

Hi Class!!

This morning I received an Instant Message from someone I didn't know. It was from a young man who is the cousin of an associate of mine. I had talked to him briefly via IM a few years back and that was about it. What I thought was a few minute conversation turned into over 4 hours. He went from suicidal and at the effect of everyone, to taking charge of his life. While I prefer to see my clients or at least talk to them on the phone, this one happened entirely on IM. Near the end I realized that this would serve as an excellent training tool for my students who I've certified in NLP, Time Line™ Therapy, and Hypnotherapy.

This interaction shows how you can use MANY MANY NLP tools without the client even being aware of the tools. This is what we call NLP From The Heart or SRI's Applied NLP. The outcome here is for you to see if you can identify which tool is being used for which outcome. You will see that my approach changed a few times based on his reactions. The outcome is that the client left realizing that it wasn't ME that made the shifts; but that HE in fact can own the results. The high level is to identify how he constructs his model of the world, the patterns he runs, getting leverage to make changing a must, identifying alternatives so he realizes that he has a choice, transitioning his way of thinking from being at the effect of things/life to being at "cause". Keep in mind, due to typing, the sequence of entries may be off by one or two lines. If you use IM yourself, you'll know what I mean.

You can see by the IM stamps that this was real-time. There was no rehearsal. I had no idea what I was going to say, all I knew is that the outcome was that he:

- 1) Be in charge
- 2) Understand why he ran his old patterns
- 3) Have choices
- 4) Realize suicide was not an option
- 5) See how changing will benefit himself
- 6) Strategies on how to create the future he desires
- 7) Conditioning
- 8) And testing

I also gave him an ordeal to determine his level of commitment.

For those of you coming to the next NLP Practitioner Course or Master Practitioner course (as a participant or practitioner) please read this document and "unpack" it. Look for what tool was used where. Please note the page number and time when referencing certain sections. For assistants, your approval to assist at our events will also be influenced on your ability to identify what was used where. If you use Adobe Acrobat, you can also use the commenting feature to add post it notes and highlight areas.

Please keep in mind that this was not about using tools, but about caring about the person you are helping, having a tremendous amount of rapport (Strong language warning – used for a purpose- identify why and where), and trusting that all you learned will "flow" through you when you are totally connected. Many people who learned the material in their head will see a random conversation. If you've learned it from SRI, you'll see that there is a purpose for everything.

Please feel free to forward this to anyone you feel can learn from this to help others transform their lives. You can also visit our site to send a message to Adrian to let him know your thoughts. You can email him via a forwarder we set up for him (and his email privacy) Adrian@SRIcoaching.com .

This is raw. This is unedited (our screen names were changed). This is connecting and letting the tools flow through you. This is NLP: Transformation From The Heart.

Wishing you all the best you know you deserve,

Steve Linder
www.SRIcoaching.com

[06/04 08:32] **Adrian.**:

[06/04 08:34] **Adrian:** hello

[06/04 10:08] **StevenLinder.com:** hello?

[06/04 10:08] **Adrian:** hi
[06/04 10:08] **Adrian:** dont remember me?
[06/04 10:09] **StevenLinder.com:** the email looks familiar, I've been working like a dog, so it's escaping me.....
[06/04 10:09] **Adrian:** i donno like you came to sydney once and andrew wanted me to see you or something, my names adrian
[06/04 10:10] **StevenLinder.com:** YES, I remember now.....
[06/04 10:10] **StevenLinder.com:** we talked on the IM for a while
[06/04 10:10] **StevenLinder.com:** you're his cousin
[06/04 10:10] **StevenLinder.com:** long hair
[06/04 10:10] **StevenLinder.com:** great potential
[06/04 10:10] **StevenLinder.com:** that was a few years ago
[06/04 10:10] **StevenLinder.com:** how are ya?
[06/04 10:10] *** "**Adrian:**" signed on at Sat Jun 04 10:10:50 2005.
[06/04 10:11] **Adrian:** yeah
[06/04 10:11] **Adrian:** thats me
[06/04 10:11] **Adrian:** dreadlocks now
[06/04 10:13] **Adrian:** im doing ok i guess, besides the fact that im addicted to benzo-diazepines and smoking heavyer, as time goes on, im really wanting to move out of here, ya know what i mean? like get my own place, and i really need to get out of here or i dont think ill give up diazepines and smoking
[06/04 10:14] **StevenLinder.com:** why are you taking diazepines?
[06/04 10:14] **Adrian:** like im trying to find another way out of my situtation, same situtation i can do anything i want, but i need the motivation and the opitunities
[06/04 10:14] **Adrian:** well
[06/04 10:15] **Adrian:** for one i was taking no drugs for over 1.5years or so, like no drugs at all and hardly ever drinking alcohol, just cigarette's , everyday i think about suicide, and its been like that for 5 years, whenever it gets to hard to handle i end up ringing something like "lifeline" to change my state of mind
[06/04 10:15] **Adrian:** at the time i decided to start taking benzodiazepines
[06/04 10:16] **Adrian:** was when i couldnt take it anymore
[06/04 10:16] **Adrian:** and i really knew i wanted to kill myself
[06/04 10:16] **Adrian:** and i was geting so close to doing so
[06/04 10:16] **Adrian:** so i got some benzodiazepines
[06/04 10:16] **Adrian:** and im now a full time addict, for over 5 months now
[06/04 10:17] **Adrian:** when i started taking the benzodiazepines i allso rang up a psychologist i was supost to ring cause my old psychologist quit her job, she gave me a number etc, never rang, for 3 years or so, untill then
[06/04 10:17] **Adrian:** i rang her because
[06/04 10:17] **Adrian:** i couldnt find anything more to help with my suicidal thoughts
[06/04 10:18] **Adrian:** understand?
[06/04 10:18] **StevenLinder.com:** yeah
[06/04 10:18] **StevenLinder.com:** question,
[06/04 10:18] **StevenLinder.com:** do you want to quit?
[06/04 10:18] **Adrian:** so basicly im taking like 30-60 miligrams of diazepam everyday and seeing a psychologist every 2 weeks now, it used to be every 1 week but she wanted to change it
[06/04 10:19] **Adrian:** yes i want to quit but it is way to hard, unless i move
[06/04 10:19] **StevenLinder.com:** move?
[06/04 10:19] **Adrian:** i cant quit in the place im living in
[06/04 10:19] **Adrian:** move house
[06/04 10:19] **Adrian:** get my own space etc.
[06/04 10:19] **StevenLinder.com:** you can leave the addiction behind?

[06/04 10:19] **Adrian:** well i cant just quit automatically but i can slowly quit
[06/04 10:20] **Adrian:** but i think i can only attempt that along with moving places
[06/04 10:20] **Adrian:** and with that id like to give up smoking
[06/04 10:20] **Adrian:** like i build a tollerance with diazepines and the ammount i take gets higher and higher as time goes by
[06/04 10:21] **Adrian:** i cant get off these things unless i move
[06/04 10:21] **Adrian:** or im just gonna end up hanging myself or whatever
[06/04 10:21] **Adrian:** i keep smoking more allso
[06/04 10:22] **Adrian:** i used to smoke 6miligrams marlboro lights it turned into 2 packets a day aprox
[06/04 10:22] **Adrian:** now im on marlboro red's 12milligrams aprox 1 and a half packs a day
[06/04 10:22] **Adrian:** and it just keeps geting higher and heavyer
[06/04 10:22] **Adrian:** same goes with the benzo's
[06/04 10:24] **Adrian:** i just want to get the fuck out of this house get my own space and go fresh start ya know what i mean?
[06/04 10:24] **Adrian:** or im gonna end up dead
[06/04 10:24] **Adrian:** and i know it myself
[06/04 10:24] **StevenLinder.com:** yeah
[06/04 10:26] **StevenLinder.com:** so how about this,
[06/04 10:26] **Adrian:** your in america now or something right?
[06/04 10:26] **StevenLinder.com:** lol - everywhere
[06/04 10:26] **StevenLinder.com:** I live on airplanes it seems
[06/04 10:26] **StevenLinder.com:** but Los Angeles now
[06/04 10:26] **StevenLinder.com:** I'll be in Sydney in July, how about it we chat then?
[06/04 10:26] **Adrian:** what are you anthony robins or something? andrews got a crazy addiction to that guy
[06/04 10:26] **StevenLinder.com:** no charge
[06/04 10:26] **Adrian:** sure i would
[06/04 10:27] **Adrian:** id be honored
[06/04 10:27] **StevenLinder.com:** I've certified a few of Tony's trainers and volunteer at many of his events
[06/04 10:27] **Adrian:** and id greatly appricate it
[06/04 10:27] **StevenLinder.com:** it'd save you AU\$2000 an hour
[06/04 10:27] **Adrian:** jesus thats alot
[06/04 10:27] **StevenLinder.com:** question,
[06/04 10:27] **Adrian:** but why me?
[06/04 10:27] **StevenLinder.com:** I guarantee the results
[06/04 10:28] **StevenLinder.com:** I remember you
[06/04 10:28] **Adrian:** no one forgets me
[06/04 10:28] **StevenLinder.com:** so you stand out
[06/04 10:28] **StevenLinder.com:** question, I'd like to record the interaction to use as training material with my students over here in the states
[06/04 10:28] **StevenLinder.com:** would that be okay in lieu of the fee?
[06/04 10:29] **Adrian:** i have no problems with that now, theirs no court order making me do bah bah this that etc etc
[06/04 10:29] **Adrian:** sure go for it
[06/04 10:29] **Adrian:** i wouldnt mind
[06/04 10:29] **Adrian:** nothing to hide
[06/04 10:29] **Adrian:** im open
[06/04 10:29] **StevenLinder.com:** now keep in mind, I'm not going to tell you to start or stop any medication
[06/04 10:29] **StevenLinder.com:** that's up to you and your doc

[06/04 10:29] [StevenLinder.com](#): I'm here to help you with better options
[06/04 10:29] [StevenLinder.com](#): so then you can decide
[06/04 10:29] [StevenLinder.com](#): that cool?
[06/04 10:29] [Adrian](#): thats cool yes
[06/04 10:30] [StevenLinder.com](#): now, are you interested in this?
[06/04 10:30] [StevenLinder.com](#): or committed?
[06/04 10:30] [Adrian](#): yes i am
[06/04 10:30] [Adrian](#): i am committed
[06/04 10:30] [StevenLinder.com](#): big difference
[06/04 10:31] [StevenLinder.com](#): I'm going to be in Melbourne, but will fly to sydney just to meet with you, so I want to make sure you're clear as I'm going to have to change my international flights now, so you sure you are committed?
[06/04 10:31] [Adrian](#): i am committed yes
[06/04 10:31] [Adrian](#): 100%
[06/04 10:31] [StevenLinder.com](#): ok, here is what you MUST do then, before I see you
[06/04 10:31] [StevenLinder.com](#): got a pen and paper?
[06/04 10:31] [StevenLinder.com](#): this is homework
[06/04 10:32] [Adrian](#): ill wont sleep for 1 week if i have to just to see you
[06/04 10:32] [Adrian](#): ok 1sec.
[06/04 10:32] [StevenLinder.com](#): and we'll yap everynow and then, but don't expect a response from me (you're doing this for you, not for me or my approval - and I know you alrady know that)
[06/04 10:32] [Adrian](#): yeah
[06/04 10:33] [Adrian](#): its allways that way, damn i hate it but i have to accept it =p
[06/04 10:33] [StevenLinder.com](#): EVERYDAY, before I see you,
[06/04 10:33] [StevenLinder.com](#): you must send me an email
[06/04 10:33] [StevenLinder.com](#): on it,
[06/04 10:33] [Adrian](#): i think i did something like this before with you haha
[06/04 10:33] [Adrian](#): but ok i will
[06/04 10:33] [StevenLinder.com](#): your diet.... log EVERYTHING that crosses your lips (including water)
[06/04 10:33] [Adrian](#): ok
[06/04 10:34] [Adrian](#): so basicly like wrighting my diary to you everyday?
[06/04 10:34] [StevenLinder.com](#): I need to know what you're feeding your engine, so it we're going to performance tune it, we have a fully functional engine to start
[06/04 10:34] [Adrian](#): cept it has EVERYTHING

[06/04 10:34] [StevenLinder.com](#): not your diary, just your diet
[06/04 10:34] [Adrian](#): just my food, etc water?
[06/04 10:34] [StevenLinder.com](#): food water, meds, etc.
[06/04 10:34] [Adrian](#): allright
[06/04 10:34] [StevenLinder.com](#): everything short of air
[06/04 10:34] [StevenLinder.com](#): :)
[06/04 10:35] [Adrian](#): water is important
[06/04 10:35] [StevenLinder.com](#): Then, any excercise or activities you do....
[06/04 10:35] [StevenLinder.com](#): you go to the gym?
[06/04 10:35] [StevenLinder.com](#): or run?
[06/04 10:35] [Adrian](#): nope
[06/04 10:35] [Adrian](#): neather
[06/04 10:35] [Adrian](#): sometimes box on my boxing bag

[06/04 10:35] StevenLinder.com: BEEEEEEEEEEEEEEEEEP, wrong answer
[06/04 10:35] StevenLinder.com: NOT YET ;)
[06/04 10:35] StevenLinder.com: :)
[06/04 10:35] Adrian: cept
[06/04 10:36] Adrian: my hands are currently still healing ffrom my tattoo'ing
[06/04 10:36] StevenLinder.com: I need you to walk every morning for 20-30 min... get the NATURAL chemicals going in the morning
[06/04 10:36] StevenLinder.com: great, the legs still work :)
[06/04 10:36] StevenLinder.com: don't have them tatoood yet
[06/04 10:36] StevenLinder.com: lol
[06/04 10:36] Adrian: haha ok
[06/04 10:36] StevenLinder.com: Then,
[06/04 10:36] Adrian: i dont plan on doing those
[06/04 10:37] StevenLinder.com: 15 things that you are grateful for in your life
[06/04 10:37] StevenLinder.com: and lastly,
[06/04 10:37] StevenLinder.com: 5 things you are looking forward to in life, assuming the fact that you could not fail
[06/04 10:37] StevenLinder.com: so recap for me so I know we're clear
[06/04 10:37] Adrian: thats hard
[06/04 10:37] Adrian: 15?!?!?!
[06/04 10:38] StevenLinder.com: if you were a client, I'd have you pay me AU\$50,000 now to make sure you follow through... and if you missed one day, I keep the money
[06/04 10:38] Adrian: i could probly get about 9
[06/04 10:38] Adrian: actually
[06/04 10:38] StevenLinder.com: 18
[06/04 10:38] Adrian: i could try get that
[06/04 10:38] StevenLinder.com: want to ask again?
[06/04 10:38] Adrian: ok 18 then
[06/04 10:38] Adrian: hahah
[06/04 10:38] StevenLinder.com: any more, eh-hem, complaints?
[06/04 10:38] StevenLinder.com: lol
[06/04 10:38] Adrian: nope hahah
[06/04 10:38] StevenLinder.com: so we'll stick at 18
[06/04 10:39] Adrian: so do i only need to do the 18 and 5 on the 1st email?
[06/04 10:39] Adrian: or on every email?
[06/04 10:39] StevenLinder.com: HA HA HA HA
[06/04 10:39] StevenLinder.com: you're a funny guy
[06/04 10:39] StevenLinder.com: you should know my standard by now
[06/04 10:39] StevenLinder.com: what do you think?
[06/04 10:39] Adrian: hm, every email
[06/04 10:39] StevenLinder.com: you used to be an expert in all the stuff that wasn't working, time to learn what does work
[06/04 10:40] Adrian: so
[06/04 10:41] Adrian: if i email the 5-18 things everyday they have to be different everyday?
[06/04 10:41] StevenLinder.com: 5-18?
[06/04 10:41] Adrian: 5&18
[06/04 10:41] StevenLinder.com: recap what goes into the e-mail, so I know we're clear
[06/04 10:42] Adrian: ok

[06/04 10:42] [StevenLinder.com](#): you have speakers on your system
[06/04 10:42] [Adrian](#): yep
[06/04 10:42] [StevenLinder.com](#): go here.. www.stevenlinder.com/audio
[06/04 10:42] [Adrian](#): your stevenlinder?
[06/04 10:42] [StevenLinder.com](#): that's a speach I gave in florida a few months back
[06/04 10:42] [StevenLinder.com](#): yeah
[06/04 10:43] [StevenLinder.com](#): check out stevenlinder.com to see more of what I do
[06/04 10:43] [StevenLinder.com](#): 1 sec
[06/04 10:43] [Adrian](#): ok
[06/04 10:47] [Adrian](#): im listening to the stuff
[06/04 10:48] [Adrian](#): wow
[06/04 10:48] [Adrian](#): your really fucking intelegent
[06/04 10:48] [Adrian](#): intelligent
[06/04 11:03] [Adrian](#): andrew dosnt like to be around me and wants to avoid deny me, but he wont admit it
[06/04 11:03] [Adrian](#): ya know
[06/04 11:03] [Adrian](#): hahaha
[06/04 11:03] [Adrian](#): these days
[06/04 11:03] [StevenLinder.com](#): 1 sec.... on phone with client
[06/04 11:03] [Adrian](#): np
[06/04 11:04] [StevenLinder.com](#): How is Andrew anyway?
[06/04 11:05] [Adrian](#): hes got some girlfriend or something i donno hes doing ok i guess, he dosent like to talk to me these days and dosnt wanna admit it to me
[06/04 11:05] [StevenLinder.com](#): why would that e?
[06/04 11:05] [StevenLinder.com](#): be?
[06/04 11:06] [Adrian](#): i donno probly cause he dosnt want to hear my shit when i need to feed my shit
[06/04 11:06] [StevenLinder.com](#): ah
[06/04 11:06] [Adrian](#): get it?
[06/04 11:06] [Adrian](#): he dosnt know i know
[06/04 11:06] [Adrian](#): but i know
[06/04 11:06] [Adrian](#): he is to easy to read
[06/04 11:06] [StevenLinder.com](#): do you like to be around other people when they're feeding their shit?
[06/04 11:07] [Adrian](#): i dont mind
[06/04 11:07] [StevenLinder.com](#): what if you could feed him something else?
[06/04 11:07] [Adrian](#): i can relate
[06/04 11:07] [StevenLinder.com](#): like maybe even copying him on the email you send me
[06/04 11:07] [StevenLinder.com](#): EVERYDAY
[06/04 11:07] [StevenLinder.com](#): so he sees you becoming more of who you really are
[06/04 11:07] [StevenLinder.com](#): and not the shit
[06/04 11:07] [StevenLinder.com](#): hmmm mmmmmmmmmmmmmmmmmmmmmmmmmmmmm ;)
[06/04 11:08] [Adrian](#): hmm
[06/04 11:08] [Adrian](#): i donno his email
[06/04 11:08] [Adrian](#): he changed it
[06/04 11:08] [Adrian](#): to avoid me
[06/04 11:08] [Adrian](#): give me his new email
[06/04 11:09] [StevenLinder.com](#): eesh, I don't have it... probably why I haven't seen him on
[06/04 11:09] [Adrian](#): but thats a good idea
[06/04 11:09] [StevenLinder.com](#): or save them up for when you see him
[06/04 11:09] [StevenLinder.com](#): remember, he introduced you to me

[06/04 11:09] [StevenLinder.com](#): he does care about you
[06/04 11:09] [Adrian](#): yeah i guess he dose
[06/04 11:10] [Adrian](#): but im not to sure these days
[06/04 11:10] [StevenLinder.com](#): oh, I thought he doesn't want to be around you.....
[06/04 11:10] [Adrian](#): that was a long time ago
[06/04 11:10] [StevenLinder.com](#): maybe,
[06/04 11:10] [StevenLinder.com](#): just maybe
[06/04 11:10] [Adrian](#): he used to
[06/04 11:10] [Adrian](#): he used to do stuff with me
[06/04 11:10] [Adrian](#): but not anymore
[06/04 11:10] [Adrian](#): just trys to avoid me
[06/04 11:10] [StevenLinder.com](#): he cares about you, but when he saw that you weren't caring as much for yourself as he did for you, it got a bit too painful for him
[06/04 11:10] [StevenLinder.com](#): that possible?
[06/04 11:11] [StevenLinder.com](#): Is it possible that he still loves ya and hopes that you make better decisions so that he gets his cousin back?
[06/04 11:11] [Adrian](#): maybe to painful for him, cause what is painful for me isnt painful for shit compared to what is to him
[06/04 11:11] [Adrian](#): but yes i did care for him
[06/04 11:12] [Adrian](#): painful is like a normal thing for me, ya know?
[06/04 11:12] [Adrian](#): its just "normal"
[06/04 11:12] [StevenLinder.com](#): yeah, but maybe not for him
[06/04 11:12] [Adrian](#): so when i feed him normal
[06/04 11:12] [Adrian](#): its painful for him
[06/04 11:12] [Adrian](#): yep.
[06/04 11:12] [StevenLinder.com](#): so maybe set a higher standard for yourself
[06/04 11:12] [StevenLinder.com](#): I take it I can be honest with you?
[06/04 11:13] [Adrian](#): yeah you can
[06/04 11:13] [StevenLinder.com](#): since your standard for normal is, well, as you said, SHIT, maybe you raise your standard
[06/04 11:13] [StevenLinder.com](#): and hold off on typing for a sec
[06/04 11:13] [Adrian](#): how do i rase my standard
[06/04 11:13] [Adrian](#): ok.
[06/04 11:14] [StevenLinder.com](#): cause maybe your shit has become normal cause you think that you're numb to the pain
[06/04 11:14] [StevenLinder.com](#): that the pain is never ending
[06/04 11:14] [StevenLinder.com](#): that there's no way out of it
[06/04 11:14] [StevenLinder.com](#): hold on
[06/04 11:14] [Adrian](#): theres ways out of it, but there limited to my "map" so called what term you use
[06/04 11:15] [StevenLinder.com](#): and you can blame everything and everyone else..... but inside you know where you are isn't where you wanted to be
[06/04 11:15] [StevenLinder.com](#): so to kill the drive
[06/04 11:15] [StevenLinder.com](#): we numb ourselves to the pain of playing small by doing drugs
[06/04 11:15] [Adrian](#): ok
[06/04 11:15] [StevenLinder.com](#): and feeding our shit to others
[06/04 11:16] [StevenLinder.com](#): blaming others in terms of "they don't care about me and they don't want to spend time with me, etc." instead of, "hey, because of the decisions I'm making, it's too painful for them to be around me"

[06/04 11:17] [StevenLinder.com](#): because that gives us the perfect excuse to tell ourselves a story about why we can't get the things that we want in life

[06/04 11:17] [StevenLinder.com](#): the real key is

[06/04 11:17] [StevenLinder.com](#): to stop the lies

[06/04 11:17] [StevenLinder.com](#): stop the story

[06/04 11:17] [StevenLinder.com](#): and create the legacy and write the journal of how you DID do it

[06/04 11:17] [StevenLinder.com](#): because we can focus on all of the shit

[06/04 11:17] [StevenLinder.com](#): everything that sucks and what's wrong

[06/04 11:17] [StevenLinder.com](#): many people are experts in that

[06/04 11:17] [Adrian](#): but it doesn't go anywhere?

[06/04 11:18] [StevenLinder.com](#): that's the key..... the stories go somewhere

[06/04 11:18] [StevenLinder.com](#): and so does the legacy

[06/04 11:18] [StevenLinder.com](#): your stories have led you in one direction

[06/04 11:18] [StevenLinder.com](#): and, my guess is you don't like it, hence you're talking to me ;)

[06/04 11:18] [StevenLinder.com](#): hold on

[06/04 11:19] [StevenLinder.com](#): and the legacy goes in another direction

[06/04 11:19] [StevenLinder.com](#): where you can get what you want

[06/04 11:19] [StevenLinder.com](#): feel the great feelings you want

[06/04 11:19] [StevenLinder.com](#): but it's new territory for you

[06/04 11:19] [StevenLinder.com](#): you don't have the map yet

[06/04 11:19] [Adrian](#): the legacy is the move

[06/04 11:19] [Adrian](#): but i don't have a big map.

[06/04 11:19] [StevenLinder.com](#): Adrian,

[06/04 11:19] [StevenLinder.com](#): YOU ARE BRINGING YOU WITH YOU

[06/04 11:20] [StevenLinder.com](#): moving isn't the key

[06/04 11:20] [Adrian](#): i am?

[06/04 11:20] [StevenLinder.com](#): shifting is

[06/04 11:20] [StevenLinder.com](#): shifting your thoughts

[06/04 11:20] [StevenLinder.com](#): do this

[06/04 11:20] [StevenLinder.com](#): just for one day

[06/04 11:20] [Adrian](#): ok

[06/04 11:21] [StevenLinder.com](#): every time you have a disempowering belief, or a "oh I can't do this, or I can't do that", have the courage to be a man and say, "STOP, BULLSHIT, what's the truth?" What CAN I do if I couldn't fail? How can I feel the way I want to feel? What's great about this? You think those questions might lead you to better answers?

[06/04 11:21] [StevenLinder.com](#): think they might reveal part of the new map

[06/04 11:22] [StevenLinder.com](#): and, hold on here

[06/04 11:22] [StevenLinder.com](#): is it possible that when the little voice goes "Yeah, BUT....." to say, WAIT there is no BUT, I'm just going to do it?

[06/04 11:23] [StevenLinder.com](#): think that if you did it enough

[06/04 11:23] [StevenLinder.com](#): it'd become a habit

[06/04 11:24] [StevenLinder.com](#): you'd be addicted to looking for solutions and opportunities instead of barriers and stories/excuses?

[06/04 11:24] [StevenLinder.com](#): ya think?

[06/04 11:24] [Adrian](#): yrp

[06/04 11:24] [StevenLinder.com](#): shit, remember now, you can only do it for one day

[06/04 11:24] [Adrian](#): yep

[06/04 11:24] [StevenLinder.com](#): NO MORE

[06/04 11:24] StevenLinder.com: cause it might stick and shit
[06/04 11:24] StevenLinder.com: then you'd have a great life
[06/04 11:24] StevenLinder.com: ;) ;)
[06/04 11:24] StevenLinder.com: so ONLY do it for one day
[06/04 11:24] StevenLinder.com: don't realize that you can do it whenever you like
[06/04 11:25] StevenLinder.com: because now, no matter how hard you try,
[06/04 11:25] StevenLinder.com: you'll realize that all of your old stories are just a big piece of what?
[06/04 11:25] Adrian: shit
[06/04 11:25] Adrian: trash
[06/04 11:25] Adrian: garbage
[06/04 11:26] Adrian: parasite
[06/04 11:26] Adrian: maggot
[06/04 11:26] Adrian: correct?
[06/04 11:26] StevenLinder.com: you got it
[06/04 11:27] StevenLinder.com: so now, you can only tell yourself the what?
[06/04 11:27] StevenLinder.com: the?
[06/04 11:27] Adrian: story?
[06/04 11:27] StevenLinder.com: about how you DID do things
[06/04 11:27] Adrian: no
[06/04 11:27] Adrian: the
[06/04 11:27] Adrian: future storie
[06/04 11:28] StevenLinder.com: legacy
[06/04 11:28] Adrian: legacy
[06/04 11:28] StevenLinder.com: YOU GOT IT
[06/04 11:28] StevenLinder.com: hey,
[06/04 11:28] Adrian: yeah?
[06/04 11:28] StevenLinder.com: If I wanted you to run across the highway during rush hour
[06/04 11:28] StevenLinder.com: could you do it?
[06/04 11:28] StevenLinder.com: cars zipping by
[06/04 11:28] StevenLinder.com: at 110 kph?
[06/04 11:28] Adrian: i could doit
[06/04 11:28] StevenLinder.com: most people though?
[06/04 11:28] Adrian: no
[06/04 11:29] Adrian: to scared
[06/04 11:29] StevenLinder.com: now, what if their baby son or daughter were on the other side
[06/04 11:29] StevenLinder.com: and might fall into traffic
[06/04 11:29] StevenLinder.com: could they do it?
[06/04 11:29] Adrian: "oh no im gonna lose my life!@#!~" "icant make it across"
[06/04 11:29] Adrian: they may
[06/04 11:29] Adrian: most likey
[06/04 11:29] StevenLinder.com: ahhhhhhhhh, so it's not a matter of CAN you, it's a matter of WILL you
[06/04 11:29] Adrian: if they where in danger
[06/04 11:30] StevenLinder.com: so, Adrian,
[06/04 11:30] StevenLinder.com: it's not a matter of Can you
[06/04 11:30] StevenLinder.com: it's a matter of Will you
[06/04 11:30] StevenLinder.com: your life is by your choice
[06/04 11:30] Adrian: if you tell me to kill myself adrian will not do, but if you ask me to do that adrian will do
[06/04 11:30] StevenLinder.com: GOOD!

[06/04 11:31] StevenLinder.com: cause killing yourself is a pussy-ass way of sitting on the side of the freeway and bitching, isn't it?

[06/04 11:31] StevenLinder.com: is that who you are?

[06/04 11:31] StevenLinder.com: ;)

[06/04 11:31] Adrian: yes

[06/04 11:31] StevenLinder.com: that's who you are?

[06/04 11:32] StevenLinder.com: really?

[06/04 11:32] Adrian: im a fighter

[06/04 11:32] StevenLinder.com: ah, there ya go

[06/04 11:32] StevenLinder.com: so what's the truth then?

[06/04 11:32] StevenLinder.com: holy shit, Batman, the truth is here!

[06/04 11:32] StevenLinder.com: lol

[06/04 11:32] Adrian: jsjs

[06/04 11:32] Adrian: haha

[06/04 11:32] StevenLinder.com: so tell me, what's possible?

[06/04 11:33] Adrian: yeah something like that. i have great potential i know it myself but the motivation is not there for me

[06/04 11:33] StevenLinder.com: hold a sec....

[06/04 11:33] StevenLinder.com: the motivation isn't there for me?

[06/04 11:33] StevenLinder.com: want to know a secret?

[06/04 11:33] Adrian: go for it

[06/04 11:33] StevenLinder.com: THEN FUCKING MAKE IT!!!

[06/04 11:33] StevenLinder.com: there ya go

[06/04 11:33] Adrian: hahaaaaaaaahahaha

[06/04 11:33] StevenLinder.com: don't let someone else with lower standards put the motivation there

[06/04 11:33] Adrian: how the fuck do i make it

[06/04 11:34] Adrian: JUST DOIT?

[06/04 11:34] StevenLinder.com: GREAT question.... ANSWER IT.... with 3 different answers

[06/04 11:34] Adrian: right

[06/04 11:34] StevenLinder.com: go, or I logg off

[06/04 11:34] StevenLinder.com: how do you make it?

[06/04 11:34] StevenLinder.com: quick

[06/04 11:34] StevenLinder.com: 30 seconds

[06/04 11:34] Adrian: just doit

[06/04 11:34] StevenLinder.com: how do you make it?

[06/04 11:34] Adrian: life in

[06/04 11:34] StevenLinder.com: and?

[06/04 11:34] StevenLinder.com: that's 1

[06/04 11:34] Adrian: live in the present

[06/04 11:35] StevenLinder.com: 2

[06/04 11:35] StevenLinder.com: tick

[06/04 11:35] StevenLinder.com: tick

[06/04 11:35] Adrian: live with the gravity

[06/04 11:35] Adrian: let gravity

[06/04 11:35] StevenLinder.com: tick ;)

[06/04 11:35] Adrian: take hold of me

[06/04 11:35] StevenLinder.com: hell, create the gravity

[06/04 11:35] StevenLinder.com: Mate, 97% of the world lives at the effect

[06/04 11:35] **Adrian:** there is allways gravity
[06/04 11:35] **StevenLinder.com:** they're at the effect of others
[06/04 11:35] **StevenLinder.com:** others determine how they feel
[06/04 11:35] **StevenLinder.com:** hold on
[06/04 11:35] **Adrian:** thats right
[06/04 11:35] **StevenLinder.com:** traffic determines how they feel
[06/04 11:36] **StevenLinder.com:** hell, if they live in Melbourne, they even let the weather determine how they feel
[06/04 11:36] **StevenLinder.com:** yet
[06/04 11:36] **StevenLinder.com:** 3%
[06/04 11:36] **StevenLinder.com:** they live at the cause
[06/04 11:36] **StevenLinder.com:** they decide how they feel
[06/04 11:36] **StevenLinder.com:** they DECIDE to ask themselves better questions so they CAN find better answers and CREATE new maps
[06/04 11:36] **StevenLinder.com:** they create the motivation
[06/04 11:37] **StevenLinder.com:** they CREATE what's on the other side of the freeway for them
[06/04 11:37] **StevenLinder.com:** where do you want to live your life? at the CAUSE (ta-da) or the effect?
[06/04 11:37] **Adrian:** ever heard the song, a perfect circle - gravity?
[06/04 11:37] **Adrian:** cause
[06/04 11:37] **StevenLinder.com:** who controls that?
[06/04 11:37] **Adrian:** err
[06/04 11:38] **Adrian:** fuck that live for nothing no past no future live for the present!?!?
[06/04 11:38] **Adrian:** is what i mean by gravity
[06/04 11:38] **StevenLinder.com:** live by something you CREATE
[06/04 11:38] **Adrian:** or do i wanna live by the story?
[06/04 11:38] **StevenLinder.com:** stop for a sec
[06/04 11:38] **Adrian:** i live by the story i create!
[06/04 11:38] **Adrian:** ok
[06/04 11:39] **StevenLinder.com:** so, how's it going living by the old bullshit story about how tough things are and how there's no future?
[06/04 11:39] **StevenLinder.com:** how's that story working?
[06/04 11:39] **StevenLinder.com:** lol
[06/04 11:39] **Adrian:** it isnt working and i dont even try anymore
[06/04 11:39] **StevenLinder.com:** it;s great or is sucks?
[06/04 11:40] **Adrian:** i just live like im killing time
[06/04 11:40] **StevenLinder.com:** WAIT
[06/04 11:40] **StevenLinder.com:** you just live like your killing time, or you USED TO live like you were killing time?
[06/04 11:41] **Adrian:** i used to, im living for the people who care now
[06/04 11:41] **StevenLinder.com:** NO
[06/04 11:41] **StevenLinder.com:** live for YOU
[06/04 11:41] **StevenLinder.com:** and then share that
[06/04 11:41] **StevenLinder.com:** with the people
[06/04 11:41] **Adrian:** i know
[06/04 11:41] **Adrian:** im supost to
[06/04 11:41] **Adrian:** but
[06/04 11:41] **StevenLinder.com:** STORY TIME
[06/04 11:41] **Adrian:** i donno why i cant

[06/04 11:41] StevenLinder.com: THERE IT IS
[06/04 11:41] Adrian: yes i need a story
[06/04 11:42] StevenLinder.com: BULL SHIT
[06/04 11:42] Adrian: you want my story?
[06/04 11:42] StevenLinder.com: you need the truth
[06/04 11:42] StevenLinder.com: nope
[06/04 11:42] Adrian: my
[06/04 11:42] Adrian: legacy i mean
[06/04 11:42] StevenLinder.com: sure
[06/04 11:42] StevenLinder.com: of the future?
[06/04 11:42] Adrian: do you want my legacy?
[06/04 11:42] StevenLinder.com: what you will create?
[06/04 11:42] Adrian: yes
[06/04 11:42] StevenLinder.com: who you will become?
[06/04 11:42] StevenLinder.com: sure
[06/04 11:42] Adrian: well i can think of many
[06/04 11:42] StevenLinder.com: GREAT
[06/04 11:43] Adrian: would you rather a nicer one or one that may offend?
[06/04 11:43] Adrian: haha
[06/04 11:43] Adrian: ok my legacy, nicer one
[06/04 11:44] StevenLinder.com: I want the truth
[06/04 11:44] Adrian: my own place, my own companion, female, older then me, a mature woman, not some school girl. id like to live somewhere where there isnt many people
[06/04 11:44] Adrian: thats 1 legacy
[06/04 11:46] StevenLinder.com: GREAT
[06/04 11:46] StevenLinder.com: btw the way,
[06/04 11:46] StevenLinder.com: how does it feel to think about that?
[06/04 11:46] StevenLinder.com: good?
[06/04 11:46] Adrian: yes good
[06/04 11:46] Adrian: that is
[06/04 11:46] Adrian: why i wanna move out
[06/04 11:46] Adrian: i want that legacy
[06/04 11:46] StevenLinder.com: what would you say to yourself when you wake up in the future, kiss her good morning, and see the man you know you are in the mirror of the bathroom?
[06/04 11:47] StevenLinder.com: knowing that you CREATED that future
[06/04 11:47] StevenLinder.com: instead of letting life drag you along?
[06/04 11:47] Adrian: im not sure exactly let me think
[06/04 11:47] StevenLinder.com: NO
[06/04 11:47] StevenLinder.com: don't think
[06/04 11:47] StevenLinder.com: feel
[06/04 11:47] Adrian: ok
[06/04 11:47] StevenLinder.com: what would you say, from your heart
[06/04 11:47] Adrian: i love my partner
[06/04 11:48] Adrian: i love my life
[06/04 11:48] Adrian: ?
[06/04 11:48] StevenLinder.com: who else do you love?
[06/04 11:48] StevenLinder.com: as you look in the mirror?
[06/04 11:48] Adrian: i love my self DAMN YOU

[06/04 11:48] StevenLinder.com: there ya go
[06/04 11:48] StevenLinder.com: you tried to fight it
[06/04 11:48] Adrian: yes
[06/04 11:48] Adrian: i did
[06/04 11:48] StevenLinder.com: but your powers are no match young Skywalker
[06/04 11:48] StevenLinder.com: lol
[06/04 11:48] Adrian: and i fought it
[06/04 11:48] StevenLinder.com: i know
[06/04 11:48] StevenLinder.com: cause it's a new thing for you, huh?
[06/04 11:48] StevenLinder.com: but mate, it's the truth
[06/04 11:48] StevenLinder.com: cause if you didn't,
[06/04 11:49] StevenLinder.com: you would have made a fucked up decision a long time ago
[06/04 11:49] StevenLinder.com: you're a fighter
[06/04 11:49] Adrian: i dont wanna love myself why is it that i dont wanna love myself? i have no fucking idea
[06/04 11:49] StevenLinder.com: and you won
[06/04 11:49] StevenLinder.com: you won your life back
[06/04 11:49] StevenLinder.com: question?
[06/04 11:50] Adrian: yes
[06/04 11:50] Adrian: anything anyquestions i answer anything i hide nothing
[06/04 11:50] StevenLinder.com: is it that you don't want to love yourself, or maybe that you didn't think you could, or didn't deserve to?
[06/04 11:50] StevenLinder.com: honestly?
[06/04 11:50] Adrian: im not sure
[06/04 11:51] StevenLinder.com: go wth your gut
[06/04 11:51] StevenLinder.com: you can never be sure about emotions
[06/04 11:51] Adrian: i hate myself for some reason
[06/04 11:51] Adrian: i hate being a human
[06/04 11:51] Adrian: humans discust me
[06/04 11:51] StevenLinder.com: do you see the reason why I want 18 things you're grateful for?
[06/04 11:51] Adrian: and to be a human
[06/04 11:51] StevenLinder.com: STOP
[06/04 11:51] Adrian: makes me sick
[06/04 11:51] StevenLinder.com: hold on sparky
[06/04 11:51] Adrian: ok
[06/04 11:52] StevenLinder.com: see how quickly the shit came out there..... and you thought that 18 great things about yourself was tough
[06/04 11:52] StevenLinder.com: you were an expert in the shit
[06/04 11:52] StevenLinder.com: you conditioned it in
[06/04 11:52] StevenLinder.com: so everytime you spew that shit,
[06/04 11:52] StevenLinder.com: I want the truth right after it
[06/04 11:53] StevenLinder.com: so what's the truth to " i hate myself for some reason"?
[06/04 11:53] StevenLinder.com: no more story
[06/04 11:53] StevenLinder.com: the truth
[06/04 11:53] Adrian: cause im a human
[06/04 11:53] Adrian: was the answer
[06/04 11:53] StevenLinder.com: why would part of you want to hate yourself for being human?
[06/04 11:54] Adrian: because everyones living for themself and because of my past, FUCK THE PAST, i can and cant and can i CAN RID OF IT BUT I DONNO HOW

[06/04 11:55] StevenLinder.com: be honest.....
[06/04 11:55] StevenLinder.com: you don't know how
[06/04 11:55] StevenLinder.com: YET
[06/04 11:55] StevenLinder.com: ;)
[06/04 11:55] StevenLinder.com: :)
[06/04 11:55] Adrian: i dont know how
[06/04 11:55] StevenLinder.com: YET
[06/04 11:55] StevenLinder.com: comon, put the two together ;)
[06/04 11:55] StevenLinder.com: I
[06/04 11:55] StevenLinder.com: don't
[06/04 11:55] StevenLinder.com: know
[06/04 11:55] StevenLinder.com: how
[06/04 11:55] StevenLinder.com: YET
[06/04 11:56] Adrian: i dont know how yet
[06/04 11:56] StevenLinder.com: DING DING DING
[06/04 11:56] Adrian: suhit man
[06/04 11:56] Adrian: your good
[06/04 11:56] StevenLinder.com: he's got it
[06/04 11:56] StevenLinder.com: no, you're the one putting it together
[06/04 11:56] StevenLinder.com: you just decided to start opeining up yourself for options
[06/04 11:56] StevenLinder.com: make sense?
[06/04 11:56] StevenLinder.com: how did it feel to add the word, yet?
[06/04 11:57] Adrian: im allways open for options but theirs no opitunities
[06/04 11:57] StevenLinder.com: when I was AU\$60,000 in debt
[06/04 11:57] Adrian: that is why i send you the msg to start this whole convo
[06/04 11:57] StevenLinder.com: I said I don't have the money
[06/04 11:57] StevenLinder.com: there are no oppotunities
[06/04 11:57] StevenLinder.com: how do you think that made me feel?
[06/04 11:58] Adrian: there is opitunities
[06/04 11:58] Adrian: but i was having trouble finding them
[06/04 11:58] StevenLinder.com: WAS having - NICE!
[06/04 11:58] StevenLinder.com: :)
[06/04 11:58] Adrian: is the correct answer
[06/04 11:58] StevenLinder.com: how did you think talking shit like there's no oppotunities, etc. made me feel?
[06/04 11:59] Adrian: im not sure, not so good maybe or it dosent really bother you cause your used to it?
[06/04 11:59] StevenLinder.com: Thank you Captain Obvious..... so lemme get this straight.....
[06/04 11:59] StevenLinder.com: talking shit = feeling like shit
[06/04 11:59] Adrian: or maybe you saw something and wanted to help?
[06/04 11:59] StevenLinder.com: so.....
[06/04 11:59] StevenLinder.com: if you don't want to feel like shit,
[06/04 11:59] Adrian: ok
[06/04 11:59] StevenLinder.com: ya gotta not what?
[06/04 11:59] Adrian: dont talk shit
[06/04 11:59] StevenLinder.com: I thought you said you weren't intelligent?
[06/04 12:00] StevenLinder.com: ;)
[06/04 12:00] Adrian: i never said that
[06/04 12:00] StevenLinder.com: maybe you're smarter than you thought?
[06/04 12:00] Adrian: i know im intelligent

[06/04 12:00] StevenLinder.com: what else are you?
[06/04 12:00] StevenLinder.com: the truth?
[06/04 12:00] Adrian: your trying to trick me =p
[06/04 12:00] StevenLinder.com: ME?
[06/04 12:00] StevenLinder.com: nooooooooooooooooooooooooooooo
[06/04 12:00] StevenLinder.com: so who else are you?
[06/04 12:00] Adrian: i never said i wasnt intelligent!
[06/04 12:00] Adrian: optimistic
[06/04 12:01] Adrian: even tho i didnt wanna say it
[06/04 12:01] StevenLinder.com: what else?
[06/04 12:01] StevenLinder.com: what else are you?
[06/04 12:01] Adrian: caring
[06/04 12:01] StevenLinder.com: come on
[06/04 12:01] Adrian: loving
[06/04 12:01] StevenLinder.com: 2
[06/04 12:01] StevenLinder.com: woo hoo.... we're on a roll!
[06/04 12:01] StevenLinder.com: 3?
[06/04 12:01] StevenLinder.com: (major mental lifting here)
[06/04 12:01] Adrian: dude my body!
[06/04 12:01] StevenLinder.com: 4?
[06/04 12:02] StevenLinder.com: what else is great about you?
[06/04 12:02] Adrian: my fucking head is fighting with me
[06/04 12:02] StevenLinder.com: then simply let it lose
[06/04 12:02] StevenLinder.com: and let your heart win for a change
[06/04 12:02] StevenLinder.com: 4?
[06/04 12:02] StevenLinder.com: c'mon
[06/04 12:02] StevenLinder.com: no right or wrong answer
[06/04 12:02] Adrian: i love
[06/04 12:02] StevenLinder.com: GREAT, 5?
[06/04 12:02] StevenLinder.com: come on.... you can't feel too great yet until we get to 7
[06/04 12:03] StevenLinder.com: c'mon mate, you can do it
[06/04 12:03] StevenLinder.com: let your head lose
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] Adrian: that is better
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] StevenLinder.com: I'm a nag
[06/04 12:03] Adrian: no more art of ruin
[06/04 12:03] Adrian: FUCK THAT
[06/04 12:03] StevenLinder.com: GREAT, so I know you're stopping that, what are you starting?
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] StevenLinder.com: 5?
[06/04 12:03] Adrian: 5
[06/04 12:03] Adrian: i
[06/04 12:03] Adrian: i
[06/04 12:03] Adrian: i want

[06/04 12:04] **Adrian:** i want to help
[06/04 12:04] **Adrian:** everyone
[06/04 12:04] **StevenLinder.com:** GREAT!
[06/04 12:04] **StevenLinder.com:** 6?
[06/04 12:04] **StevenLinder.com:** hold on...
[06/04 12:04] **StevenLinder.com:** #5 starts with who first
[06/04 12:04] **Adrian:** i want to help myself
[06/04 12:04] **StevenLinder.com:** just checking? I hear he's a cool guy who can easily come up with #6 ;)
[06/04 12:05] **StevenLinder.com:** 6?
[06/04 12:05] **Adrian:** you are converting me, no i am converting me but you are influencing me into it
[06/04 12:05] **StevenLinder.com:** nope
[06/04 12:05] **StevenLinder.com:** you could have hung up a while ago
[06/04 12:05] **StevenLinder.com:** I'm just asking questions
[06/04 12:05] **Adrian:** i
[06/04 12:05] **StevenLinder.com:** YOU are coming up with the truth & great answers
[06/04 12:05] **StevenLinder.com:** 6?
[06/04 12:05] **Adrian:** i want to love
[06/04 12:05] **StevenLinder.com:** WANT to?
[06/04 12:06] **StevenLinder.com:** or will?
[06/04 12:06] **StevenLinder.com:** or are?
[06/04 12:06] **Adrian:** i keep
[06/04 12:06] **Adrian:** i keep hating, but one side wants to love
[06/04 12:06] **Adrian:** i love more then i hate
[06/04 12:06] **Adrian:** and it overwhelms me
[06/04 12:06] **StevenLinder.com:** WAIT
[06/04 12:06] **StevenLinder.com:** hold on the shit
[06/04 12:06] **Adrian:** so i try to hate
[06/04 12:06] **Adrian:** ok
[06/04 12:06] **StevenLinder.com:** lemme get some toilet paper
[06/04 12:06] **StevenLinder.com:** you could have warned me that shit was coming
[06/04 12:07] **StevenLinder.com:** I KEEP hating?
[06/04 12:07] **Adrian:** no
[06/04 12:07] **Adrian:** i dont
[06/04 12:07] **StevenLinder.com:** it's 5:07 in the morning there
[06/04 12:07] **Adrian:** i fight it
[06/04 12:07] **StevenLinder.com:** hold on
[06/04 12:07] **Adrian:** i keep fighting it
[06/04 12:07] **StevenLinder.com:** hold on
[06/04 12:07] **StevenLinder.com:** it's 5:07
[06/04 12:07] **Adrian:** your im melb?
[06/04 12:07] **Adrian:** in
[06/04 12:07] **Adrian:** same time here
[06/04 12:07] **StevenLinder.com:** are you hating this very second, or feeling great right now?
[06/04 12:07] **Adrian:** im feeling good
[06/04 12:07] **Adrian:** im not hating
[06/04 12:07] **StevenLinder.com:** so you don't keep doing shit
[06/04 12:08] **StevenLinder.com:** you CHOOSE
[06/04 12:08] **StevenLinder.com:** so in the past, you USED to hate?

[06/04 12:13] StevenLinder.com: ?
[06/04 12:13] StevenLinder.com: any growth?
[06/04 12:13] Adrian: but then you got to make it heavyer
[06/04 12:13] Adrian: right?
[06/04 12:13] StevenLinder.com: does it hurt a bit when you make it heavier
[06/04 12:13] StevenLinder.com: at first?
[06/04 12:13] Adrian: yes
[06/04 12:13] Adrian: it dose
[06/04 12:13] Adrian: but then
[06/04 12:13] StevenLinder.com: but then does it become natural?
[06/04 12:13] Adrian: it becomes natural
[06/04 12:13] StevenLinder.com: ah
[06/04 12:13] StevenLinder.com: what if you saw a guy at the gym
[06/04 12:14] StevenLinder.com: HUGE fucking muscles
[06/04 12:14] Adrian: hahahah
[06/04 12:14] StevenLinder.com: bitching about adding 1-2 more kilos?
[06/04 12:14] StevenLinder.com: you'd tell him to what?
[06/04 12:14] Adrian: id tell him to doit if he really whated that.
[06/04 12:14] StevenLinder.com: how would you coach him?
[06/04 12:14] StevenLinder.com: right
[06/04 12:14] StevenLinder.com: so add 5 more kilos, right?
[06/04 12:14] Adrian: if he wanted it
[06/04 12:14] Adrian: yes
[06/04 12:14] StevenLinder.com: one at a time
[06/04 12:14] StevenLinder.com: consistently
[06/04 12:14] Adrian: his choice
[06/04 12:15] StevenLinder.com: GREAT, muscle man! so, gimme 8!
[06/04 12:15] StevenLinder.com: ;)
[06/04 12:15] StevenLinder.com: no bitchin
[06/04 12:15] StevenLinder.com: I'm a coach
[06/04 12:15] Adrian: i care about others, i said that allready
[06/04 12:15] Adrian: im a coach
[06/04 12:15] StevenLinder.com: I'll push ya
[06/04 12:15] StevenLinder.com: shit, he's on a roll
[06/04 12:15] StevenLinder.com: uhhhhhh 9
[06/04 12:15] StevenLinder.com: keep going
[06/04 12:15] StevenLinder.com: ?
[06/04 12:15] Adrian: im an artist
[06/04 12:15] StevenLinder.com: 10
[06/04 12:16] StevenLinder.com: wait, you mean there was strength there?
[06/04 12:16] StevenLinder.com: kinda like life.
[06/04 12:16] StevenLinder.com: 10?
[06/04 12:16] Adrian: im a reviewer
[06/04 12:16] StevenLinder.com: 11?
[06/04 12:16] Adrian: i love music
[06/04 12:16] StevenLinder.com: wait, I though you wined that you "can't think of any more"
[06/04 12:16] StevenLinder.com: so there's always more?
[06/04 12:16] StevenLinder.com: ;)

[06/04 12:16] StevenLinder.com: oops, you're past me
[06/04 12:16] Adrian: yeah
[06/04 12:16] StevenLinder.com: uh 12/
[06/04 12:16] StevenLinder.com: 12?
[06/04 12:16] Adrian: 12
[06/04 12:16] StevenLinder.com: hard to keep up with you
[06/04 12:17] StevenLinder.com: eesh, slow down or you'll feel too good too fast
[06/04 12:17] StevenLinder.com: remembering all the truths inside
[06/04 12:17] StevenLinder.com: could be legally classified as an addiction
[06/04 12:17] Adrian: i love to introduce people who are into metal into listening to true quality metal.
[06/04 12:17] StevenLinder.com: 13?
[06/04 12:17] StevenLinder.com: are you ever gonna stop?
[06/04 12:18] Adrian: they love it, and love me for it , and i love them back
[06/04 12:18] StevenLinder.com: 14
[06/04 12:18] StevenLinder.com: shit, don't feel too good now
[06/04 12:18] StevenLinder.com: don't feel to good
[06/04 12:18] Adrian: why not?
[06/04 12:18] StevenLinder.com: if I tell you not to think of blue, what color did you just think of?
[06/04 12:18] Adrian: pink
[06/04 12:18] Adrian: i allways think of pink/purples
[06/04 12:18] Adrian: i dont like blue
[06/04 12:19] StevenLinder.com: but what did ya thnk of first when I said don't think of blue?
[06/04 12:19] StevenLinder.com: lol
[06/04 12:19] Adrian: pink/red
[06/04 12:19] StevenLinder.com: if I said don't think of an apple, what did you think of?
[06/04 12:19] Adrian: what do you mean what did i?
[06/04 12:20] Adrian: oh wait thats right i allready did..
[06/04 12:20] StevenLinder.com: you had to think about it for a sec not to think about it
[06/04 12:20] StevenLinder.com: ;)
[06/04 12:20] Adrian: ape
[06/04 12:20] StevenLinder.com: oh,so don't feel to good and know that you did it on your own
[06/04 12:20] StevenLinder.com: ;)
[06/04 12:20] StevenLinder.com: and don't t easily think of #14?
[06/04 12:20] StevenLinder.com: oops :)
[06/04 12:20] Adrian: haha
[06/04 12:20] StevenLinder.com: 14?
[06/04 12:21] Adrian: i love my guild on everquest and dedicate myself to them.
[06/04 12:21] StevenLinder.com: don't think of 15?
[06/04 12:21] StevenLinder.com: (like you'd fall for that now)
[06/04 12:21] Adrian: i love flowers, espeically orchids
[06/04 12:22] StevenLinder.com: now when you're at the gym, and the coach tells you to lift the weight 15 times?
[06/04 12:22] StevenLinder.com: which # gives you the most growth?
[06/04 12:22] Adrian: out of those 15?
[06/04 12:23] StevenLinder.com: is the first rep easier and gives you the most growth?
[06/04 12:23] StevenLinder.com: or ?
[06/04 12:23] Adrian: i love myself
[06/04 12:23] Adrian: that is it

[06/04 12:23] StevenLinder.com: which rep gives the most growth?
[06/04 12:23] Adrian: i love myself
[06/04 12:23] StevenLinder.com: we've created an addict!
[06/04 12:23] StevenLinder.com: lol
[06/04 12:23] Adrian: haha
[06/04 12:23] StevenLinder.com: is #14 harder than #1?
[06/04 12:23] Adrian: no
[06/04 12:23] StevenLinder.com: but it gives you more growth cause you had to stretch
[06/04 12:24] Adrian: there just all numbers
[06/04 12:24] Adrian: there all the same
[06/04 12:24] StevenLinder.com: is it possible that when you thought of the 15th you grew more than you did at #1?
[06/04 12:24] Adrian: yes
[06/04 12:24] StevenLinder.com: so which gave you more growth?
[06/04 12:24] Adrian: alot more
[06/04 12:25] StevenLinder.com: right
[06/04 12:25] Adrian: but it got easier
[06/04 12:25] Adrian: and easier
[06/04 12:25] StevenLinder.com: WAIT
[06/04 12:25] StevenLinder.com: you mean to tell me
[06/04 12:25] StevenLinder.com: that
[06/04 12:25] StevenLinder.com: if you do it
[06/04 12:25] StevenLinder.com: and go to the emotional gym
[06/04 12:25] StevenLinder.com: and lift more weights
[06/04 12:25] StevenLinder.com: that it will become easier and easier?
[06/04 12:25] Adrian: that is what the emails are for
[06/04 12:26] StevenLinder.com: HEY
[06/04 12:26] Adrian: arnt they?
[06/04 12:26] StevenLinder.com: you're not supposed to figure that out yet!
[06/04 12:26] StevenLinder.com: ;)
[06/04 12:26] StevenLinder.com: cause if I don't want you to feel like shit, what did you just have to focus on feeling?
[06/04 12:27] Adrian: feeling good
[06/04 12:27] Adrian: (3
[06/04 12:27] StevenLinder.com: ah, but what did you focus on first?
[06/04 12:27] StevenLinder.com: not feeling like.....?
[06/04 12:27] Adrian: not feeling like, GET THE TOILET PAPPER OUT NOWWWW!!!!
[06/04 12:27] StevenLinder.com: there ya go
[06/04 12:27] Adrian: hahah
[06/04 12:27] StevenLinder.com: so lemme see
[06/04 12:28] StevenLinder.com: if you don't want to feel like shit (don't want to think of an apple) what do we (unconsciously) automatically start to feel?
[06/04 12:28] StevenLinder.com: like?
[06/04 12:28] Adrian: we
[06/04 12:29] Adrian: unconsciously start to feel good
[06/04 12:29] StevenLinder.com: ya'd think so
[06/04 12:29] StevenLinder.com: remember the apple
[06/04 12:29] StevenLinder.com: don't think of a pear

[06/04 12:29] StevenLinder.com: what did you instantly think of?
[06/04 12:29] Adrian: apples are good for you
[06/04 12:29] Adrian: is what i thought of
[06/04 12:29] StevenLinder.com: so if I said don't think of a pear
[06/04 12:30] StevenLinder.com: what did you instantly think of in order to not think of it?
[06/04 12:30] Adrian: i donno i thought of the positive tribute towards an apple
[06/04 12:30] Adrian: aka apples are good for you
[06/04 12:30] StevenLinder.com: lol
[06/04 12:30] Adrian: health
[06/04 12:31] StevenLinder.com: Adrian
[06/04 12:31] StevenLinder.com: you're ahead of the game
[06/04 12:31] StevenLinder.com: hold
[06/04 12:31] StevenLinder.com: if I said don't think of a stapler
[06/04 12:31] StevenLinder.com: what did your brain just think of ?
[06/04 12:31] Adrian: think of the papper or the papperclip
[06/04 12:31] Adrian: papper was 1st
[06/04 12:31] StevenLinder.com: in order not to think of a stapler, you had to think of it first?
[06/04 12:31] StevenLinder.com: make sense?
[06/04 12:32] Adrian: yes
[06/04 12:32] StevenLinder.com: AHHHHHHHHHHHHHHHH
[06/04 12:32] StevenLinder.com: so if I said don't think of a golf ball, what did you just think of?
[06/04 12:32] StevenLinder.com: you'll catch on, you'
[06/04 12:32] Adrian: golf ball but i thought of a driving range
[06/04 12:32] StevenLinder.com: TA DA
[06/04 12:32] StevenLinder.com: but the ball first
[06/04 12:32] Adrian: correct
[06/04 12:32] StevenLinder.com: so,
[06/04 12:33] StevenLinder.com: if you say "I don't want to feel depressed..." what did you have to focus on feeling?
[06/04 12:33] StevenLinder.com: at first?
[06/04 12:34] Adrian: feeling depressed, but think changing that to feeling/thinking of good things
[06/04 12:34] StevenLinder.com: give the man a cigar!
[06/04 12:34] StevenLinder.com: ah
[06/04 12:34] StevenLinder.com: perfect
[06/04 12:34] StevenLinder.com: now,
[06/04 12:34] StevenLinder.com: notice
[06/04 12:34] Adrian: i like cigar's actually
[06/04 12:34] StevenLinder.com: but THINK changing
[06/04 12:34] StevenLinder.com: that takes effort
[06/04 12:35] StevenLinder.com: so to say I don't want to feel depressed , you have to think of the depression (making your body feel it for a sec) then spend energy to shift your focus to feeling better
[06/04 12:35] Adrian: get those cuban cigars while you can in aust illegal in usa arnt they? =p
[06/04 12:35] StevenLinder.com: right?
[06/04 12:35] Adrian: yeah
[06/04 12:35] StevenLinder.com: so, could a better option be to think,
[06/04 12:36] Adrian: but
[06/04 12:36] StevenLinder.com: "how can I appreciate my strenghts even more right now?"
[06/04 12:36] StevenLinder.com: STORY TIME

[06/04 12:36] **Adrian:** so
[06/04 12:36] **StevenLinder.com:** toilet paper ready
[06/04 12:36] **StevenLinder.com:** shit coming?
[06/04 12:36] **StevenLinder.com:** or want to tell the truth
[06/04 12:36] **StevenLinder.com:** lol
[06/04 12:36] **StevenLinder.com:** OR
[06/04 12:36] **Adrian:** so im depressed allready at the time, to change that all i gotta do is focus on all the good things
[06/04 12:36] **StevenLinder.com:** HOLD ON
[06/04 12:37] **Adrian:** not now
[06/04 12:37] **Adrian:** just saying
[06/04 12:37] **StevenLinder.com:** are you depressed right this second
[06/04 12:37] **StevenLinder.com:** lol
[06/04 12:37] **StevenLinder.com:** you know me
[06/04 12:37] **Adrian:** NO

[06/04 12:37] **StevenLinder.com:** so hold on
[06/04 12:37] **Adrian:** HAHA
[06/04 12:37] **StevenLinder.com:** so you just lied to me
[06/04 12:37] **Adrian:** no i didnt
[06/04 12:37] **StevenLinder.com:** "so im depressed allready at the time,"
[06/04 12:37] **StevenLinder.com:** you were fibbin' eh?
[06/04 12:37] **StevenLinder.com:** :)
[06/04 12:37] **Adrian:** i just wrote it out wrong
[06/04 12:37] **StevenLinder.com:** ahhhhhhhhhhh
[06/04 12:37] **StevenLinder.com:** so do it again
[06/04 12:38] **StevenLinder.com:** write it out right from your heart
[06/04 12:38] **StevenLinder.com:** :)
[06/04 12:38] **Adrian:** so when i am feeling depressed, all i got to do is think of the good things
[06/04 12:38] **StevenLinder.com:** btw, really proud of ya for sticking with it
[06/04 12:38] **StevenLinder.com:** WAIT
[06/04 12:38] **StevenLinder.com:** so when I am "feeling depressed"
[06/04 12:38] **StevenLinder.com:** or
[06/04 12:38] **Adrian:** why wouldnt i not want to stick with it
[06/04 12:38] **StevenLinder.com:** when I were to be a totaly goof ball and choose to feel depressed....
[06/04 12:38] **StevenLinder.com:** after all
[06/04 12:39] **StevenLinder.com:** you said you choose how you feel, right?
[06/04 12:39] **StevenLinder.com:** so do it one mor time?
[06/04 12:39] **Adrian:** yeah
[06/04 12:39] **StevenLinder.com:** cna I try one
[06/04 12:39] **StevenLinder.com:** ?
[06/04 12:39] **StevenLinder.com:** gimme a shot
[06/04 12:39] **StevenLinder.com:** lemme practice my australian?
[06/04 12:39] **StevenLinder.com:** :)
[06/04 12:39] **Adrian:** so when im out of whack for osme reason wtf why do i need to be depressed for fuck that shit, lets focus on the good things
[06/04 12:40] **Adrian:** try one or something, australian american its all the same to me imo
[06/04 12:40] **Adrian:** haha

[06/04 12:40] [StevenLinder.com](#): So if I were a total fucking goofball loser CHOOSING to feel depressed, all I'd need to do INSTEAD is to remember my strengths?

[06/04 12:40] [StevenLinder.com](#): like that?

[06/04 12:40] [Adrian](#): most of the time im actually thinking the american way when i fill in the date on a form or something..

[06/04 12:40] [StevenLinder.com](#): cause what kind of person would choose to feel depressed?

[06/04 12:40] [Adrian](#): annd they say you put the wrong date!

[06/04 12:41] [StevenLinder.com](#): smart arse!

[06/04 12:41] [StevenLinder.com](#): lol

[06/04 12:41] [Adrian](#): spend to much time with americans on computergames

[06/04 12:41] [StevenLinder.com](#): so what kind of person would CHOOSE to feel depressed?

[06/04 12:41] [Adrian](#): a depressed person

[06/04 12:41] [StevenLinder.com](#): BEEEEEEEEEEEEEEEEEP

[06/04 12:41] [StevenLinder.com](#): nope, the choice leads to that

[06/04 12:42] [Adrian](#): a shit person

[06/04 12:42] [StevenLinder.com](#): there ya go

[06/04 12:42] [StevenLinder.com](#): and is that you?

[06/04 12:42] [Adrian](#): a toilet paper eater

[06/04 12:42] [StevenLinder.com](#): LOL

[06/04 12:42] [Adrian](#): not anymore

[06/04 12:42] [Adrian](#): fuck that

[06/04 12:42] [StevenLinder.com](#): NICE

[06/04 12:42] [StevenLinder.com](#): so who controls how you feel?

[06/04 12:42] [Adrian](#): i control how i feel

[06/04 12:42] [StevenLinder.com](#): so, the choices are simple

[06/04 12:43] [StevenLinder.com](#): you could choose fo ask shitty questions that get you choosing to focus on depressing things (why can't I feel good, why does my life suck, why do I eat used toilet paper, etc." and shit like that

[06/04 12:43] [StevenLinder.com](#): OR

[06/04 12:43] [StevenLinder.com](#): How can I share my gifts

[06/04 12:43] [StevenLinder.com](#): what could I be grateful for right now?

[06/04 12:43] [StevenLinder.com](#): who can I connect with?

[06/04 12:43] [StevenLinder.com](#): what can I do that's fun?

[06/04 12:44] [StevenLinder.com](#): who can I love?

[06/04 12:44] [StevenLinder.com](#): who loves me?

[06/04 12:44] [Adrian](#): exactly

[06/04 12:44] [StevenLinder.com](#): how can I grow?

[06/04 12:44] [Adrian](#): dude

[06/04 12:44] [StevenLinder.com](#): your CHOICE in what to ask yourself

[06/04 12:44] [Adrian](#): i feel for you

[06/04 12:44] [StevenLinder.com](#): make sense

[06/04 12:44] [StevenLinder.com](#): you get it though?

[06/04 12:44] [Adrian](#): yes i get it

[06/04 12:44] [Adrian](#): completely

[06/04 12:44] [StevenLinder.com](#): Adrian, dude,

[06/04 12:44] [StevenLinder.com](#): your questions determine what you focus on

[06/04 12:45] [StevenLinder.com](#): your focus determines how you feel

[06/04 12:45] [StevenLinder.com](#): how you feel, well

[06/04 12:45] StevenLinder.com: that's your life
[06/04 12:45] StevenLinder.com: you want to change your life?
[06/04 12:45] StevenLinder.com: change your questions
[06/04 12:45] StevenLinder.com: make sense
[06/04 12:45] Adrian: yeah i do. makes sense
[06/04 12:45] StevenLinder.com: ok, so
[06/04 12:45] StevenLinder.com: he
[06/04 12:45] StevenLinder.com: hey,
[06/04 12:45] StevenLinder.com: I may be american,
[06/04 12:45] StevenLinder.com: but I'm not done
[06/04 12:45] StevenLinder.com: cause we're at what #?
[06/04 12:45] Adrian: good
[06/04 12:45] Adrian: 15
[06/04 12:46] StevenLinder.com: out of how many?
[06/04 12:46] Adrian: 15
[06/04 12:46] StevenLinder.com: hold on.....
[06/04 12:46] Adrian: 18
[06/04 12:46] Adrian: 18
[06/04 12:46] Adrian: you changed it to 18
[06/04 12:46] StevenLinder.com: I was going to go copy and paste
[06/04 12:46] Adrian: thats right
[06/04 12:46] StevenLinder.com: glad you help yourself to a standard
[06/04 12:46] StevenLinder.com: ready for some more truth?
[06/04 12:46] Adrian: ok
[06/04 12:46] StevenLinder.com: me too
[06/04 12:47] StevenLinder.com: you gonna be a puck ass and make me pull it from you? ;)
[06/04 12:47] StevenLinder.com: punk
[06/04 12:47] StevenLinder.com: huh?
[06/04 12:47] StevenLinder.com: lol
[06/04 12:47] Adrian: hahahaha
[06/04 12:47] Adrian: shouldve finished when we where at 15!
[06/04 12:47] Adrian: comeon adrian
[06/04 12:47] StevenLinder.com: yeah, but that's a shitty standard
[06/04 12:47] StevenLinder.com: lol
[06/04 12:47] StevenLinder.com: (tick)
[06/04 12:47] StevenLinder.com: (tick)
[06/04 12:47] Adrian: i like to paint
[06/04 12:48] StevenLinder.com: didn't we already have that one?
[06/04 12:48] StevenLinder.com: or were ya testing me?
[06/04 12:48] Adrian: i think maybe
[06/04 12:48] StevenLinder.com: ok, I passed
[06/04 12:48] Adrian: but i really do
[06/04 12:48] StevenLinder.com: GREAT
[06/04 12:48] Adrian: bought some art stuff on thursday actually
[06/04 12:48] Adrian: more canvas pants etc
[06/04 12:48] StevenLinder.com: really?
[06/04 12:48] Adrian: need the motivation tho!
[06/04 12:49] Adrian: yea

[06/04 12:49] StevenLinder.com: so you can't paint a #17?
[06/04 12:49] Adrian: they still in the bag
[06/04 12:49] StevenLinder.com: ;)
[06/04 12:49] Adrian: i can paint a 17
[06/04 12:49] StevenLinder.com: great
[06/04 12:49] Adrian: but my paintings are negative =x
[06/04 12:49] StevenLinder.com: paint it on the keyboard
[06/04 12:49] StevenLinder.com: BEEEEEEEEEEEEEEEEEP
[06/04 12:49] Adrian: thats one bad thhing
[06/04 12:49] StevenLinder.com: they ARE?
[06/04 12:49] Adrian: they are
[06/04 12:49] Adrian: yeah
[06/04 12:49] StevenLinder.com: right now?
[06/04 12:49] Adrian: no
[06/04 12:49] Adrian: not now
[06/04 12:49] Adrian: but when i do them
[06/04 12:49] Adrian: they are
[06/04 12:50] StevenLinder.com: or they were the thoughts of a brilliant artist while he was growing?
[06/04 12:50] StevenLinder.com: that more accurate?
[06/04 12:50] Adrian: i paint from my heart man not from my brain
[06/04 12:50] Adrian: ii aint a brain painter
[06/04 12:50] Adrian: i hate brain painting
[06/04 12:50] Adrian: i need to try to paint positive from the heart one day
[06/04 12:50] Adrian: yes
[06/04 12:50] StevenLinder.com: so are they really negative or a reflection of a positive person who is growing?
[06/04 12:51] Adrian: i need to do that
[06/04 12:51] StevenLinder.com: one day can start when?
[06/04 12:51] Adrian: any day
[06/04 12:51] StevenLinder.com: like which day?
[06/04 12:51] StevenLinder.com: 5 years from now?
[06/04 12:51] Adrian: anytime
[06/04 12:51] StevenLinder.com: or sooner?
[06/04 12:51] StevenLinder.com: ;)
[06/04 12:51] StevenLinder.com: ooooooooooooooh
[06/04 12:51] Adrian: sooner
[06/04 12:51] StevenLinder.com: like when?
[06/04 12:51] StevenLinder.com: where's the bag?
[06/04 12:51] StevenLinder.com: ;)
[06/04 12:51] Adrian: the bag?
[06/04 12:51] Adrian: oh
[06/04 12:52] StevenLinder.com: with the art supplies
[06/04 12:52] Adrian: like 4 ft away from me
[06/04 12:52] Adrian: hahahahah
[06/04 12:52] StevenLinder.com: HEY, no feeling too great YET ;)
[06/04 12:52] Adrian: 1 metre or something
[06/04 12:52] StevenLinder.com: so when are you going to paint from your heart
[06/04 12:52] StevenLinder.com: it's had a lot of time to rest up if ya ask me ;)
[06/04 12:53] Adrian: this week

[06/04 12:53] StevenLinder.com: when will you start?
[06/04 12:53] StevenLinder.com: even the first stroke?
[06/04 12:53] Adrian: when i start i dont stop
[06/04 12:53] Adrian: untill its done
[06/04 12:53] StevenLinder.com: how long does it take to make a first stroke?
[06/04 12:53] StevenLinder.com: fraction of a second?
[06/04 12:53] StevenLinder.com: and then once you start
[06/04 12:53] Adrian: yeah but i need to put the canvas on a frame 1st and all that
[06/04 12:53] Adrian: heh
[06/04 12:53] StevenLinder.com: you can't stop
[06/04 12:53] StevenLinder.com: story?
[06/04 12:54] Adrian: thats right
[06/04 12:54] StevenLinder.com: or legacy?
[06/04 12:54] StevenLinder.com: ;)
[06/04 12:54] Adrian: i cant stop
[06/04 12:54] StevenLinder.com: so when will you CHOOSE to put the canvas on?
[06/04 12:54] Adrian: man
[06/04 12:54] Adrian: thats
[06/04 12:54] Adrian: hard
[06/04 12:54] Adrian: i hate time
[06/04 12:54] StevenLinder.com: toilet paper?
[06/04 12:54] Adrian: no
[06/04 12:54] Adrian: NO HATE

[06/04 12:54] StevenLinder.com: do I need toilet paper?
[06/04 12:55] Adrian: MORE TOILET PAPPER
[06/04 12:55] StevenLinder.com: is it really hard?
[06/04 12:55] StevenLinder.com: or is that a ?
[06/04 12:55] StevenLinder.com: s
[06/04 12:55] StevenLinder.com: t
[06/04 12:55] StevenLinder.com: o
[06/04 12:55] StevenLinder.com: r
[06/04 12:55] StevenLinder.com: y
[06/04 12:55] StevenLinder.com: ?
[06/04 12:55] Adrian: its hard
[06/04 12:55] Adrian: no story
[06/04 12:55] StevenLinder.com: what else could it be
[06/04 12:55] Adrian: legacy
[06/04 12:55] Adrian: its hard
[06/04 12:55] StevenLinder.com: I see little women do it all the time
[06/04 12:55] StevenLinder.com: kids do it in school
[06/04 12:55] StevenLinder.com: is it really hard?
[06/04 12:55] Adrian: yes
[06/04 12:55] StevenLinder.com: or
[06/04 12:55] Adrian: its hard
[06/04 12:55] Adrian: espeically if its gonna be poisitive
[06/04 12:56] StevenLinder.com: is that a story you USED to tell yourself to keep from doing it?
[06/04 12:56] StevenLinder.com: ohhhhhhhhhh

[06/04 12:56] StevenLinder.com: so it's a #5, when you said you couldn't do any more, eh?
[06/04 12:56] StevenLinder.com: ;)
[06/04 12:56] StevenLinder.com: and you did
[06/04 12:56] StevenLinder.com: and you enjoyed it
[06/04 12:56] StevenLinder.com: and your grew
[06/04 12:56] Adrian: i dont have any positive artwork its eather neatural or depressive
[06/04 12:56] StevenLinder.com: wait, who choosed to pain that?
[06/04 12:57] StevenLinder.com: so paint from your heart that's been freed up
[06/04 12:57] Adrian: i did
[06/04 12:57] StevenLinder.com: if you could paint positively
[06/04 12:57] StevenLinder.com: what would it look like?
[06/04 12:57] Adrian: no idea
[06/04 12:57] StevenLinder.com: ah
[06/04 12:57] Adrian: would have to see when its finished
[06/04 12:57] StevenLinder.com: so you get to be a TRUE artist
[06/04 12:57] StevenLinder.com: and let it flow?
[06/04 12:57] Adrian: thats how i paint
[06/04 12:57] StevenLinder.com: you pain with your right or left?
[06/04 12:58] Adrian: its all dark shit though
[06/04 12:58] StevenLinder.com: paint
[06/04 12:58] Adrian: right
[06/04 12:58] Adrian: want pictures?
[06/04 12:58] StevenLinder.com: hold on
[06/04 12:58] StevenLinder.com: IF
[06/04 12:58] StevenLinder.com: and only IF
[06/04 12:58] StevenLinder.com: you were to choose to paint with your left, would you have more flexibility?
[06/04 12:58] StevenLinder.com: yes or no?
[06/04 12:58] StevenLinder.com: then shhhhhhhhhhhh :)
[06/04 12:58] Adrian: probly not
[06/04 12:58] StevenLinder.com: really, you wouldn' have more choices?
[06/04 12:59] Adrian: so i chose to paint with my right
[06/04 12:59] StevenLinder.com: right
[06/04 12:59] StevenLinder.com: I mean correct
[06/04 12:59] StevenLinder.com: lol
[06/04 12:59] Adrian: so i chose to paint with my heart, and my love
[06/04 12:59] Adrian: legacy
[06/04 12:59] StevenLinder.com: but if you WERE to CHOOSE to pain with your left, wouldn't that mean that you'd have more flexibility, especially after you did it for a while?
[06/04 12:59] StevenLinder.com: hypothetically
[06/04 13:00] StevenLinder.com: right?
[06/04 13:00] Adrian: yes
[06/04 13:00] Adrian: correct
[06/04 13:00] StevenLinder.com: so like from 5 to 15, then to (still at 17 ;))
[06/04 13:00] StevenLinder.com: you do something new
[06/04 13:00] StevenLinder.com: you get more growth
[06/04 13:00] StevenLinder.com: growth creates options
[06/04 13:00] Adrian: ok
[06/04 13:00] StevenLinder.com: limiting stories create growth or kill it?

[06/04 13:00] **Adrian:** so i need to do my legacy
[06/04 13:01] **StevenLinder.com:** :)
[06/04 13:01] **Adrian:** kill it
[06/04 13:01] **StevenLinder.com:** so can you help me for a sec?
[06/04 13:01] **Adrian:** dont limit the stories
[06/04 13:01] **Adrian:** yes
[06/04 13:05] **Adrian:** anything
[06/04 13:09] *** Your previous message has not been sent. Reason: Maximum length exceeded. You can recall the last message typed with Ctrl-Up or Up, depending on settings.
[06/04 13:09] **StevenLinder.com:** I have this friend,
[06/04 13:09] **StevenLinder.com:** hold on
[06/04 13:09] **Adrian:** ok
[06/04 13:17] **StevenLinder.com:** few more secs, sorry to keep you waiting and remembering more of your strengths inside
[06/04 13:17] **Adrian:** np
[06/04 13:17] **Adrian:** i have all the time in the world
[06/04 13:35] **Adrian:** i love japanise food
[06/04 13:35] **Adrian:** theres your 18
[06/04 13:35] **Adrian:** that wasnt hard, im just listening to the link you sent me
[06/04 13:39] **StevenLinder.com:** still there?
[06/04 13:39] **Adrian:** yes
[06/04 13:39] **StevenLinder.com:** so can you help me out?
[06/04 13:39] **StevenLinder.com:** really important
[06/04 13:39] **Adrian:** yes
[06/04 13:40] **StevenLinder.com:** probably more important that anything else in life and I'm not quite sure what to say or do for a friend of mine
[06/04 13:40] **Adrian:** whats the problem?
[06/04 13:40] *** Your previous message has not been sent. Reason: Maximum length exceeded. You can recall the last message typed with Ctrl-Up or Up, depending on settings.
[06/04 13:41] **StevenLinder.com:** I have this friend in Australia, a GREAT guy... huge heart. He has grown in so many ways. He used to fool himself into thinking that he had no options. He USED to tell himself stories that killed his desire and his passion. He used to look for everything that was wrong so he'd feel okay about playing small. The more he tried to fight it, the more he realized that this little voice inside, the little voice of his heart was nagging him. The little voice made him uncomfortable. It made him uncomfortable playing small. While I was chatting with him he started to realize his whole life came down to the very word, the very letter he was reading. He realized that the best part about the past is that it's over.
[06/04 13:41] **StevenLinder.com:** He realized that he, and only he, could choose how he feels, he realize that he couldn't blame anyone or anything else for how he felt. More importantly, he realized that he wasn't broken – like he had tried to fool himself into thinking for so many years. He realized that while he said he didn't need love or couldn't feel it.... He was craving it like a flower needs water to bloom. He was fearful that he might be hurt or that the love or water would stop and that would kill him, so he tried to start himself of love and substituting it with drugs instead. He realized that he is a strong man, no longer a fragile little boy.
[06/04 13:41] **StevenLinder.com:** He learned that he could look back over his life, see the events and see how it all led him to right here right now and the great decisions he was now making. He realized just how many gifts he had inside. He learned how to spot (or sniff out) the shit stories he USED to tell himself about what he couldn't do until he went to the emotional gym.. His muscles were a bit weak, but quickly grew as he tried to fool me (as he used to fool himself) into thinking that he couldn't remember even 5 great things about himself in his life.

[06/04 13:41] [StevenLinder.com](#): He tried to lie and say that it was too hard. Before I knew it, he was up to over 15, and is sending 18 each day. He is a beautiful person inside with a great heart and amazing talents. He is also an artist. Not one of those head artists – they suck. He paints from his heart. He now lets his soul shine through his artwork. He used to say that he was negative and painted negative stuff... but he now realized inside that his past paintings were part of his path, part of his journey.

[06/04 13:41] [StevenLinder.com](#): Like a swan at birth, people may say it's an ugly black, goofy-looking bird, but it is a beautiful swan inside. And even if it never turned white, it was, is, and always will be a beautiful swan inside. A swan that never tried to drown itself because it said it couldn't swim, or couldn't be loved for it's inner beauty. SO my friend realized that his whole life led him down to the decisions he made every second of his life. He realized that the quality of his life came down to the quality of how he talked to himself inside – the quality of his life.

[06/04 13:41] [StevenLinder.com](#): He realized that if he kept on telling himself not to think of blue, he'd have to think about it just so that he wouldn't think of it. So he learned to ask himself better questions like "how can I share my love? How can I share my gifts? How can I love myself even more in the moment? How can I let my heart shine through my art? How easy is it to do things if I remind myself just how easy things really can be if I CHOOSE to make the easy? How can I live my life at cause instead of at the effect? How do I choose to live my life everyday? How easy will it be to dream of 18 great things about myself everyday so I can email them to someone who could see through my stories and see the great person I am inside?" – questions like that?

[06/04 13:41] [Adrian](#): sec i read all of it

[06/04 13:42] [StevenLinder.com](#): I'm not an artist and I can't help him paint. I am an expert in the paints though. I can give him the tools to help him create the masterpiece that is, was, and will always be his life. While I can provide him with the best paints, he may fool himself into thinking that he can only paint negative or depressing things. Funny thing is, that he doesn't even buy that BS story, it's just like the gym.

[06/04 13:42] [StevenLinder.com](#): Painting something positive from his heart is like exercising a muscle that he hasn't exercised in a while and he's afraid that he can't or it won't look good, etc. He's a fighter and I know that he can easily do it – he's got the heart.... He can grow a ton of muscle there. He can help lift the weights of others when they've fooled themselves into thinking that they are weak. That's the kind of person he is. All he needs to do is give himself the coaching from an artist of the heart.

[06/04 13:42] [StevenLinder.com](#): Today is his emotional birthday, he said he has a blank canvas in a bag. He's got the tools. He ALMOST tried to fool me into thinking that it's hard to mount the canvas.... But he knows that starting over is different at first, but it's a clean slate. A fresh opportunity to paint (with his right or left hand) the masterpiece of his life. He knows that if it were all white, it'd be blank – because it'd be all white. He knows that if it were all black, it'd be death – the absence of light.

[06/04 13:42] [StevenLinder.com](#): Fortunately, he knows that both the light and the dark will create his masterpiece and he can make it as bright as his heart allows him to make it. His masterpiece will hang in the hearts of everyone he sees. They will see his masterpiece as a reflection of the man he is inside, he doesn't have to think about it, it will just happen. Once he starts painting/designing his life now, he'll realize that he just can't stop and it'll just continue getting better and better... 18 strokes or more a day.... As long as his heart beats – because like him, once it starts, it just doesn't stop.. than God.

[06/04 13:42] [StevenLinder.com](#): read from the start

[06/04 13:47] [Adrian](#): dude

[06/04 13:47] [Adrian](#): thats me

[06/04 13:47] [StevenLinder.com](#): So Adrian, what would my friend need to remember to start painting his masterpiece?

[06/04 13:49] [Adrian](#): dude

[06/04 13:49] [Adrian](#): my fucking god

[06/04 13:49] [StevenLinder.com](#): did I miss something?

[06/04 13:49] [StevenLinder.com](#): cause my fingers are sore

[06/04 13:49] **Adrian:** that is so overwhelming
[06/04 13:49] **Adrian:** that is fuckking amazing
[06/04 13:49] **StevenLinder.com:** but some things/people are worth is
[06/04 13:50] **StevenLinder.com:** cause 4 hours of typing
[06/04 13:50] **Adrian:** is that what you where doing?
[06/04 13:50] **Adrian:** typing all that in a txt? to paste it?
[06/04 13:50] **StevenLinder.com:** I think someone has been growing :)
[06/04 13:50] **Adrian:** for me?
[06/04 13:50] **StevenLinder.com:** Adrian, I typed the whole thing into IM
[06/04 13:50] **StevenLinder.com:** and then lost it case it was too big
[06/04 13:50] **StevenLinder.com:** so I had to retype the whole thing
[06/04 13:50] **Adrian:** oh so then you cut it up?
[06/04 13:50] **StevenLinder.com:** and wanna know something
[06/04 13:51] **Adrian:** yes
[06/04 13:51] **StevenLinder.com:** when I put all of the effort into it (and I have 2 injured fingers with nerve damage, so kinda hard to type (hence the typos)),
[06/04 13:51] **StevenLinder.com:** I went - AH SHIT
[06/04 13:51] **StevenLinder.com:** I LOST IT
[06/04 13:51] **StevenLinder.com:** it's too much work to retype it
[06/04 13:51] **StevenLinder.com:** there's gotta be an easy way
[06/04 13:52] **StevenLinder.com:** but then,
[06/04 13:52] **Adrian:** but you retyped it for me?
[06/04 13:52] **StevenLinder.com:** I saw the person on the otherside of the highway
[06/04 13:52] **StevenLinder.com:** and realized that it wasn't a matter if I could or not
[06/04 13:52] **StevenLinder.com:** more
[06/04 13:52] **StevenLinder.com:** a matter of will I
[06/04 13:52] **StevenLinder.com:** was I willing to do my own 18 great things
[06/04 13:52] **StevenLinder.com:** Adrian,
[06/04 13:53] **StevenLinder.com:** I've never even met you
[06/04 13:53] **StevenLinder.com:** and yet I know more great things about you
[06/04 13:53] **Adrian:** i havent met you eather and i love you
[06/04 13:53] **StevenLinder.com:** than you USED to know
[06/04 13:53] **StevenLinder.com:** you too - for the person you are.... what I hope for,
[06/04 13:53] **StevenLinder.com:** is that you love yourself more than anyone ever could
[06/04 13:53] **Adrian:** i think we have simularities
[06/04 13:53] **StevenLinder.com:** because you don't hate loving yourself
[06/04 13:53] **StevenLinder.com:** you crave it
[06/04 13:54] **Adrian:** yes
[06/04 13:54] **Adrian:** thats right
[06/04 13:54] **StevenLinder.com:** give youself the gift of you
[06/04 13:54] **StevenLinder.com:** deal?
[06/04 13:54] **Adrian:** deal
[06/04 13:54] **StevenLinder.com:** now, I'm not going to suggest that you're taking all of this in
[06/04 13:54] **Adrian:** 18about myself a day and?
[06/04 13:54] **StevenLinder.com:** cause it's too much for your brain
[06/04 13:54] **StevenLinder.com:** so let your heart take it in
[06/04 13:54] **Adrian:** my brain is a big brain
[06/04 13:55] **StevenLinder.com:** and just let it flow back out through your artistry

[06/04 13:55] **Adrian:** thats right
[06/04 13:55] **StevenLinder.com:** OR WAIT
[06/04 13:55] **StevenLinder.com:** OH MAN
[06/04 13:55] **Adrian:** the brain is to much for me
[06/04 13:55] **Adrian:** sometimes
[06/04 13:55] **StevenLinder.com:** I am soooooooooooooooooooooo sorry,
[06/04 13:55] **StevenLinder.com:** I almost forgot
[06/04 13:55] **Adrian:** why!?!
[06/04 13:55] **StevenLinder.com:** I totally wronged you here
[06/04 13:55] **StevenLinder.com:** I forgot
[06/04 13:55] **Adrian:** how?!
[06/04 13:55] **StevenLinder.com:** you do have another choice:
[06/04 13:57] **Adrian:** the choice of?
[06/04 13:57] **StevenLinder.com:** you could keep doing the same shit you used to do, choose to feel like shit, choose to be some punk ass, toilet-paper eating dumbshit who would choose not to remember his strenghts..... that still is an option for you..... I didn't mean to make it sound like the truth that you only have the choice to grow and move forward
[06/04 13:57] **StevenLinder.com:** totally up to you
[06/04 13:57] **StevenLinder.com:** old shit or new legacy?
[06/04 13:57] **Adrian:** hahahahahahahahahahaha
[06/04 13:57] **Adrian:** NEW LEGACY FOREVER

[06/04 13:57] **StevenLinder.com:** but what if people say you can't?
[06/04 13:57] **Adrian:** it isnt up to them
[06/04 13:57] **Adrian:** its my own choice
[06/04 13:58] **Adrian:** fuck them
[06/04 13:58] **StevenLinder.com:** but everyone else can make you feel bad, can't they?
[06/04 13:58] **Adrian:** sure they can, but they dont do shit
[06/04 13:58] **Adrian:** i aint an average guy man
[06/04 13:58] **StevenLinder.com:** but what if other people are hurting and need love, but lash out at you
[06/04 13:58] **Adrian:** you can say fuck you to me
[06/04 13:58] **StevenLinder.com:** what do you do?
[06/04 13:58] **Adrian:** and i wont give a shit
[06/04 13:58] **Adrian:** i dont care how ppl judge me
[06/04 13:58] **Adrian:** i be myself
[06/04 13:58] **Adrian:** eather they accept it or not
[06/04 13:58] **Adrian:** no mask.
[06/04 13:59] **StevenLinder.com:** what if they forget about their strengths and they only see the BS they make up in their own lives, what do you do?
[06/04 13:59] **StevenLinder.com:** do you ask them shitty questions? or help them ask.....?
[06/04 13:59] **Adrian:** i help them like you help me
[06/04 14:00] **StevenLinder.com:** hey, I didn't do shit
[06/04 14:00] **StevenLinder.com:** i'm not a drug
[06/04 14:00] **Adrian:** sure you did!
[06/04 14:00] **Adrian:** in a way
[06/04 14:00] **StevenLinder.com:** you just have meaning to little dots on the screen
[06/04 14:00] **StevenLinder.com:** are you feeling good at all?
[06/04 14:00] **Adrian:** so do you though!

[06/04 14:04] **Adrian:** correct?
[06/04 14:04] **StevenLinder.com:** you gonna be at the effect of my asnwer?
[06/04 14:05] **StevenLinder.com:** answer it yourself
[06/04 14:05] **StevenLinder.com:** was it correct?
[06/04 14:05] **Adrian:** its correct
[06/04 14:05] **StevenLinder.com:** Excuse me,
[06/04 14:05] **StevenLinder.com:** Hi, I'm Steve, you must be the real Adrian
[06/04 14:05] **StevenLinder.com:** pleasure to meet you
[06/04 14:05] **StevenLinder.com:** :)
[06/04 14:05] **Adrian:** if i do something for myself
[06/04 14:05] **Adrian:** it will show him
[06/04 14:05] **StevenLinder.com:** for his sake or as a reflection of you?
[06/04 14:05] **Adrian:** that i aint what i "was" before
[06/04 14:06] **StevenLinder.com:** so who are you now?
[06/04 14:06] **Adrian:** i am adrian
[06/04 14:06] **Adrian:** no little shit's
[06/04 14:06] **StevenLinder.com:** tell me about adrian for a sec
[06/04 14:07] **Adrian:** yes im the real adrian how are you today?
[06/04 14:07] **StevenLinder.com:** GREAT - cause I met a true friend today
[06/04 14:07] **StevenLinder.com:** someone who just remembered himself
[06/04 14:07] **StevenLinder.com:** greatest gift I could ask for
[06/04 14:08] **Adrian:** Thats wonderful im glad you feel that way, me im allso GREAT myself
[06/04 14:08] **Adrian:** and i love you
[06/04 14:08] **Adrian:** i really do
[06/04 14:08] **StevenLinder.com:** I'm just a reflection of all the love you have for yourself, and thanks mate
[06/04 14:08] **StevenLinder.com:** so, when I see ya in July, we can just grad lunch then
[06/04 14:09] **StevenLinder.com:** cause sounds like you have all the paints, I mean tools, you need
[06/04 14:09] **StevenLinder.com:** :)
[06/04 14:09] **StevenLinder.com:** oh hey, about that canvas
[06/04 14:09] **Adrian:** yes!
[06/04 14:09] **Adrian:** yeah about the canvas?
[06/04 14:09] **StevenLinder.com:** when this year will you create your first masterpiece?
[06/04 14:09] **StevenLinder.com:** or start it
[06/04 14:09] **Adrian:** within 2 weeks
[06/04 14:09] **StevenLinder.com:** cause we know how you are about starting?
[06/04 14:09] **Adrian:** hows that sound?
[06/04 14:10] **StevenLinder.com:** don't ask me.... when can you at least put the canvas on
[06/04 14:10] **StevenLinder.com:** as proof as to how easy things are
[06/04 14:10] **Adrian:** i aint really a plan'er to "make a date to start etc
[06/04 14:10] **Adrian:** its just a "do" thing for me
[06/04 14:10] **Adrian:** so when the time is right ill be doing my masterpeice
[06/04 14:10] **StevenLinder.com:** so what would Nike say)
[06/04 14:10] **Adrian:** within 2 weeks
[06/04 14:10] **StevenLinder.com:** ;))
[06/04 14:10] **Adrian:** just doit
[06/04 14:10] **Adrian:** haha
[06/04 14:11] **StevenLinder.com:** ooooooooooooooooooooooooooooo
[06/04 14:11] **StevenLinder.com:** really?

[06/04 14:11] [StevenLinder.com](#): ;)
[06/04 14:11] **Adrian**: maybe thats why nike is so popular
[06/04 14:11] **Adrian**: "just doit"
[06/04 14:11] [StevenLinder.com](#): cause people look at the direction of their feet, not the flappin' of their lips :)
[06/04 14:11] **Adrian**: that is an amazing phrase
[06/04 14:11] [StevenLinder.com](#): so when are you going to start again?
[06/04 14:12] **Adrian**: my painting?
[06/04 14:12] **Adrian**: within 2 weeks
[06/04 14:12] [StevenLinder.com](#): yeah, Mr Nike
[06/04 14:12] [StevenLinder.com](#): even putting the canvas on?
[06/04 14:12] **Adrian**: 100%
[06/04 14:12] **Adrian**: 7es
[06/04 14:12] **Adrian**: yes
[06/04 14:12] [StevenLinder.com](#): what day is it there?
[06/04 14:12] **Adrian**: once i do the canvas prime it, im set and i start
[06/04 14:12] **Adrian**: sunday 7:12am
[06/04 14:13] [StevenLinder.com](#): so today is a day, right?
[06/04 14:13] **Adrian**: yeah
[06/04 14:13] **Adrian**: im going out today though
[06/04 14:13] [StevenLinder.com](#): a few weeks ago, was Sunday someday?
[06/04 14:13] **Adrian**: so i cant today!

[06/04 14:13] **Adrian**: yes
[06/04 14:13] **Adrian**: but take my word
[06/04 14:13] [StevenLinder.com](#): how long does it take to take out of the bag?
[06/04 14:13] **Adrian**: 100% within 2 weeks
[06/04 14:13] [StevenLinder.com](#): and put it on your table?
[06/04 14:13] [StevenLinder.com](#): so you can look forward to it?
[06/04 14:13] **Adrian**: floor =p
[06/04 14:14] **Adrian**: i use the floor
[06/04 14:14] **Adrian**: much more comfortable
[06/04 14:14] [StevenLinder.com](#): perfect
[06/04 14:14] [StevenLinder.com](#): so when will I get a picture of it?
[06/04 14:14] **Adrian**: when its done
[06/04 14:14] **Adrian**: within 2 weeks like i said!
[06/04 14:14] [StevenLinder.com](#): cause once you start.....
[06/04 14:14] **Adrian**: take my word
[06/04 14:14] [StevenLinder.com](#): ;)
[06/04 14:14] [StevenLinder.com](#): I do
[06/04 14:14] **Adrian**: i dont stop!
[06/04 14:14] [StevenLinder.com](#): as you do too!
[06/04 14:14] [StevenLinder.com](#): and the funny thing is
[06/04 14:14] [StevenLinder.com](#): your brain
[06/04 14:15] [StevenLinder.com](#): as sharp as it is
[06/04 14:15] [StevenLinder.com](#): may just think
[06/04 14:15] [StevenLinder.com](#): we've only been talking about paint
[06/04 14:15] **Adrian**: my brain is to sharp imo, that is why i paint with the heart
[06/04 14:15] [StevenLinder.com](#): LOL - funny how heart's are sharper than brains

[06/04 14:15] **Adrian:** they are?
[06/04 14:15] **Adrian:** maybe my brain is vivid then
[06/04 14:16] **Adrian:** but i have a great brain
[06/04 14:16] **Adrian:** highly intellectual brain
[06/04 14:16] **Adrian:** imo
[06/04 14:16] **StevenLinder.com:** cause is it possible that while you're brain thinks we've only been talking about paints and canvases, your heart has been learning more than it's ever thought possible?
[06/04 14:16] **StevenLinder.com:** and your heart knows exactly what to.....?
[06/04 14:16] **Adrian:** yeah
[06/04 14:16] **Adrian:** do
[06/04 14:17] **StevenLinder.com:** hmmm
[06/04 14:17] **StevenLinder.com:** don't think that it does
[06/04 14:17] **StevenLinder.com:** just like the apples
[06/04 14:17] **Adrian:** my brain knows what to do
[06/04 14:17] **StevenLinder.com:** oh wait, you already know that one now
[06/04 14:17] **Adrian:** my heart knows what to create
[06/04 14:17] **StevenLinder.com:** so you've been learning..... ah man, if you do that everyday, think it might stick?
[06/04 14:18] **Adrian:** i think it may stick yes
[06/04 14:18] **StevenLinder.com:** may?
[06/04 14:18] **Adrian:** we , i want it to stick
[06/04 14:18] **StevenLinder.com:** I thought we were past that
[06/04 14:18] **StevenLinder.com:** It's june
[06/04 14:18] **Adrian:** stick
[06/04 14:18] **StevenLinder.com:** so we're past wanting
[06/04 14:18] **Adrian:** stick motherfucker, stick and stick stick and stay that way
[06/04 14:18] **StevenLinder.com:** I guess it's already here
[06/04 14:18] **StevenLinder.com:** :)
[06/04 14:18] **Adrian:** hows that sound?
[06/04 14:19] **Adrian:** you know
[06/04 14:19] **StevenLinder.com:** sounds great
[06/04 14:19] **Adrian:** it aint all me
[06/04 14:19] **StevenLinder.com:** feels even better
[06/04 14:19] **StevenLinder.com:** to see you being you
[06/04 14:19] **Adrian:** its you as well
[06/04 14:19] **StevenLinder.com:** hey, guess what
[06/04 14:19] **StevenLinder.com:** you need sleep
[06/04 14:20] **Adrian:** you give me great motivation
[06/04 14:20] **Adrian:** nah im going out at 9
[06/04 14:20] **Adrian:** actyally
[06/04 14:20] **Adrian:** actually
[06/04 14:20] **StevenLinder.com:** hey, you know when you sleep, that your conscous mind sleeps
[06/04 14:20] **StevenLinder.com:** your unconscious mind
[06/04 14:20] **Adrian:** i woke up at 12
[06/04 14:20] **Adrian:** haha
[06/04 14:20] **StevenLinder.com:** keeps your hear going
[06/04 14:20] **StevenLinder.com:** and your spleen working
[06/04 14:20] **StevenLinder.com:** Hey Adrian?

[06/04 14:20] [StevenLinder.com](#): what does your spleen do?
[06/04 14:20] [Adrian](#): whats my spleen got to do with this hahahaha
[06/04 14:21] [StevenLinder.com](#): any idea?
[06/04 14:21] [Adrian](#): something to do with my ass i think i cant quite reemmember
[06/04 14:21] [StevenLinder.com](#): lol - me neither
[06/04 14:21] [Adrian](#): HAHAHAH
[06/04 14:21] [StevenLinder.com](#): but
[06/04 14:21] [StevenLinder.com](#): it knows exactly what to ?
[06/04 14:21] [Adrian](#): yeah it dose
[06/04 14:21] [StevenLinder.com](#): even as you sleep at night, right?
[06/04 14:21] [Adrian](#): yeo
[06/04 14:21] [Adrian](#): yep
[06/04 14:21] [StevenLinder.com](#): so it's doing what it needs to do with no effort?
[06/04 14:22] [Adrian](#): no effort
[06/04 14:22] [Adrian](#): just like my liver
[06/04 14:22] [Adrian](#): or my stomach
[06/04 14:22] [StevenLinder.com](#): just like your future?
[06/04 14:22] [Adrian](#): or any other organ really
[06/04 14:22] [Adrian](#): my legacy yes!
[06/04 14:22] [StevenLinder.com](#): your unconscious will know exactly what to?
[06/04 14:22] [Adrian](#): yes!
[06/04 14:23] [StevenLinder.com](#): ok, then what do you need me for? sounds like you're life is in great shape and getting even better...
[06/04 14:23] [StevenLinder.com](#): we'll do lunch then
[06/04 14:23] [Adrian](#): hm think so?
[06/04 14:23] [Adrian](#): hmmm yeah oK!
[06/04 14:23] [Adrian](#): i still send those emails tho!
[06/04 14:23] [StevenLinder.com](#): hey, I get only 3 ours of sleep a night cause I have a lot of deadlines
[06/04 14:24] [StevenLinder.com](#): I can only spend time on the most important things
[06/04 14:24] [StevenLinder.com](#): things that are worth while
[06/04 14:24] [Adrian](#): ill do em everyday, but be warned my days are weird btw, i sleep odd hours and they shift all the time but the emails
[06/04 14:24] [Adrian](#): ill be doing before i sleep
[06/04 14:24] [StevenLinder.com](#): last question?
[06/04 14:24] [Adrian](#): yeah?
[06/04 14:25] [StevenLinder.com](#): if your son or daughter were on the other side, would you say "Hey, I can only save you sometimes."? Or would you make a commitment and honor it?
[06/04 14:25] [StevenLinder.com](#): just curioius :)
[06/04 14:25] [Adrian](#): commit and honor it
[06/04 14:25] [StevenLinder.com](#): so odd hours really don't matter then?
[06/04 14:25] [StevenLinder.com](#): cool
[06/04 14:25] [StevenLinder.com](#): I almost though I was gonna hear a bedtime story
[06/04 14:25] [StevenLinder.com](#): but that's not you
[06/04 14:25] [StevenLinder.com](#): phew ;)
[06/04 14:25] [Adrian](#): hahah
[06/04 14:26] [StevenLinder.com](#): no more stories, only your?
[06/04 14:26] [Adrian](#): bedtime story in 18hours probly
[06/04 14:26] [Adrian](#): err email

[06/04 14:26] **Adrian:** that is
[06/04 14:26] **Adrian:** haha
[06/04 14:26] **StevenLinder.com:** thanks.... so
[06/04 14:26] **Adrian:** odd hours see what i mean?
[06/04 14:26] **StevenLinder.com:** at 4.5 hours
[06/04 14:26] **Adrian:** what are those 5 things btw?
[06/04 14:26] **StevenLinder.com:** \$2000 an hour
[06/04 14:26] **StevenLinder.com:** that's.....
[06/04 14:27] **StevenLinder.com:** time well spent for a great heart who will go on to help others.....
[06/04 14:27] **Adrian:** (3
[06/04 14:27] **StevenLinder.com:** I will send you this IM so you'll know exactly what to?
[06/04 14:27] **Adrian:** yes
[06/04 14:27] **Adrian:** please
[06/04 14:27] **StevenLinder.com:** can I ask a favour?
[06/04 14:28] **Adrian:** go for it
[06/04 14:30] **StevenLinder.com:** I teach people how to help others when they've fooled themselves into thinking..... you know that BS stuff is their life, instead of realizing that they are as sharp and have a much potential as you do. I just thought, "wow" I wish they could have been here to see you grow. It would have let them know just how easy it is for great people to remember their strengths and use them..... would it be okay if I give them a copy of this conversation so they could learn to use their paints as well?
[06/04 14:30] **StevenLinder.com:** totally up to you and I'll honor your decision
[06/04 14:31] **Adrian:** yes
[06/04 14:31] **StevenLinder.com:** WAIT a minute!
[06/04 14:31] **StevenLinder.com:** that means
[06/04 14:31] **StevenLinder.com:** you're already helping to shape lives
[06/04 14:31] **Adrian:** of course
[06/04 14:31] **Adrian:** i told you
[06/04 14:31] **Adrian:** i love
[06/04 14:32] **Adrian:** the adrian dose not lie
[06/04 14:32] **StevenLinder.com:** cause I've certified a few hundred people all around the world, so when they see how they can use the tools they've learned they can help others
[06/04 14:32] **StevenLinder.com:** thanks, mate. But Adrian
[06/04 14:32] **StevenLinder.com:** do you realize
[06/04 14:32] **StevenLinder.com:** that a few hundred of my students
[06/04 14:32] **StevenLinder.com:** and if each of them uses some piece of this
[06/04 14:33] **StevenLinder.com:** they help even 5 people feel the way you feel now
[06/04 14:33] **StevenLinder.com:** and they go help others
[06/04 14:33] **StevenLinder.com:** how many great things did you say you could be grateful for?
[06/04 14:33] **Adrian:** that is really great
[06/04 14:33] **StevenLinder.com:** 123413432431242?
[06/04 14:33] **StevenLinder.com:** or something like that?
[06/04 14:33] **Adrian:** something like that
[06/04 14:34] **StevenLinder.com:** just hit me
[06/04 14:34] **StevenLinder.com:** can I create a link
[06/04 14:34] **Adrian:** hit you?
[06/04 14:34] **Adrian:** with the numbers?
[06/04 14:34] **StevenLinder.com:** where my students or the people they help
[06/04 14:35] **StevenLinder.com:** they can click a link and send you a message (they won't have your email) just

to respond to let them know how you've touched their lives with your growth

[06/04 14:35] **StevenLinder.com**: would that help trigger things you could be grateful for?

[06/04 14:35] **Adrian**: fuck yeah that would

[06/04 14:35] **StevenLinder.com**: oh, by the way, is your future dark and depressed? I forgot to ask

[06/04 14:36] **Adrian**: are you testing me here?

[06/04 14:36] **StevenLinder.com**: when you touch thousands of lives

[06/04 14:36] **StevenLinder.com**: no, just curious

[06/04 14:36] **Adrian**: no

[06/04 14:36] **StevenLinder.com**: (ok, maybe a wee bit)

[06/04 14:36] **StevenLinder.com**: what is it?

[06/04 14:36] **StevenLinder.com**: what is it?

[06/04 14:36] **Adrian**: my future i dont know my future, but i have my legacy and i know my future will be great but legacy's dont allways turn out the way you dreamed them, but i will be great im sure!

[06/04 14:37] **StevenLinder.com**: is your artwork doomed to be dark? or it will be whatever your heart feels?

[06/04 14:37] **Adrian**: it will be whatever my heart feels

[06/04 14:37] **Adrian**: and

[06/04 14:37] **Adrian**: obviously

[06/04 14:38] **StevenLinder.com**: I'm no arteeeeeest here, but would it be brighter than it was or darker?

[06/04 14:38] **Adrian**: my heart isnt gonna be dark

[06/04 14:38] **Adrian**: when i do them.

[06/04 14:38] **Adrian**: brighter

[06/04 14:38] **StevenLinder.com**: ok, great CHOICE YOU MADE!

[06/04 14:38] **StevenLinder.com**: I have to get going

[06/04 14:39] **Adrian**: same here

[06/04 14:39] **Adrian**: haha

[06/04 14:39] **StevenLinder.com**: thanks for being an example for others mate

[06/04 14:39] **Adrian**: semi late =p

[06/04 14:39] **Adrian**: thank you for everything

[06/04 14:39] **Adrian**: oh and about the emails?

[06/04 14:39] **StevenLinder.com**: the biggest thanks, is to be you

[06/04 14:39] **Adrian**: im keen on doing them

[06/04 14:39] **StevenLinder.com**: Contact my office at www.SRIcoaching.com and someone will give you an email address for me. If you want to find out more information about what I do, check out that website.

[06/04 14:39] **StevenLinder.com**: keen or committed?

[06/04 14:39] **Adrian**: ok

[06/04 14:40] **StevenLinder.com**: ;)

[06/04 14:40] **StevenLinder.com**: ;)

[06/04 14:40] **Adrian**: COMMITED

[06/04 14:40] **StevenLinder.com**: phew

[06/04 14:40] **Adrian**: 18about myself 5 what and what else?

[06/04 14:40] **StevenLinder.com**: what's your email?

[06/04 14:40] **Adrian**: this one

[06/04 14:40] **StevenLinder.com**: I'll send you this conversation to read

[06/04 14:40] **Adrian**: im gonna copy paste it anyways

[06/04 14:40] **StevenLinder.com**: you already got the 18 for today

[06/04 14:40] **StevenLinder.com**: hey, Adrian, how old are you?

[06/04 14:40] **Adrian**: cause its so potential

[06/04 14:40] **Adrian:** 20
[06/04 14:41] **StevenLinder.com:** so have the 20 years that have gone by
[06/04 14:41] **StevenLinder.com:** they've led you to right here
[06/04 14:41] **StevenLinder.com:** right now
[06/04 14:41] **StevenLinder.com:** this second
[06/04 14:41] **StevenLinder.com:** I don't know you're old BS story,
[06/04 14:41] **Adrian:** i dont care for it eather
[06/04 14:41] **Adrian:** fuck it
[06/04 14:41] **StevenLinder.com:** GREAT
[06/04 14:41] **StevenLinder.com:** question,
[06/04 14:42] **StevenLinder.com:** I can guess there are events in the past you'd wanted to change?
[06/04 14:42] **Adrian:** no
[06/04 14:42] **StevenLinder.com:** yeah?
[06/04 14:42] **Adrian:** no
[06/04 14:42] **StevenLinder.com:** why not?
[06/04 14:42] **Adrian:** not anymore
[06/04 14:43] **Adrian:** i wouldnt be here
[06/04 14:43] **StevenLinder.com:** oh
[06/04 14:43] **Adrian:** i wouldnt be speaking to you here
[06/04 14:43] **Adrian:** if it wasnt for them
[06/04 14:43] **Adrian:** i could care less for them.
[06/04 14:43] **StevenLinder.com:** so all of those tough and hairy times have served you
[06/04 14:43] **StevenLinder.com:** cause you learned from them?
[06/04 14:43] **Adrian:** correct
[06/04 14:43] **Adrian:** correct!
[06/04 14:43] **StevenLinder.com:** so does it stand to reason then,
[06/04 14:43] **Adrian:** that is allso why
[06/04 14:43] **Adrian:** im a helper
[06/04 14:43] **Adrian:** like you are.
[06/04 14:44] **Adrian:** my experiances etc
[06/04 14:44] **Adrian:** and so on
[06/04 14:44] **StevenLinder.com:** that if life gives you tough times, you know it's a dark stroke, but a light stroke is right behind
[06/04 14:44] **StevenLinder.com:** and the dark strokes serve?
[06/04 14:44] **Adrian:** help me help others who have simular situtations etc
[06/04 14:44] **StevenLinder.com:** can I control if you help others?
[06/04 14:44] **Adrian:** yep
[06/04 14:44] **Adrian:** no you cant
[06/04 14:44] **StevenLinder.com:** who can again?
[06/04 14:44] **Adrian:** i chose to help others
[06/04 14:45] **StevenLinder.com:** I'm american, lil slow ;)
[06/04 14:45] **StevenLinder.com:** ok
[06/04 14:45] **Adrian:** i love to help others
[06/04 14:45] **Adrian:** i love to help the worthy.
[06/04 14:45] **StevenLinder.com:** then, just go and DO ?
[06/04 14:45] **Adrian:** JUST DOIT
[06/04 14:45] **Adrian:** thats right
[06/04 14:45] **StevenLinder.com:** I'll follow your advice then

[06/04 14:45] [StevenLinder.com](#): take care mate!
[06/04 14:46] [Adrian](#): what are the 5 things btw?
[06/04 14:46] [Adrian](#): there was another 5 things
[06/04 14:46] [Adrian](#): for the email
[06/04 14:46] [StevenLinder.com](#): you'll see in a few when I send you the email!
[06/04 14:46] [Adrian](#): ok
[06/04 14:46] [Adrian](#): just email directly to this one
[06/04 14:46] [StevenLinder.com](#): take care matey!
[06/04 14:46] [Adrian](#): this is my main one
[06/04 14:46] [StevenLinder.com](#): will do
[06/04 14:46] [Adrian](#): you take care too
[06/04 14:46] [Adrian](#): much love
[06/04 14:46] [StevenLinder.com](#): thanks for your time
[06/04 14:46] [StevenLinder.com](#): for yourself first
[06/04 14:46] [Adrian](#): thank you for your time allso
[06/04 14:47] [StevenLinder.com](#): I'll take what's left
[06/04 14:47] [StevenLinder.com](#): lol
[06/04 14:47] [StevenLinder.com](#): and share it
[06/04 14:47] [Adrian](#): haha
[06/04 14:47] [StevenLinder.com](#): see ya
[06/04 14:47] [Adrian](#): see ya later (3