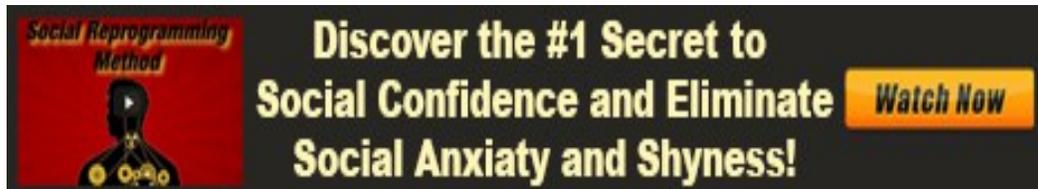


***SOCIAL
REPROGRAMMING
METHOD***

Social Reprogramming Method



The human brain is a vastly complicated and often under-rated organ. It manages our physical and mental responses to the external world and achieves this through a layer of 'filtering' which we learn and absorb throughout our lives. The way we are, how we react in social situations, how we feel about ourselves and how we feel about others are not fixed and unchangeable elements of our personality; rather they are the effects of the filters we have created to process all the stimuli our brains receive.

This Social Reprogramming Method review looks at what the course provides, how that message is delivered and what techniques the course uses to teach students new and different ways of approaching everyday social interactions.

Understanding the Brain's Conditioning

The Social Reprogramming Method course allows participants to understand that social anxiety and social awkwardness are not their fault, but rather the result of a lifetime of conditioning. This understanding, then becomes the first step in overcoming the negative

conditioning that inhibits healthy social interaction.

Rewriting the filters everyone uses to understand the world is the key here, not rewriting the personality behind the filters. This is where the Social Reprogramming Method course comes into its own. It takes the student by the hand and leads them from this initial understanding of the way they filter social situations and helps them to understand and develop their own filters, giving them the tools they need to reprogram them along the way.

The Science Behind Brain Filter Reprogramming

It is important that any course which deals with social interaction difficulties in individuals is based on tried and trusted methods that are proven to be successful. The Social Reprogramming Method is no exception to this and relies heavily on advances in Cognitive Behavior Therapy (CBT) as well as taking the most powerful elements of Neuro-Linguistic Programming (NLP) into account.

Both CBT and NLP make use of modeling ideal behaviors and anchoring desired behaviors as a way of moving students from a state of social awkwardness to one of social ease. Students are provided with a wide range of tools and techniques along the way, with each week of the course introducing new ideas while building on what came before. In this way participants begin to, first consciously, but soon unconsciously, deal with different social situations as they arise.

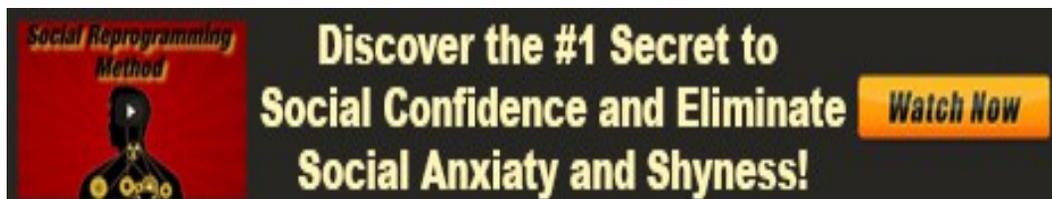
Subtracting Conditioning, Not Adding Conditioning

Rather than adding yet another layer of filtering to the mind of the student, this course teaches how to subtract layers of conditioning that have built up over the years. It achieves this through a dual approach involving daily exercises that use conscious and subconscious teaching methods while providing the student with a wide range of different and diverse tools.

These tools include drills that enforce automatic responses to different emotional states as well as allowing students to build a menu of options over the ten weeks that allow the participant to deal more effectively with social situations as they arise.

Active and Passive Teaching Techniques

As we develop from babies through infants to children and then teens and adults, we learn more than just how to read and write; we also learn how to interact with the world around us. The problem is, however, that while reading and writing are taught to us in an active manner, learning how to behave and react in different social situations is learned passively and often without any external instruction.



Social Reprogramming Method

Discover the #1 Secret to Social Confidence and Eliminate Social Anxiety and Shyness!

Watch Now

The advertisement features a red background on the left with a silhouette of a person's head and shoulders, and a yellow button on the right with the text 'Watch Now'.

This lack of external input quite often results in layers of faulty filters being created in our brains. This filtering is what causes all the problems. A filter created as a result of a bad social interaction as a child is not really going to help with a similar interaction as an adult. The problem is, the filtering kicks in regardless, triggered by the situation rather than the personality. Removing and remolding these faulty filters is a case of actively learning new techniques and this is the focus of the Social Reprogramming Method. The course allows you to learn how to interact in the same way you learned how to read and write – in an active and participatory way.

The Structure of the Course

The course comprises a ten-week training program. Each week entails learning and the putting into practice different techniques. The techniques build on the previous week and introduce new concepts continuously. Each week has its own straightforward action plan that is easy to understand and simple to implement. What's more, the lessons can be taken around the daily life of the student without the need to change their day-to-day routines.

Week 1, for example, introduces the concept of mind over matter and then provides some techniques to deal with controlling the way our mind presents reality to us. The techniques are reinforced through a combination of repetition, autosuggestion, hypnosis/meditation and a call to action. These teaching methods have stood the test of time and some, like repetition and meditation, are re-entering mainstream education as their value is

rediscovered.

More than a Self-Study Course

While the Social Reprogramming Method is a self-learning course, the use of audio as well as written texts adds layers of interaction to the course that bring all the benefits of classroom study into play as well. Each week has a call to action that requires the student to immediately put the week's lessons into practice. Success is measured, not in how well different social situations were overcome, but in the very fact that social interaction took place. This emphasis on the interaction rather than any result of interaction is a powerful one and is re-iterated throughout the course to great effect.

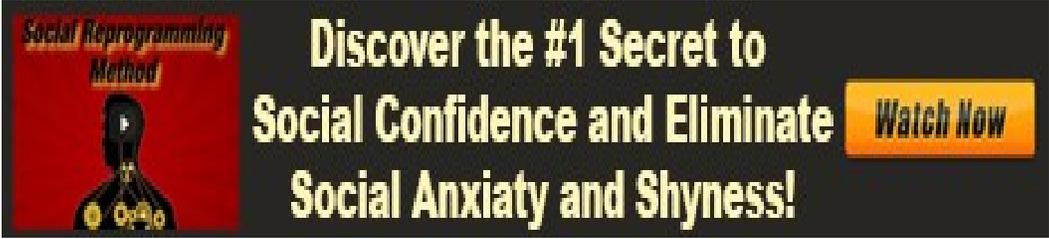
Building on Success

The most powerful element of the social Reprogramming Method course, and the one that will remain with students long after the course, is the way it uses not just subconscious and conscious techniques to deal with social anxiety, but the way it weaves these techniques with physical action. The student does not, for example, just imagine being happy, they are also required to reflect that happiness in a physical manner using both facial and body poses.

With a constant demand to express emotions "vividly, spontaneously and truthfully" at every opportunity, the learning and reprogramming continue long after the course itself is over. This is the strength of the course, it provides the student with tools that remain with them,

allowing them to grow and improve their social interactions in a way that is continuous and relevant to their own situation. In effect, at the end of the course, the student achieves more than just a way to manage the filters in their brains, but also become their own teacher.

This ability to go forward teaching ourselves how to interact and react to different social situations is in itself the ultimate gift of this course. Life is, after all, a journey, and this course provides an excellent route-map for the path forward.



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The advertisement features a dark background with a red vertical bar on the left containing the text 'Social Reprogramming Method' and a small image of a person's head with gears. The main text is in a bold, yellow font, and there is a yellow 'Watch Now' button on the right.