

Q u e s t i o n s & A n s w e r s F o r M o r e P o w e r f u l C o m m u n i c a t i o n W i t h Y o u r s e l f

U n d e r s t a n d i n g T h e Q u e s t i o n i n g P r o c e s s

When you say to yourself, “I don’t understand this” or “I don’t get that” you are setting up a reinforcement pattern that you don’t understand it yet. You are making the process much tougher, and thus slowing down your ability to learn.

Now, if you said it like this...

“I wonder how soon before this begins to make sense”?

“I wonder how quickly before I’m going to be delighted in discovering what is new about this”?

“I wonder how soon before I delight and amaze myself all the time”?

Your mind may not come up with a quick answer, because it has to process more, thus giving you a much better answer in return. Here are some more potent questions...

“I wonder how exquisitely talented I can become”?

“I wonder how I can use my mind to do things that I never yet before considered possible”?

“I wonder who I’m going to find that presents a challenge and I wonder how I’m going to delight and amaze myself in overcoming that challenge and doing that in ways that I never before thought possible?”

This way brings you more delight, more pleasure and allows you to learn at a must faster rate. Once you do the questions, you can turn them into actual affirmations or autosuggestions to use.

In order to truly become a Controller of your life, you need to learn how to ask yourself the kind of questions that get you the results you desire. To be successful, secure and fulfilled, you must make a daily habit of asking questions that give you power and focus.

21 Days to Change By Asking The Right Questions

Here are some sample questions which will allow you to see how to get this to work effectively.

How come I'm so lucky?

Why am I so wonderful?

Why am I always the most attracting force in a room?

What new wonderful things will I discover or learn today?

How can I become in better shape, lose more weight and enjoy the process?

I wonder in how many ways I can become better and better?

I wonder how soon I will get the right connections to get my new job or business started?

I wonder how quickly I can achieve my ideal weight?

Which sensation in my body feels the very best right now?

How quickly will I begin to learn these new self hypnosis skills?

How naturally and easily will I begin to attract my desires?

How soon will I begin to notice with delight how happy I can become?

I wonder how quickly I can start to earn one million dollars per year?