

# **Frame Control**

## **Subconscious Conversational Dominance**

[mindpersuasion.com](http://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:

[mindpersuasion.net](http://mindpersuasion.net)

# **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

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