

How Your Subconscious Works & How to Take Control of it

Subconscious Restructuring®

Ages 7-17

"Its beautifully simply and that is what makes it simply beautiful is that you can teach it to anyone. I have applied it, not only to my clients, I have applied to myself."

Dr. Jeff Litchford
Psychologist
MASTER SR® COUNSELOR

Measure & Improve

www.BURRISINSTITUTE.COM

FIND AN SR® COUNSELOR & TRACK YOUR PROGRESS AT
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KELLY BURRIS, PhD

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PRINTING AND SETTING UP YOUR WORKBOOK

Printing: Check the Duplex (double sided) print option in the Properties tab of your printer. If you print the cover separately, (recommended) use the borderless printing option under Properties and then start your print of the rest of the document from page three. The cover will look much better printed on photo glossy paper with your highest quality settings.

Binding: A one half inch notebook with a clear front for the cover will work the best. If you already have, a notebook you would like to put the document into that will work also.

Tab Set: You will need an eight tab set. Simply put the tab before each Step of the program. This will allow you to quickly reference any section.

Step 7 Audio: “The Trance-Formation” Step 7 Audio is available at BurrConnect.com. Simply make an account and click on Step 7.

The Trance-Formation is the most powerful guided meditation you will ever experience and is based on the first six steps of program process of Subconscious Restructuring®. The greatest influence you will have on the subconscious is when you are in a subconscious state. This is why it is imperative to meditate every day and within a structure which you have determined to work the best for you.

SR® INTRODUCTION

The SR® Difference

SR® is a focused, structured, scripted discipline with an integral progress tracker to **Measure & Improve** the clients' emotional state, behavior and relationship satisfaction with a 22 point three instrument checklist.

The **SR® Progress Tracker** at BurrissConnect.com automatically calculates whether you have improved, not improved or stayed the same in any date range and color codes the difference.

SR® does not depend on past history, labeling or observational, subjective measurement to fix or improve behavior. SR® goes straight to the problem and immediately to the fix.

Measure & Improve

There are two critical components to the **Measure & Improve** equation of SR® which enables client and counselor to easily detect when a problem arises or when one has been affectively addressed.

One must first clearly define behavioral epidemiology (behavior cause and control) before one can claim to have an evidence-based behavioral health solution and the Burriss Institute has defined this term by clearly answering seven key questions or KQ's.

- **KQ1.** What determines an emotional state and human behavior?
- **KQ2.** How does the subconscious work?
- **KQ3.** What do all behavior disorders have in common?
- **KQ4.** What is the difference between brain, mind, conscious and subconscious?
- **KQ5.** What is the function of the conscious and subconscious mind?
- **KQ6.** Is depression a disease or disorder?
- **KQ7.** Is depression caused by a chemical imbalance in the brain?

After a clear definition of behavioral epidemiology is established one can address the second component of the **Measure & Improve** equation and establish a clearly defined "evidence-based" protocol to empower the client and monitor the performance of a counselor or life coach. Three KQ's define the term "evidence-based" behavioral health.

- **KQ1.** What is measured?
- **KQ2.** Why is it measured?
- **KQ3.** How is the data generated?

Answers to all of the above KQ's can be found in the epidemiology section under **SR® Intervention**.

The Fusion of Behavioral Science & Web Technologies

BurrissConnect.com has fused the SR® process with a dynamic new web technology to create the ultimate in interactivity, progress tracking, relationship building and immediate access to all of your SR® information from anywhere there is an internet connection. BurrissConnect.com was built with privacy as the key factor for the client from the ground up.

Becoming an SR® Counselor

After an introduction to SR® many people decide to become SR® Certified so they can empower other people. The Burris Institute has trained and certified military personnel, corporate trainers, psychologists, social workers, teachers, attorneys, physicians, life coaches and counselors.

Consistent results with the full range of behavioral issues are produced by this wide range of professionals through the use of the CSRC Guidelines which are exclusive to the SR® Counselor Life Coach. These guidelines in conjunction with the automation afforded by the BurrisConnect.com web site assure your clients will move as quickly as possible toward their objectives.

Working with an SR® Counselor

SR® represents an exciting new way of thinking which will empower you to take control of every aspect of your life. This new way of thinking may also represent some challenges which can easily be overcome through the use of a Certified SR® Counselor Life Coach (CSRC). Every CSRC is trained to shape themselves and the SR® Process around their clients to get the absolute maximum out of every session.

Choosing the perfect SR® Counselor is also an applied science at BurrisConnect.com. You will have access to all details of every SR® Counselor including the results they produced with their three most recent clients in bar graph and raw data form. Our counselors do not guess when it comes to addressing critical personal issues and you should not have to guess when choosing an SR® Counselor.

With the BurrisConnect.com relationship feature you can request a new SR® counselor while retaining the one you have.

Subconscious Restructuring® Defined

Subconscious Restructuring® Definition: SR® is an evidence-based 7 Step counseling life coach discipline designed to interrupt, restructure and reprogram one's emotional state and behavior from the nucleus of the subconscious.

What is the Function of Conscious & Subconscious?

The conscious mind has a single function and this is to deliver information to the subconscious, the subconscious does everything else.

There is a consistent process the subconscious must go for an emotional state and behavior to come about. If one does not understand how the subconscious works and how to interrupt, restructure and reprogram it, one is subject to the random and autonomic processes of it.

How the Subconscious Works & How to Take Control of it

Everything you have ever seen, heard, felt, tasted or smelled has been stored in your subconscious since your first breath. The subconscious uses this information to determine how you emotionally respond to your world which in turn will equal your behavior. One must fully understand how the subconscious works and how to take control of it which must include the tools to interrupt, restructure and reprogram the subconscious if something is determined not to work.

Will SR® Help Me Manage Modify or Cope?

SR® is designed for a complete, positive, empowered change. It simply does not make sense to modify, manage or cope with something which does not work. What does make sense is to interrupt a process which does not work before it begins then restructure and reprogram it to produce a different emotional response and in turn permanently change an unwanted behavior.

What is the foundation of SR®?

One's emotional state is the single constant of all human behavior, in other words your emotional state = your behavior. How you feel about everything you do will always determine whether you move toward it or not. You will always move toward perceived pleasure and away from pain. This is why Step 1 of SR® is a three instrument checklist beginning with an Emotional Checklist.

The Power of Your Subconscious

To give you an idea of the power of your subconscious, you can speak at a rate of about two to three hundred words per minute. Your subconscious runs at a rate of about one thousand to twelve hundred words per minute, which is about four times faster than you can speak. This is why you can talk on the phone and perform other tasks like typing on the computer or driving a car because the subconscious is already programmed to do the other tasks.

When a single objective comes to mind it is like a tug of war with a vat of mud in the middle for whom ever loses. Your single objective is one-person on one side against the subconscious, which are four people on the other side. If one does not understand how to interrupt, restructure and reprogram the subconscious, one will be subject to the autonomic processes of the subconscious.

Interrupt - Restructure – Reprogram

If you are having a negative or destructive response to subconscious information, how then do you **Interrupt, Restructure and Reprogram** this? Once you understand the basics, you can begin to take control at the very beginning of the process.

It is imperative you understand how to take control of your subconscious because it is like a car without an off switch and an unknown driver, if you do not predetermine the destination. If you decide not to drive or at least tell the driver where you are going, it is going to drive itself or someone else will get in the seat and drive it for you. Someone else driving might be ok if you agree to where they are going but what if you do not?

Most parents do not realize they are programming their children from the very moment you enter the world and they are just passing along what their parents had taught them, good or bad. There are also a tremendous number of variables which can occur in your initial programming which may have little to do with your parents. The bottom line remains. Do you, at some point, want to drive or do you want to continue letting someone or something else drive?

Interrupt

The core issue with all behavior which does not work is you are emotionally out of control and you need to at some point decide if you want to interrupt this process. Someone who has spent two, five, ten years or more trying to fix a problem will usually consider it arrogant of anyone, in particular a psychologist or psychiatrist, to tell them what they need to do. Telling someone to change will never equal empowering them with the tools to consistently interrupt a process which does not work.

Does This Work for Me?

If you are asking yourself, this first key question every day, (Does this work for me?) you will recognize what you need to interrupt. After you recognize what you need to interrupt, you write this down as your initial goal or objective.

Restructure

After you interrupt an emotion and behavior which does not work, you can begin the process of restructuring. There is only one-way to effectively do this and that is to have an organized process to put the subconscious on paper or online.

You must document everything. If you do not, how do you know where you have started, where you are going or where you have ended up? Without documenting this information, you are simply guessing. To put it in the most simplistic terms, you cannot effect change in anything unless you take some sort of action.

Gaining access to the subconscious begins with establishing your objective or goal. The next step is to document how you relate to this goal or how you communicate to yourself about it. Talking to yourself is the first component of information which determines your emotional state and behavior and it is important to find out how you speak to yourself in regard to an objective.

Access to subconscious information is afforded by simply responding to four statements and one question about your objectives or goals. This is known as the Subconscious Perspective and is Step 2 of SR®.

Reprogram

Once you understand how to interrupt and restructure subconscious information which does not work, the process of reprogramming is relatively simple. We say relatively because sometimes the most powerful program you may need to overcome is the program to allow the subconscious to run itself.

You must consistently evaluate your self-talk and determine whether it is a dialogue which is going to lead you to an objective or goal you have chosen. If it is not, you must consistently interrupt this process and restructure it you until you have reprogrammed yourself which will move you in a direction you have predetermined.

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