

**HOME
STUDY
COURSE**

CONSTRUCTING CONSCIOUS COMMUNICATION



THE 5 CRITICAL STEPS TO BRIDGE ANY GAP

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WELCOME

Welcome to the Conscious Communication Course

It is a pleasure to be your guide and coach through this Audio training. With over 25 years of experience as a Corporate Trainer, Team Building Specialist, Personal Growth & Relationship Coach, I have helped hundreds of clients overcome their struggles with communication.

So many people are at a loss of what to say & how to say it. More so, they are at a loss of awareness of what is going on inside of themselves when they communicate.

As a consequence so many people have strained family relationships and stressful professional relationships.

It's time to live more peacefully!
That is why I put together this home study course for you.

It is the exact same content that I teach in 2 Day Interpersonal Communication Classes. And now it is yours in the comfort of your home. Share it with your loved ones to live happier & healthier relationships.

To Living Your Life Your Way,
Diana Dentinger

Creator of the Personality & Needs Profile™
Host of Your Life Your Way Podcast
Author of "Modus Vivendi Your Life Your Way"
International Speaker & Neurobiology Therapist
Founder of The Meaning of Life School™



INTRODUCTION



THE 5 CRITICAL STEPS TO BRIDGE ANY GAP



REFLECTION

Take a moment to remember some of your recent conversations. Jot down answers to each of these questions for later reference.

1. Do you remember a conversation that was “great”?
How do you define a “great” conversation?
What were the dynamics of this particular conversation?
How were you communicating?
How was the other person communicating?
2. Instead, do you remember a conversation that was “terrible”?
What does “terrible” look like and feel like to you?
What was going on before this conversation?
What went on during this conversation?
What went on after this conversation?
3. Who do you communicate with daily?
4. What time of the day do you have conversations with them?
5. Where do these conversations take place?
6. If you could change one thing about the way:
 - a. you communicate, what would it be?
 - b. other people communicate, what would it be?
7. On a scale of 1 (terrible) to 10 (great)
how do you rate your communication skills?



STEP ONE

1 INTENTION

2

3

4

5



INTENTION

To start communicating more effectively now:

1. Create an INTENTION that is POSITIVE.

This requires you, now at the start of this home study course, to take a giant step up to INTENTION. No matter what, cross over to the other person with your thoughts, words and actions and express the INTENTION to:

understand,
get along,
find a solution,
resolve the challenge,
re-evaluate the situation,
open to possibilities.

2. You can chose to explicitly tell your INTENTION to the other person in words or implicitly show it through your behavior.
3. Ask the other person explicitly if their INTENTION is POSITIVE or notice if their INTENTION is such through their behavior.
3. Postpone a conversation until both INTENTIONS are positive.
4. Ask a “neutral” person to act as a mediator and intervene if it’s NOT possible for you both to have positive INTENTIONS. (At least now before finishing this home study course.)



STEP TWO

1 INTENTION

2

3

4

5 EXPERIENCE



The most important thing to remember about EXPERIENCE:

1. Some are YOURS. Most are OTHERS.
Some EXPERIENCES are POSITIVE.
The ones we remember the most are NEGATIVE.

2. Think of when, where and who you talk with daily:

What are your POSITIVE EXPERIENCES that you talk about?

What are your NEGATIVE EXPERIENCES that you talk about?

What are POSITIVE EXPERIENCES of others do you talk about?

What are NEGATIVE EXPERIENCES of others do you talk about?

3. What did you learn from the explanation of this Step 5?

PS. Usually “neutral” experiences that leave us a little satisfied or a little dissatisfied influence less our communication and relationship with others.



STEP THREE

1 INTENTION

2

3

4 EXPECTATION

5

EXPERIENCE



EXPECTATION

Name the people you most frequently communicate with.
In all honesty, what do you EXPECT from each one of them?

ie. From a parent you might expect understanding, whereas
from a customer service employee you might expect a solution.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

In all honesty, what do you EXPECT from yourself with each one?

ie. You might “expect” of yourself when you are with your child
that you look at them in the eyes when you talk, whereas with a
work colleague you might expect of yourself that you brainstorm
more creatively.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



STEP FOUR

1 INTENTION

2
3 PERCEPTION

4 EXPECTATION

5 EXPERIENCE



You see things as YOU are... not as they are.

1. Your PERCEPTIONS often reflect your personality traits.

ie. If you have an easy going personality, you might perceive a detail oriented person as being picky.

2. If you are primed to think of something in a certain way then you most likely will.

ie. Maybe a friend tells you over and over that her grandmother makes the best cookies. When you finally get to taste them, you are primed to like them. (often the exact opposite occurs too.)

3. So much is involved in how you create PERCEPTIONS. Your nervous system and all your senses are involved so it is a fast yet very personal and subjective process. We are each different. Things can always be perceived, therefore, in different ways. Remember the Rubin Vase or Old / Pretty Woman example.



STEP FIVE

1 INTENTION

2 EMOTION

3 PERCEPTION

4 EXPECTATION

5 EXPERIENCE



Much of our society is afraid of feelings; therefore we do not learn the skills to constructively express our EMOTIONS.

1. Communicating consciously requires change.

We develop behavior patterns and ways of communicating throughout our lives. Often these ways are the best we can do at a certain time to cope with the situations we are living. More than often they are no longer effective or even complicate our lives and relationships as time goes on.

2. Each behavior pattern has EMOTIONS connected to it.

These feelings need to be recognized and released.

They belong to a “you” from the past. Bring them to maturity.

ie. As a young girl you could have had a behavior pattern when communicating with your father so he would never say no to you. Maybe you put on the “bambi” sweet look and “poor helpless me” routine. Maybe he “bought into it” since he felt he needed to protect you, therefore he always said “yes”. This simply reinforced this as a functional way of being and communicating.

There is no right or wrong here... there is just a pattern to observe. If you are not conscious of this as an adult, then you could still be unconsciously communicating with your mate, work colleagues and sons in the “same way”.

3. What are some of your patterns? What are the EMOTIONS attached to these patterns that you see in particular situations with certain people?



Your Emotions are predictable based on your innate Personality.

Get your unique combination of Personality Needs so you can:

- Trust Your Inner Knowing
- Truly Love Yourself
- Amp up Your Life Force Energy
- Love What You Do with Meaning
- Communicate Clearly with Others
- Live Your Purpose to Contribute
- Resolve Personality Conflicts
- Create Your Dream Lifestyle
- Be Confident in Every Situation and so much more....



YOUR LIFE YOUR WAY PROGRAMS INCLUDE

YOUR PERSONALIZED YOUR LIFE YOUR WAY PLAYBOOK is a 92 page Workbook with your Personality Need Descriptions & 28 Video Links about your innate Personality Need Talents.

The Path to Prosperity Game Board & Cards.
Coaching Calls for the duration of the Program.

[**CLICK HERE TO FIND OUT MORE**](#)



FINAL STEP

1 INTENTION

2 EMOTION

3 PERCEPTION

4 EXPECTATION

5 EXPERIENCE



Important reminders for each of the 5 Steps

Now that we have finished all 5 Steps on how to Communicate Consciously, you have more clarity about what is on your “side” of the bridge. You can come into a conversation more real and authentic with how you see, think and feel about a situation.

You **MUST** have a **POSITIVE INTENTION**.

You **MUST EXPECT** more from yourself than from the other.

You can have a negative **EMOTION** and be responsible for feeling that way, meaning it is not the other person’s / situation’s fault.

You can have a negative **PERCEPTION** and be responsible for how you are seeing the person or situation. You must know that the way you see it could be a misperception.

You can have had a negative **EXPERIENCE** and understand that this does not mean it is an absolute truth nor has to be repeated by you or others.



Practice makes “perfect” with Conscious Communication

1. Take the “great” conversation from the Introduction page. See how these 5 Steps were part of the communication process. Make each Step conscious so you can create more “greatness”.

2. Take the “terrible” conversation from the Introduction page. Break down each time period - before, during and after.

See which of the 5 Steps “caused” the “terribleness” for you. Rewrite the conversation in those 3 time periods to see how it could have evolved so you can prevent this same pattern next time.

Re-examine the conversation then shift it:

What was your beginning INTENTION?
How would you shift it now after this course?

What was your past EXPERIENCE with that person or situation?

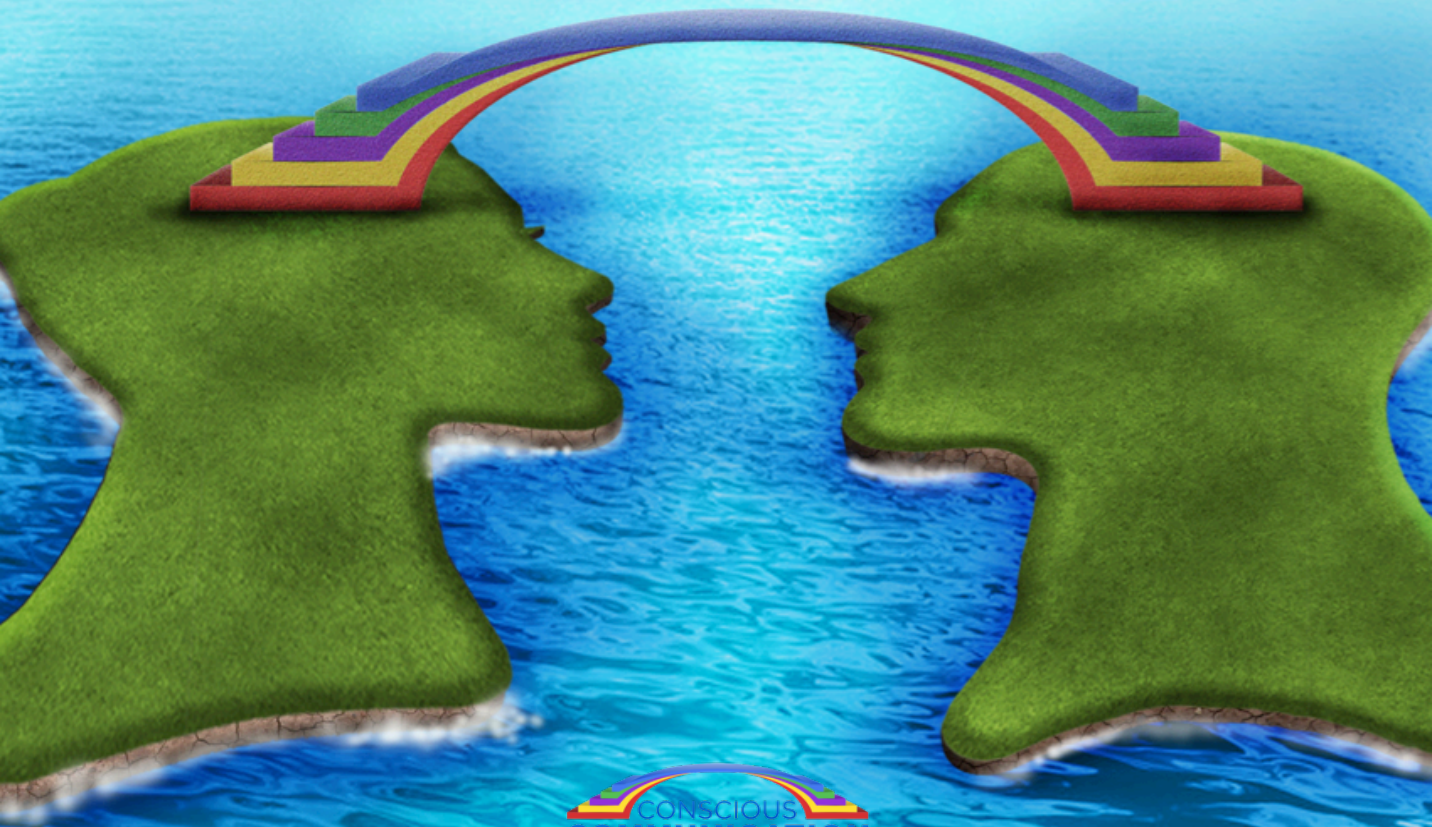
What was your EXPECTATION to receive from them?
What would you expect now? How could there be less tension?

What was your PERCEPTION of that person or situation?
What would you shift in how you saw the person or situation?

What were your emotions? How could you express them now?



CONSCIOUSLY COMMUNICATE



Just as you do, know that the other person has his or her own:

Intentions, Emotions, Perceptions, Expectations, Experiences.

It is already difficult enough, in certain situations and without practice, to communicate consciously, effectively and lovingly.

It is really difficult to communicate consciously with others who do not have the personal awareness of how their 5 Steps also influence you.

REMEMBER

Most people will have an unconscious INTENTION to want to be more right than you.

Most people will NOT have the ability to identify the EMOTIONS they are feeling and living.

Most people will have a PERCEPTION of “mistrust” or “threat”.

Most people will EXPECT to get more than they give.

Most people will bring negative EXPERIENCES into the talk.



So now that you know this, you are prepared!

The worse thing you can do is judge them for “where” they are. This only makes the gap wider and the steps harder to take!

Every person is where they are. You never know what kind of personal gap they are trying to bridge just between themselves and the better version of themselves. Most people have, even if they don’t consciously admit it, an internal dialogue or battle going on all the time.

Be an example for other people and learn how to ask questions to bring them closer to you! Really care, while keeping yourself detached energetically from what is their “responsibility” and also keeping up your boundaries to be respected.

Thank you for taking part in this home study course.

May you co.create more conscious communication.
That is how great relationships are made.

Learn how to go deeper into who you are and why you are here. Getting your Personality Profile and - or Your Life Your Way Coaching will exponentially improve your self confidence with the clarity of your self knowing. Then you will be certain to be making decisions and taking action to move in the direction of your life, living yourself to the fullest.

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THANK YOU

1 Why do it alone?

2 Get into the small group virtual classes.

3 I take you by the hand to cross any communication gap.

4 We have interactive sessions to solve your real life communication challenges.

5 [CLICK HERE TO FIND OUT MORE](#)



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