

TRUST YOURSELF TO TRUST OTHERS

The Elevated Living Mindset



PREMIUM COURSE

Trust Yourself to Trust Others

Mission statement

Are you a suspicious person consumed by distrust that disturbs the sanctity of your relationships and romantic couplehood?

Your mission – should you choose to accept it – is to learn the mechanism of doubts, implement the acquired tools into your life and make the necessary changes towards perfect enjoyments and trust within 3 weeks or less.

Modules

MODULE 1

1-Written exercises1

2-Definitions

3-General picture

4-Living organisms

5-The 3 groups

6-What is trust?

MODULE 2

1-Written exercises2

2-The 1st group

3-The 2nd group

4-The 3rd group

5-The 4th group

6-Conscious journey

7-Summing it up

MODULE 3

1-Written exercises3

2-2individuals in a relationship

3-Do not expect

4-Considering changes

5-Being consistent

6-Punishment

7-Sleeping with anger and frustration

8-The golden rules

9-Happy chemicals

10-Why should I care?