: always, never, everybody, nobody or grand pronouncements such as: *Women are too emotional or the government is corrupt or I am never supported, no one ever listens to me.*

1. Close your eyes. When you think of your generalization how do you feel in your body?
2. Where in your experience have you found that to be true?
3. Where in your experience have you found that not to be true?
4. Make the statement personal i.e. instead of saying "Nothing I ever do is good enough" state "I am not good enough".

Close your eyes. When you think of that statement how do you feel in your body?

5. Where in your experience have you found that to be true?

6. Where in your experience have you found that not to be true?

7. What do you want to be or experience instead?

8. Walk your partner up to theta using the 6-step process of The One Command and make the One Command.

9: Now test both the generalization and the personal statement. Are either true?

Switch partners and go through process again. Report to us your answers and also your experiences (not their answers) working with your partner.