
2 MODULE TWO: THE SAYS WHO? METHOD™
OVERVIEW

Lesson 1:

Transforming Negative & Fear-Based Thoughts

Lesson 2:

How Our Thoughts Influence Our Lives

Lesson 3:

Automatic Thoughts

Lesson 4:

Tools For The Thought Coach™

Lesson 5:

Identifying the Different Kinds of Thoughts

2 MODULE TWO: THE SAYS WHO? METHOD™ DAILY EXERCISE



"The Ancestor of every action is a thought."

RALPH WALDO EMERSON

The daily exercise assignment for Module Two is:

1. Complete Required Reading Assignment.
2. Complete Daily Says Who? Method™ Worksheet*:
 - Lesson One: The Says Who? Method & Health
 - Lesson Two: The Says Who? Method & Relationships
 - Lesson Three: The Says Who? Method & Finances
 - Lesson Four: The Says Who? Method & Career
3. Work The Says Who? Method Daily:
 - + Stand in attention to the thoughts you are having.
 - + Identify your negative thoughts immediately.
 - + Expect them to come up - be 100% ready for them!
 - + Be diligent, available and committed. Do not let anything slip through the cracks.

*Worksheets will be delivered in Daily Email Lessons

2 MODULE TWO: THE SAYS WHO? METHOD™ READING ASSIGNMENTS

Lesson 1: Transforming Negative and Fear-Based Thoughts Required Reading: *Judgmental Thoughts, Says Who?, Chapter 6*

Recommended Reading: *Negative Thoughts: 3 Causes, 7 Solutions, PsychCentral*

<https://blogs.psychcentral.com/childhood-neglect/2016/09/negative-thoughts-3-causes-7-solutions/>

Lesson 2: How Our Thoughts Influence Our Lives

Required Reading: *The “Something to worry about” Thoughts, Says Who?, Chapter 7*

Recommended Reading: *How To Ditch The Bad Habits That Will Hold You Back This Year, Fast Company*

<https://www.fastcompany.com/3066717/how-to-ditch-the-bad-habits-that-will-hold-you-back-this-year>

Lesson 3: Automatic Thoughts

Required Reading: *Owning Your Thoughts, Says Who?, Chapter 8*

Recommended Reading: *Are You Me-Centric?, Huffington Post*

https://www.huffingtonpost.com/ora-nadrich/technology-and-narcissism-_b_3722138.html

Lesson 4: Tools For The Thought Coach™

Required Reading: *Thoughts vs Feelings, Says Who?, Chapter 9*

Recommended Reading: *7 Simple Ways To Crush Negative Thoughts, Thrive Global*

<https://www.thriveglobal.com/stories/32906-7-simple-ways-to-crush-negative-thoughts>

Lesson 5: Identifying The Different Kinds Of Thoughts

Required Reading: *Stop Over Identifying With Your Negative Thoughts, Says Who?, Chapter 10*
and The Dangers of Believing Your Negative Thoughts, Says Who?, Chapter 11

Recommended Reading: *Are You Living an Authentic Life?, Huffington Post*

https://www.huffingtonpost.com/ora-nadrich/life-happiness_b_3263114.html

2 MODULE TWO: THE SAYS WHO? METHOD™ KEY TERMS

The Says Who? Method™: A questioning method that will begin the process needed for you to know and understand your thoughts better, so that you can be prepared to challenge a negative thought when it unexpectedly pops up and wants to undermine, sabotage, control, or keep you from being your authentic self, and reaching your goals to lead a happy and fulfilled life.

Automatic Thoughts: Are involuntary, not pre-meditated, and can pop up in our mind when we least expect it. They are the type of thoughts we most frequently have, and can cause us to react to situations quickly if we're not mindful of them.

Judgmental Thoughts: Are negative, critical thoughts that cause us to rush to judgment about someone or something without reason or justification. They are as easily turned on ourselves as well as others.

Worried Thoughts: Are thoughts that can make us feel anxious and uneasy, and cause us to anticipate what "might" or "could" happen in the future. They are the type of thoughts that can interfere with the things that are good and positive in our life in the present, and if not dealt with, can affect the quality of our life negatively by keeping us in a constant state of concern and uneasiness.

Own your thoughts: Until you acknowledge the thoughts you have, you don't really have control over them- they basically own you. Owning your thoughts is admitting to yourself that you're willing to take a good, close look at all of them, and decide if you're being honest about them.

Mental Negligence: The mind is a powerful thing, which, if not tended to properly, not only can wreak havoc on you and your life, it can also disrupt other peoples lives as well.

Mental Clean Up: A "reality check", which means cleaning up and clearing out any negative or distorted thoughts that need to be questioned and challenged with the Says Who? Method, so that we can know what is real and what is not.





MODULE TWO: THE SAYS WHO? METHOD™ KEY TERMS

Transformational Thinker: Is someone whose thinking is based on a deeper understanding of themselves, and achieved by a thorough examination of their thought patterns. As a result, their thinking is based on utilizing their mind for positive change in their life, and for the benefit of the world.

Transformational Leader: Is someone who charts their own path by thinking original thoughts that can make a positive difference in the world. They are authoritative and influential because they lead with a clear, intelligent mind, and can cause productive changes in others, and in the world.

Thought Coach: Is someone who has done a thorough inquiry into their own thinking mind, understands their thinking process, and the power of their thoughts. They actively practice transformational thinking, and can help others transform their negative thoughts into positive, productive thoughts.

