



ASSOCIATION/DISSOCIATION

As you continue to dig even deeper into your quantum nature, you will discover a curious fact. Sometimes when you consciously re-frame new emotions to an experience, it feels mismatched and incongruent. This is normal, and this exercise is all about embodying your emotions at a much deeper level. Here's what you have to do. Once the re-frame takes place, associate or disassociate your emotions accordingly to distance you from those feelings you want or don't want. Ask yourself, "What emotions am I going to associate or disassociate in this time frame, in this instance, moment, or memory? Really look at the experience. What *was* it? What *is* it? What does it *mean*? What do you want to *take from it*?"

For example, perhaps in your past, you've been "disassociated" from your greatness. You used to think, "Well, ah shucks, I'm not going to claim my greatness because that would be arrogance. That would be prideful and boastful. I don't want to do that. I'm a humble, humility-based person. I mean, I did win the Nobel Prize last week, but that was nothing. Really, I just got lucky." I know this is an extreme example, but do you catch my drift? Our unconscious drive to dissociate from positive and powerful emotions diffuses our innate strength. It mocks our greatness, and makes it *that* much harder to achieve more. Don't just dismiss your power! *Embrace it always*. By the same token, disassociate from all those things that dis-empower you. Unconsciously, we've been taught it's okay to be depressed, miserable, and half empty. But, it's not okay. *You have a choice*.

When you intellectually look at both the half full and half empty sides of life, you're going to choose a meaning you will reinforce as truth. If you've been living in a "dark" room "broken" for 40 years, you can choose to fully associate to that pain and hang onto it, *or* you can *emotionalize* the joy of "walking fine" today, and then, you can look back at your childhood and go, "Wow! What a great childhood I had! That experience used to be my worst nightmare, in fact, it is my greatest strength. How awesome am I!" Even knowing this, some people will *still* hang onto past bad experiences. They'll choose to use the association tool to stay stuck in their negative emotional pattern. *But, you've got to stop this temptation at the root— don't do it!*

Anytime you have a negative emotional thought pattern be very, very conscious about it, and ask, "Do I want to be miserable right now?" Do you really want to be miserable *right now*? Of course not! Simply *dissociate* from your negative pattern. Some people will get stuck here, they'll tell me, "Well, that's kind of manipulative. How can you do that? That just doesn't feel right to me." My response to that— you are *already* using association and disassociation... but in a negative way. You currently have no problem manipulating the joy right out of your life because you're driven by a humility and humbleness program. You can't tell me that you won't do this because you have a problem with the idea. I just don't buy it. You are going to have to get deep into all the reasons *why* you do or don't do what you want in life. It's your choice, and it's who you *decide* to be— which leads me to another important tool...



You don't have to feel emotions the way that you do today. Most are upside down, allowing big emotions for their shadows, and minimizing the light and joy of their better side. *Choose* how you feel – it is not mandatory what you do and how you feel today.

Emotionalize your success, intellectualize the failure. Sadly, most do the opposite...

- Facebook, August 1, 2010

Pick a specific memory, about an angry confrontation that you had, maybe about a 6 – 7 on a scale of 10. Remember it just as intensely as it was then. See it just as intensely; hear it just as intensely, feel it *more* intensely than it was then. Making it in color, put it on a big movie screen, put big sound in, feel the anger *more* intensely than it was then. Write it down now.

Doesn't the intensity go up? It is up from the 6 or 7, yes? Haven't you done this before, remembering something, and making it worse in the remembering of it than it was? This is *association*.

Now, shake your body out... let go of the memory for a moment. Maybe move around for a minute or two. Now go back to the memory again. And the residue of the association may still be there, so if it is higher than a 6 or a 7, that's ok.

Now, remember it less intensely than it was. See it in black and white, put it in a small screen TV, turn the sound down, put cartoon ears and voice on the other person, consciously make it less intense. (and don't tell me this is hard, or you don't do this.

You give some people a hall pass for your anger in your memory all the time. This time, though, you have to do it consciously when it might be a bit hard.) Write it down now:



Doesn't it feel less now? With cartoon ears and voice on your assailant, I dare say you might even smile at it now! So, what was a 6/7 memory, we took to an 8/9/10, and then turned right around and made it a 1/2/3! This is *dissociation*!

So the power of this tool is to take the quantum reframe of a topic, look at the quadrant aspects of it, and associate / dissociate emotions at will. How powerful are you?!

Take one of the challenges that you have been working so far through the course of this workbook. Reframe it, consciously dissociate from the challenge, and associate to the solution. Write that experience down here:

