

## CS-AS Dialogue Process

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Use this dialoging process anytime you are feeling out of alignment with your Authentic Self. The process will quickly get you back into alignment.

1. Make a Conscious decision to attend to your feelings and do the dialogue process.
2. Move into Compassion and Curiosity with yourself—rather than Judgment.
3. Connect with your Spiritual Connection.
4. Dialogue with your Feelings—they are either feelings of your Conditioned Self or your Authentic Self.
5. As you are dialoguing, seek to understand why you are feeling the way you do plus you are looking for limiting beliefs and fears that are generating your feelings OR ways you are treating yourself that are creating your feelings.
6. Bring in the truth to these feelings either from your Loving Adult or your Spiritual Connection.
7. Get clear about the Loving Actions—what you need to say and do for yourself from what you learned in the dialoguing.