**TIME: 00:00:04**

**RODNEY:** Okay everybody I'm so glad that we're all here. So, before we get into the questions I want to know, what did you, guys, just the first week of the material, was a challenging or was it easy or how was it?

**Shelly:** I thought, it was good, I enjoyed it

**RODNEY:** Okay, all right, very good, okay, okay, so let me go through the questions now. So the first question somebody said you know will we be allowed to ask questions related to finding patterns

**RODNEY:** Oh, I'm breaking up yeah am I breaking up? Am I breaking up to anybody else? No? Okay. Your voice was breaking up a little too, so you might try turning off your video and that may allow you to get the sound better because that's happened before. All right, how's that neelima is that better?

**RODNEY:** Okay, all right. So, someone asked if they could ask courses questions about finding patterns and beliefs. Yes, definitely you can ask those questions in the course.

**RODNEY:** Okay, another question was: “I'm working on my weight issues, I worked on sadness by myself and loneliness with my study buddy, then the next morning I realized, that I have many fears around food: sadness, anger, frustration, I was sexually abused at five years old. Is there one script that will cover all my fears or is it better to break them down? “

**RODNEY:** So yeah, it's better to break it down. You're gonna have more than one thing, you're gonna have things that are triggering anger, you're going to learn how to decondition anger this week anger and frustration are both very similar. Dealing with food that's not going to come until later as far as unless there's if there's issues about compulsive eating around food with food that you'll learn how to deal with that several sessions from now close to the end of the course. Because that process kind of encapsulates a lot of the processes that you're going to learn. So, it's better to learn all the other ones first, but yeah, you definitely want to break your issues apart into different things and if there's something that stimulates sadness you want to decondition that, there can also be a negative sense of self, especially if someone has been sexually abused and when we learned the sense process you're gonna learn how to basically decondition that sense of self, so, that person looks inside and something inside doesn't look, feels not right, it feels yucky or it feels not good, you can break hat apart. So, yeah, there's gonna be everything you learn and of course there's gonna be beliefs as well, the least I need to also be limited.

**RODNEY:** Okay. Next question is: What happens if you can't remember a particular incident event from childhood for the trigger stimuli? So, do we press for earliest interactions with parents or do we just stay with what is given as the first memory provided what do you mean by the real cause? So, those are different questions, so, I will answer the first one and I'll just go like that.

**RODNEY:** What happens if you can't remember a particular incident? So, it's not one incident typically that causes the conditioning typically, so just like you saw with Baby Albert, I'm showing him a rabbit and banging you know pipes behind his head what wouldn't cause a fear conditioning from that one instance they had to do it multiple times same thing with fears that are things like fear of criticism if your parents only yelled at you and criticized you one time that's not gonna that's not going to do it so it needs to be a series of events and they don't need to remember a particular incident just if they can remember the general pattern yeah a lot of times my mom and dad would get upset at me and criticize me that's good enough

**RODNEY:** Do you press for the earliest interaction with parents or stay with what is given is the first emory provided? That depends on what they gave me. If they gave me something like when they were 13 I would probably want to say you know - does this represent the kinds of things that would happen? And if they say “yes”, this isn't just a single incident, but it's emblematic of stuff even the way they behave with me as a kid, then I'll say okay so let's let's stick with the pattern of what you remember is what happened from when you were a kid even though they don't have a specific memory and sometimes what I will do is I'll say you: “Do you remember what your parents looked like when you were five and six years old?”, and they'll say “yes”, and I'll say: “Do you remember what their face would look like when they were unhappy with you?”, they'll usually say “yes”. So can you imagine them making that face and saying something critical about you? Yes. okay that's all they need they don't need to make it a specific instant just but it does need to be real to them that they're not just making it up.

**TIME: 00:04:45**

**RODNEY:** Okay, the next part was: What do you mean by the real cause of the fear? So, the real cause of the fear from the perspective of the LEFKOE method is the meaning the child gave to those events. So, we asked them - what is it you know, what is, what really caused the fear? What really caused the fear was, the meaning they gave that love is withdrawn, no, love is no care. No, care is no survival, so when it says the real cause of the fear, that's what they're what SRI being referred to in that script.

**RODNEY:** All right, next question. By the way, does that make sense to everybody?

**Shelley:** Yes, but can I have a question we got to what you just?

**RODNEY:** Sure!

**Shelly:** What if the meaning the child gave was correct by that I mean every time the parent got angry choice one the child got hit also, so the meaning, that was actually the meaning the child gave was correct in the consequences?

**RODNEY:** Well, the meaning that they I give that they're sort of that they're about to die, right? They survived, so the meaning was not correct because they did in fact survive.

**Shelley:** So, it's really only it really goes down to survival, right?

**RODNEY:** That's right, yeah. Yeah and that's a really good question cuz someone's gonna say: “Well, they really did hit me and in that you know it's not just emotionally they actually did hit me and I was scared of being hit, not just of them withdrawing love and the if as long as they make it real that the fear is that of survival, then the fact that they survived can show them that survival was not really, they weren't gonna die. The only time I could see this being a problem is if they actually got sent to the hospital and the doctor says: “This kid was about to die if somebody didn't intervene”. Then in that case that might be a tricky thing even though, even there they still didn't actually die, but that would would be really tricky to do I think it would still be possible, but it would be that would be a very tricky one.

**SHELLEY:**  I see, so that would also mean that kind of all stimulated or conditioned believes that same condition, yeah, they they come really from childhood, because most of them right like 99% because if it goes down to survival beside other very dramatic circumstances.

**RODNEY:** Yeah, most of one's your clients are going to bring you are what we would call “social fears”, so their fears having to do with other people like rejection and criticism, not meeting expectations, those are only things that exist in the social world and so they have to be formed from social experiences and the only social the typically the social experiences that would cause fear - would be the ones with care givers. There could be rare instances, I once worked with a client, who had a fear of public speaking we were deconditioning the fear associated with criticism and I said you know imagine that the kids in the neighborhood criticized you and stuff and your parents never did - would you feel fear then - he says. As long as they don't have like you know bricks and baseball bats and stuff. So I mean there could be a circumstance where they were actually physically threatening you, but if there's no physical threat then no it would it typically should not a condition of fear.

**SHELLEY:** I understand. So is that why it didn't work, when I did the stimulus process and for myself because I took as the stimulus a lawyer okay lawyers whenever contact with lawyers, why because I thought I got conditioned because all the experiences I had so lawyers were awful. But you say it can't be, that can't be like the real thing because I there was no threat to my survival.

**RODNEY:** Yeah, I would definitely try for beliefs first, to see what the beliefs are, yeah, because if it's beliefs than even if even if the stimulus process could have worked, because there's there's it potentially could work under those circumstances if there is no belief. But and I'll give you an example of how it could work: if baby Albert you know he's the person that was this has passed away, but if that person was still alive and was still afraid of white rabbits we could remember that or we could make it real, because there's video of it we could say: look, here's what happened this is how you got conditioned and we could take him through the stimulus process it wouldn't you know you could break that up even though it doesn't go back to you know love and care and all that stuff just the fact, that all I was afraid, because of the loud sound. So if there was something scary with those lawyers like every time you had to meet them, your finances were at stake or something like that and let's say you you you could have forgotten conditions because it's still a it's still something there's something still there causing the fear at the same time the lawyers present so that could yet condition but I would still first look for a belief. And then if you get rid of the belief and it's still there and you and there's no other beliefs like there's just nothing, I imagine being with lawyers there's no thoughts nothing comes to mind, then I could try it but ninety nine times out of ten it'll go away with a belief.

**TIME: 00:10:10**

**SHELLEY:** I see, thank you.

**RODNEY:** Yeah, but yeah that's it's true and we the reason I called it the social fear equation instead of fear equation is I wanted to make it clear that this is the specific formulas for social fears. But it could very well work for other types of fears that could have gotten conditioned, and there's even a phenomenon called secondary conditioning where. If you get something conditioned let's say baby Albert gets conditioned to fear white rabbits, but then every time he sees a white rabbit that causes fear, but now every time he sees a white rabbit it's at a zoo or something and so, he starts to fear going to that section of the zoo, because there's white rabbits there and even if the rabbits are taken away and now there's a different animal, he's still afraid he doesn't know why it doesn't make sense to him. So you can get a secondary conditioning, so it is possible that the belief could cause you to be afraid in a circumstance and then associate fear to whatever happens to be there, as long as it's consistent enough. So it could happen, it doesn't happen very commonly that we see that in sessions, but it has been written about and psychologists have written about such things, so it does happen.

**RODNEY:** Christian? You're on your knew by the way

**Christian:** Can you you have just a answered one of my questions in the future?

**RODNEY:** All right!

**Christian:** Can you give us a talk about this?

**RODNEY:** You know, it's a was years and years ago that I first read about that, so I don't know but if you just type in secondary conditioning you will find articles and things on that for sure. And the book that I read it in is a book called “Self-directed behavior”, so but it's like one like, like one or two pages of that book it's not and it's a it's expensive textbook too, but if you buy a used one or an older edition, you'll get it a lot cheaper because I think it's like 80 or 90 bucks or something to get the newest edition of that book, but the old editions you can get for a lot cheaper

**RODNEY:** Yes, yes, Neelam

**NEELAM:**  Ah hey, Rodney, can I ask: You know the example that's given in the list where your parents actually nice and kind but you get conditioned to fear interactions with the kids where the kids are trying to beat you up? I didn't actually understand right that example, what it was trying to teach.

**RODNEY:** So, thing, is if your parents had been really kind and let's say they and they never did anything to reject you, then the the kids in the neighborhood rejected you you wouldn't have felt fear. So that's just to help the person see that the fear is not inherent in being rejected, but it is caught it has to be conditioned in order to be there.

**NEELAM:** But wouldn't you wouldn't you expect a child, who's otherwise when just reflecting and if you're a from a very loving environment, and you wouldn't be afraid

**RODNEY:** Well, you said they you said they want to kill you?

**NEELAM:** It would be a shock

**RODNEY:** So, it would be hurtfull

**NEELAM:** You feel: “Oh my god I'm gonna die now”

**RODNEY:** So, it depends on what they're doing, so if they're only using words and especially not words that are violent then it will definitely feel hurt, the child will feel hurt. But not necessarily fear. There and there's a kind of anxiety you could have, which is not a fear-based anxiety about anything that's gonna cause pain, so, if every time you went out there and they all make fun of you in Pride then you would start to feel anxious about being in that situation. But, so there's away so there's a way I guess you would get conditioned it wouldn't necessarily be fear conditioning but there'd be a kind of anxious feeling, it's just like if you every time you go to the doctor and they hurt you, but they poke you with needles and you start to anticipate that, and be afraid of that. Then yeah you could be conditioned to fear that situation.

**RODNEY:** So yeah, technically you should be able to be, but the typically they're just gonna feel hurt and they usually won't get that really deep strong fear conditioning that comes from feeling like your life is that threat, it's more like an anxious feeling, it's like if you ever read about the experiments they do when they condition people to fear random pictures, like they show you 20 pictures and on a certain picture whenever it's shown it's like a picture of a house they'll give you an electric shock. And if they do that enough times, it takes a lot of times, you'll eventually develop a really mild anxious feeling when they show that house.

**TIME: 00:15:07**

**RODNEY:** So, it's you can develop it, you can do it it's just but it's not really strong you're not going to like be terrified of that house picture or if houses in general. So it takes a lot of repetitions, so yeah it could happen and I could I imagine people who've been bullied and they have to go to school every day and I mean that's a hundred in America 180 days a year, that's enough to develop some kind of conditioning response 180 instances and that's just one year imagine if it's you know four or five years straight. So there may be a number of feelings, but a lot of it'll be beliefs though. So I would still even in that circumstance every once while you have a person who has negative beliefs that are not all from childhood and some of them were formed from bullying, you get rid of that most of the time they're fine after that I haven't seen a lot ofconditioning show up from it, but but theoretically it should be possible.

**RODNEY:** And then it would just need to be a very specific trigger to show up in that those situations and that's normal, that's probably why it doesn't usually get conditioned or one of them is because there's not like one single set of behaviors that that they can generalize to to form a trigger.

**SHELLEY:**Can you decondition about hearing bad news for example if you keep hearing use about mom's being dangerous and you get conditioned to fear them?

**RODNEY:** You could, but yeah I would first look for a belief though more before I would look for conditioning and you can definitely, exactly, you and you can a hundred percent form beliefs from watching TV, because we know people have formed them people from other countries or if you were people from other countries come to the US and sometimes in their country they see things about the US. You know, all these crime shows and they think the universe is riddled with crime like everywhere. And I read some really funny instances with some Buddhist monks that had all their money hidden away and little things in their clothes so that nobody would steal because they thought you know the only things they'd seen they hadn't even seen lots of TV, but the only things they had seen showed them that America was not safe. So, they had formed those beliefs, so it's definitely you could definitely form beliefs from TV and then if you get rid of those beliefs and there's still something there, my suspicion is if you let like really young kids like three and four watch really scary stuff they could form not just a belief, but conditioning about what they knew they saw. Llike my little brother would sneak around and watch movies that we were watching he would like sneak into the hallway and and watched through the slits and and watch and so he watched it and he's eight years younger than me, so he's a little kid and one day I was like he was like something who's acting weird about a clown I'm like what what's going on here and he's like I'm afraid of clowns a gentleman where'd this come from, you know, turned out I can watch the movie, and I did this day I've never done the process with him, on that it just never occurred to me until just this minute, but he does have a thing about clowns he he won't admit that he's afraid of he's just I hate them. So, but I think it actually produces anxiety and he's a very big muscular guy so not someone you would think would be afraid of that.

**RODNEY:** Christian

**CHRISTIAN:** Complimenting what we are just talking, a in when you are a child a it is, are you listening? Listen me?

**RODNEY:** I can hear you!

**CHRISTIAN:** Okay I will stop my video because it's okay why in the in the child in the early years there will be a conditioning in that case?

**RODNEY:** You know, that's a good question. That's a very good question I I don't know if why that why that is actually is it because they're just more impressionable or more likely to form broad generalizations about it, but it seemed, yeah, it I'm not a hundred percent sure why why that is I didn't mention this in the lesson, when I wrote it, but I just kind of barely mentioned that Pavlov's theory had gotten verified in humans and they did that with orphaned children and they actually conditioned them to salivate under all these various conditions, and these kids were not like four and five they were like seven, eight, nine,ten, eleven and they are able to form very fine distinctions about what would be a sign that food was so which dogs were not able to do like they were you would put on a what is that that when you're playing the piano what's that thing that goes back and forth that goes click click click…

**TIME:** 00:20:10

**NEELAM:** A metronome

**RODNEY:** What is it a metronome?

**NEELAM:** Metronom

**RODNEY:** Yes, so they put on metronomes these are kids who are orphan kids in Russia not educated, okay so they wouldn't know about 1/4 time one to time etc they don't know anything about music, so they put on those metronomes at different speeds and would ring a bell and then, you know, present food and they would condition them and so to only it's a love a they put stuff in their mouth to measure salivation, yeah, these kids were not having a good time and they would learn that it was only under certain rhythms of the metronome that food was that food was coming, the kids didn't know this, but their brains knew and they would salivate only under those conditions did not work with dogs, dogs couldn't figure it out, they wouldn't learn that, only humans did and so, they can form fine distinctions, but these kids are older I don't know how young the kids were that that they were… were able to make all these fine distinctions. But they did it with other things too like dimming the lighting only a certain amount and they could form all this so my suspicion is that if the kids young enough, maybe they're just not making distinctions as clearly about what is really causing fear and not, and then they can be conditioned to…to… to respond you know and then imagine this, I mean, you could this will be a terrible experiment to do like with Baby Albert, but every time you turn on the TV, there's a violent image on it, then that they never see everything, but a violent image and next time you turn on the TV no matter what it is they start covering their eyes? You know.

**RODNEY:** That could potentially happen would be very difficult for that to happen to a 12 or 13 year old, cuz they've already experienced TV under many other circumstances and they know that, it doesn't have to be that way and that might be at the broadness of the experience of the person probably is part of it like if you experienced many many clowns and you were never afraid of them and then all of a sudden you watch this one movie and you're 12 probably or 13 you're probably… probably won't develop a fear from that, but maybe you would, but probably less likely than if you're four and you've never even seen a clown, the first time you see one it's an evil clown you might form a belief or get conditioned.

**NEELAM:** And connecting with the thing that appears to me is the intensity of the feeling in the in the person that is being conditioning, in example like if the feeling is too intense maybe it just need one one time I'm not up and Noah pattern, so instead instead of a pattern, can it could be?

**RODNEY:** Not only could be it is unfortunately true, when people have PTSD sometimes it's from a single incident like they they were like they were blown up and they survived and even if they had physical injuries that healed they now their brain associates the fear to a variety of different stimuli that not even totally connected to that event I mean the car a car backfiring is not anywhere near as intense as as an explosion, but they can now associate fear has now been associated to that. Certain types of visual stimuli that that are reminiscent of what they saw during that event will sometimes stimulate fear. And we have not had the chance to try the stimulus process on people who have had PTSD that type of PTSD, but that would be very interesting thing to see if it's possible to decondition it and it was based on a single event. But yeah, there's there's a theory that if the pain from an event crosses a certain threshold that it will that it can lead to PTSD with a single incident.

**SHELLEY:** Then how much would you decondition somebody, who got what a bump attacked, but survived, because the danger was real?

**TIME: 00:24:12**

**RODNEY: T**he meaning he gave was really, yes, so here's how you do it what's the trigger today though the trigger today is not a bomb exploding it is certain sounds,so you would make a list of all the triggers and then you would say, so you got triggered, when you hear whatever you label that sound big popping sound right every time you hear a big popping sound, you now feel fear, okay, what… what are the earliest experiences it led to it all was that one time my convoy got blown up. All right, so, you associated the popping a big sound with fear because that situation was really scary, right? Can you see that popping noise is not inherently scary what's really scary what's scary was being blown up. Blown up is the real cause of the fear not popping noise and then you help them make that distinction, so the thing is is that even though the real experience is scary that the real the trigger is not inherently scary. And so you're not getting rid of that fear you're just breaking the connection between the trigger and and they're in whatever was really they're causing the fear.

**RODNEY: A**nd so, yeah, they can get rid of that and yeah they're gonna hear bullets and bullets are only scared or only inherently scary if they're I'm gonna hit you. If they're, if there's a danger of them hitting you but they're not if they're in a shooting range, because it's very safe and controlled or other loud sounds that are just reminiscent of it like firecrackers, that trigger is not inherently scary it's the original cost so you're just breaking up that connection between that the trigger that's here today and the original cause. So, it should be, it should be theoretically should work, but yeah you, you won't be able to say that that it was just meaning in their mind though in that case. The meaning connecting the two Trigg the trigger and the stimulus may be, but there's uh but I probably wouldn't even go there I would just say I would just make the distinction that the that today's trigger is not inherently scary.

**SHELLEY:**  Oh yes, sir

**RODNEY:** Go ahead, Christian

**CHRISTIAN:** Very quickly I forgive my ignorance. What is the difference between a fear and anxious anxiousness or typically it means very it's very related

**RODNEY:** Typically its intensity, so, and sometimes psychologists will distinguish even further that it's not just intensity, because someone could say: “I have intense anxiety”, but that it is anxieties more vague and fears more specific, so fear is usually specifically about something and someone says I feel anxious either they can have a disorders where a person feels anxious and has no idea why I like generalized anxiety disorder and they don't even know what they're feeling anxious about it's just there, they wake up in the morning anxious.

**CHRISTIAN:** Okay, it's there is no necessary specific stimul in a way?

**RODNEY:** It's so, it's Morty always said defined it as a lower level of fear but I just wanted you to know that that's not that's not a universal definition, so I try to read what my client means by the words they're saying when they say those words because emotion words just in in English at least a lot of emotion words are not, they're like in flux, especially now, in today's world like they're just used not very precisely so, I'll give you an example: jealousy and envy. People say “I feel jealous that someone”, so has a boat or a giant house or something, but the actual traditional definition of jealousy is that it you it's you're jealous of somebody else's attention that they're having attention from somebody you would rather have it from that's the traditional definition of jealousy. But envy is that somebody has something that you want, so and but in English all these emotion words are just getting used all the time willy-nilly, so so it's good to know that because if you were especially I don't know how it is in Spanish, but in English it is the same so people are not very precisely you have to kind of ask them questions about what what they're feeling so that you know what they meant by that term, because it's just they're not they're not precise.

**CHRISTIAN:**  It's the same in the language in general not as specific in that example

**RODNEY:** Got it, got it, okay! it's good to know that English speakers aren't the only ones being very imprecise with her emotion works. All right, I'll let me see it obviously was was there another question that I didn't get to yet.

**RODNEY:** Oh yes, okay, oh yeah. The next question was I'm not much of a feeler do I have to connect to my emotions and feel them for decondition to work or just remembering the scene even with some kind of veil in the emotional aspect is okay.

**RODNEY:** So that's a very good question I've not I have to be honest I don't know I don't think you need to actually feel it in the moment, but the part where you test at the end is gonna be tricky for someone, who doesn't feel and I have experienced that so you they say I feel fear when I'm criticized and I say, okay, so imagine being criticized, as I feel that well feels nothing, when I imagine stuff I don't feel anything. All right, so, you can certainly

**SPEAKER:** It may be a good idea to work on the conditioning that suppresses fear feelings, anybody can feel if you touches something and anything is the same thing so, if someone is not paying attention to what and fears there might be stuff going on

**TIME: 00:29:58**

**RODNEY:**  Potentially, that potentially I've had clients like this and I wouldn't say they were suppressing it because they were willing to admit that they had fears of various things, but they just couldn't feel it in advance by imagining it so, I've had clients and this isn't this is only a few of them their fear of public speaking first session, I always say: imagine speaking in public, how does that feel, how intense is it, most people will give me a some number on a scale of zero to ten. You know, they'll say like five, seven and this they'll say if it's greater in real life everyone so, I get someone who says: I only feel it like two minutes before I go on. I don't feel it in advance and I don't feel it if I imagine doing it, if he's like when I imagine doing it it's like perfect and everything's going perfectly.

**RODNEY:** So, I don't know if the person is is suppressing anything, if they are they're definitely not consciously suppressing anything, so I I don't know I I just don't know, I'd have to if I would see that more often I might test that out more. So, for those folks it's just tricky, because you don't know if you succeeded, so what I'll do is I try to do the process very very carefully, because I know at the end I'm not going to get any useful feedback on whether it worked. So, that's all I can do there, but yeah, if you um, if you suspect the person is just like an unfeeling person, then yeah, you may look for beliefs that are causing them to suppress emotions.

**RODNEY:** Alright, let's see there was another comment, does that have that make sense, Fokker?

**FOKKER:** Yeah yeah, thank you very much

**RODNEY:** No problem. Alright, so, I got another question came in from Andrea: PTSD client seems almost too simple to just explain, that the noise of the champagne bottle opening, for example, is not the noise of a bomb. Yeah, and you wouldn't explain it to him to I wouldn't lead them through the process and just see if it works. Andrea, like you just go through it and say what's the emotion fear what stimulates it it's a popping champagne bottle, you know, what were the circumstances where you first experienced fear and then I would say during a popping sound or something not popping champagne, because clearly the first time they experienced it with champagne was like after the the experience the trauma experienced, then they'll give you the answer and then you can say, you know, you know, ice is just the source of the fear of the popping ,of a popping noise was not the actual you know champagne bottle opening, but it said it's meaning you gave to earlier experiences.

**RODNEY:** And, and then you can say what were the experiences, what was the meaning you gave to them and that loud sounds that there's danger in the loud sound or something danger in a popping sound whatever it is, and then, when they see that if it's real to them, then the rest will make sense, you know, can you see that, the fear was caused by the meaning you gave to that loud sound or even then I would say you could even change it to from meaning the fear was caused by the fact, that there was actual danger, if you don't want to say meaning, just change it to that there was actual danger, when you heard that vehicle explode whatever it was. And it wasn't caused by just loud sounds in general. And they'll probably say okay I get that it's not loud sounds in general, it's not popping sounds in general,it's the the death the the deadly ones, that were the real so I would change it from meaning to the the real circumstances that it was for that.

**SHELLEY:** In fact, I'm going to add that as a note here sudden noises might be a frightening maybe to kind of almost all people sudden very loud noises so, it might be difficult actually to decondition

**RODNEY:** Well, it depends, because it's it's sudden loud sounds, yes, of certain types like if I hear up champagne pop it's not gonna cause me a problem, right, but if I hear sound that sounds like a bullet. I mean you know people just everyone gets down right if you're just in a public place and all of a sudden you hear gunfire that sounds close everyone's down on the ground, if you know so, that you know that would be scary more inherently but a champagne popping one is not so you could probably break the connection, but I don't know for sure because I we haven't seen a lot of that so, that that would be a tragedy one mm-hmm

**FOKKER:** It's interesting, because some soldiers in elite groups they were measured with EEG and so forth and he actually relaxed on the fire, so they were more stress in peaceful time, but on the file they relaxed and got to work and, I think, that supports what you're saying that you could, you should be able to uncondition those things, because it's it's if you can relax on the file, because you now, know it's you can operate and do what you what you know then the other the other way around should work too

**TIME: 00:35:21**

**RODNEY:** You know that's a good thing that you bring up, if you could send me a link at some point to that, because one thing that can help the processes work is if the client already believes ,that you know that it's possible sometimes, like you know they're they're not going to interrupt you because they think oh this can't work. So, something like that could be very meaningful to the client authoritative to the client we're like oh it must be possible. You know, if it's possible for people to learn to be relaxed under, under these types of things, maybe it's possible to to break the connection, so that would be really useful to know, that for them some of them to know that especially when it's brain scans people, find that very persuasive brain scans, because people can lie, you know, about what they're experiencing, but most people believe the computer will will give them correct information.

**RODNEY:** When it's getting your brain awesome thank you for sharing that. Okay, let's see there was one more does the L Stimpy mostly only apply to early childhood experiences, so I think we can answer that and it doesn't just apply to that, but the only just apply we're only up I only gave you guys in the first week the the most complicated application typically which is the childhood experiences, because you have to delve into the meaning behind it. But that does not necessarily apply to all types of condition that's just the most common type the social fears. Alright very good so that's all the questions we had in advance, does anyone have any other questions?

**RODNEY:** Hi Christian,

**CHRISTIAN:** Hey let me see, what I yeah and we'll look, because you answer in advance once so, let me check, but if anyone else have my question, please

**FOKKER:** I have a question. Would it make sense to use this understanding to condition oneself for effects one wants to have like getting into work mode or getting created for something like that?

 **RODNEY:** So, there is there are things that are probably already conditioned or they they just evoke beliefs that will do that, so for example trying to think of a good priming effect or I don't there's a psychologist named Robert ShellDini and he wrote this book that became a best-seller called “Influence the psychology of persuasion”, but when he was writing the first chapter of the book, he showed it to people they said this is terrible. And some his wife said: You where did you write this in your office”, and she said “yes”, she's like you should write it at home so, he wrote it at home wrote completely differently a much more conversational form and basically what he makes he makes he writes about this experience in one of his books, and he says that it's a priming effect so, when he would be in his office as a he was a university professor at the time he thinks more academically and writes in an academic way, but if he was at home he thinks in writes in a more a conversational way.

**RODNEY:** And so, the environment you're in can has already been conditioned to produce different conditioned to produce a creativity some people are already conditioned to be productive when they're at wor,k and so they can't get and then when they're at home they're their work ok they're more stimulated to like enjoy life and so they try to work at home and they have a hard time doing it, so they end up having to set up a work area or put things reminding them of work in an area to help them focus. So, they're already conditioned how would you create it you could use the principles to create it, like if you know, that there's already something that stimulates you to be creative, but maybe it's just like complicated to get that thing in your life. You would then pair it with something else, so, that every time let's say there's a certain music that you listen to, but maybe you can't always listen to music then whenever that music is going have a certain object around and keep doing that over and over again so you could that could potentially stimulate you to be creative under when that object is around and maybe it's a little stone or something that you can easily carry with you

**TIME: 00:40:01**

**RODNEY:** So, you could I mean this process isn't going to do it this process is to break apart the conditioning, but the general idea you could purposely condition yourself to respond to certain stimuli. And it's even easier to take advantage of the things that are already priming effects in your environment just take advantage of them, if you just type in priming into Google or priming effects, you can find all sorts of examples and ways people have used it, but but yeah you're already conditioned and some of it might not be conditioning some of it might be beliefs, like most of us will be priming I think a lot of the priming effect that happens when we visit a hospital I think it's mostly beliefs more than conditioning, but when you go to the hospital you you a lot of people's mood is is reduced within a few minutes of being in the hospital for example just because we associated with sickness and things like that.

**RODNEY:** Gailey lost sound? Okay, good, all right. So yeah, so I don't have a way of using the process for it, but there might be. Christian?

**CHRISTIAN:** That way can you explain again the difference in the between they belief and the conditioning in that context

**RODNEY:** In the context of a prime?

**CHRISTIAN:** Yes

RODNEY: So, let's take Robert Jeldini, he had worked in his office at the University, he writes a certain way and at home he writes a different way and so, he may have foreign beliefs about what is the appropriate style of writing, as an academic you need to, you know, just write in a certain fashion, that's very technical, and so he may inform that belief and that belief is there, when he's it it's more, more the word is salient in psychology it's more salient it becomes more into the front of his mind when he's at the university, but at home we don't talk like college professors, even if you're like a grad student you don't speak like that type of language. When you're at home, you speak normally. The way you've always spell spoken in that case I don't even know if it's a belief, because that's your primary motive of community of communicating so you probably don't necessarily need a belief to support it, but it's more the belief that you formed at the on the job or at the university that has you speak a different way at the university that's my suspicion. And there could be conditioning

**CHRISTIAN:** A test come on relearning for saying anyway a they in the belief, when when a pattern is caused by a belief, it also has the repetition and the meaning. That's right right and in the conditioning is a is associated is there is a difference stimulus, that is associated and so, like just for repetition I got it already

**RODNEY:** So I got it okay so but belief and conditioning are different so, belief there has many many more ways that can affect you than a stimulus conditioning, than being being conditioned having a emotion conditioned to a specific trigger. So, believe you could have a belief that money is is evil and then if you have money you'll feel guilty you want to get rid of it, but if you could have fear associated with coins, for example, and let's say, when you were kid, you saw people's choking on them or people put hot coins on your skin, you know a lot and that was your experience with coins and you associated fear to coins. It's much more specific to a trigger you could you could have fear associated with criticism every time you got criticized it was scary with your parents, you could the technically form a belief that, if someone criticizes me, they're, you know, gonna heart they're, they're gonna reject me or they're rejecting me or something like that, you could form the belief also, but in that case notice how narrow the belief is it's a very narrow, belief to mimic the effect of conditioning so

**CGRISTIAN:** But in the in they mind the process too a subtle conditioning or belief is the same?

**RODNEY:** No it's not the same. Well, there's repetition is important. You could form a belief from a single incidence and the one of the examples I always gave my clients is, you know, people didn't always believe that you could build a machine, that was heavier than air that would fly right and even if you believed that it was impossible the moment you saw the airplane fly, the belief would instantly change so, yes it is possible1:1 experience only is all that's required sometimes.

**TIME: 00:45:09**

**RODNEY: S**o, it just depends on what type of belief it is if it's a belief about physical reality, you know, if I told you there's a thing called a rainbow and you said that sounds like science fiction, that sounds like fantasy, I don't believe it and then you once you see it you're gonna say okay. I guess, it's correct so, physical reality beliefs very easy to influence if it's a concrete experience so, it doesn't it can be formed from one event or it can be formed from many events.

**FOKKER:**  This is, this is multi I suppose I found out and because your uncie you go back to the to the event and your uncie the meaning you gave you look there, and you uncie oh no it's not in the event it I put a stamp on it, but the stamp is not in the event and and this unseeing I stir the sensor all the perception it's and in German we say for perception or we say Barney moon, we we see reality we take reality that is how we learn about the world, we we see how it works and if you can see it, then it is like that, and and this is what what forms believe you you see on the world works like this, but from another perspective it's not like that

**RODNEY:** Right, exactly.

**FOKKER:** And and a conditioning is not something you learn about the world how it works, but it is something that is learned while something other happens so, it's not related

**RODNEY:** That's right, yes

**CHRISTIAN:** Indirect or associated with other

**RODNEY:** That's right, that's right. And just like with Baby Albert I mean literally that the sound really had nothing to do with the presentation of the rabbit, but the mind just links the two things together, because they occurred together, but in that case very unlikely that it's a belief. Because he just wouldn't know there's no connective tissue for him to explain it and the advantage, I mean, the reason animals have this this is a very primitive form of learning is, because there are some times you don't ever get to understand the connection between events, but it's just you should just escape the danger anyways. You know, and and so there's no and you could get conditioned, well just like in those experiments where they shock people when they show a certain picture out of 20 pictures. You you made, I mean, you're a human so, you know that there's a such thing as electricity, but they do it with animals - they have no idea, why it's happening and even if they could form a belief, they probably wouldn't, because they would just be so confused, but a part of their there's another part of your brain, the limbic system that makes those connections it's just gonna say: just run, when that happens run, when that fish feel fear, when that picture is there, run away from it, because it's something bad every something bad happens every time it's shown

**CHRISTIAN:** So so in that in that way a in their brain the conditioning will be more, in the limbic zone and they believe will be more in the prefrontal cortex

**RODNEY:** Right, that's right, yeah, that's theoretically what we would expect

**CHRISTIAN:** No the last one was the connection of the conditioning and habits, because in a way all we are talking in a way about the habits for help

**RODNEY:** Well, yeah. That well, they're different than habits, but because habits usually our behavioral we're talking about behaviors and you know, it's funny, you just never never occurred to me until now, but when you learn the behavioral deconditioning process, that would be interesting to try that with just run-of-the-mill habits are usually doing with things, that are more emotional than that, but somebody may have a habit, I don't know, just I can you try to go to a new direction to work and you find a better route you keep accidentally going the other way, I don't know, it would just be interesting to try it see if if you can change just ordinary habits, that don't have much emotional content to them so, very interesting. Okay, thanks. Yeah, yeah, yeah, and I think someone had, Gail you had a question? Right?