Frame Control

Subconscious Conversational Dominance

mindpersuasion.com
Instructions

Listen with headphones and eyes closed. Visualize any situation where you are in complete control in any social situation.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more confident and more in control of the frame in all social situations. Write down any positive comments others make about your behavior or communication.

Please visit our forum to share your successes, or to ask any questions:

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**Affirmations**

I control my frame

I move slowly and consciously

I act instead of react

I move slowly and confidently

I am charismatic

I am magnetic

people notice me

people are attracted to me

I speak slowly and confidently

I choose my words carefully

I am in control of my emotions

I use my emotions effectively

I use my words effectively

I use my behavior effectively

I breathe deeply and speak with a resonant voice

my posture is confident and dominant
my posture is attractive and powerful
I walk with slow confidence
I speak with slow confidence
I interact with others with slow confidence
I am always relaxed and confident
I am always thinking ahead
I look people in the eye when I speak with them
I easily hold eye contact
I have dominant and confident eye contact
I am the alpha of every conversation
I easily listen to others speak
I breathe deeply and think carefully before responding
I am rock solid
my frame is indestructible
I can withstand enormous social pressure
I feel comfortable under social scrutiny
my frame is dominant and attractive
my frame is mesmerizing and charismatic
my frame is solid and resilient
my frame is always strong
You control your frame
You move slowly and consciously
You act instead of react
You move slowly and confidently
You are charismatic
You are magnetic
people notice you
people are attracted to you
You speak slowly and confidently
You choose your words carefully
You are in control of your emotions
You use your emotions effectively
You use your words effectively
You use your behavior effectively
You breathe deeply and speak with a resonant voice

your posture is confident and dominant

your posture is attractive and powerful

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You have dominant and confident eye contact

You are the alpha of every conversation

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You are rock solid

your frame is indestructible

You can withstand enormous social pressure
You feel comfortable under social scrutiny.

Your frame is dominant and attractive.

Your frame is mesmerizing and charismatic.

Your frame is solid and resilient.

Your frame is always strong.