

CSRC TEST & ANSWERS

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1) What is Subconscious Restructuring[®]?

Answer: SR[®] is an evidence-based 7 Step behavioral health process designed to interrupt and reprogram one's emotional state and behavior from the nucleus of the subconscious.

Abbreviated Definition: SR[®] is designed to interrupt and reprogram one's emotional state and behavior from the nucleus of the subconscious.

2) How can SR[®] claim to be the only evidence-based program process in coaching and mental health and the only proven process for depression?

Answer: If you look up "[evidence-based program process](#)" or "[proven process for depression](#)" on Google you will only find one result. SR[®] does not make any claims it cannot back up with hard data. SR[®] addresses & measures the result of human emotion & behavior from its origin at the deepest level of the subconscious.

Answer: All other modalities in coaching and behavioral health address & measure how one feels about external events and then attempts to encourage the client to indulge in the event that causes a more positive emotional state. This approach has never allowed for the efficacy of SR[®].

3) Why is it imperative to take control of your subconscious?

Answer: The subconscious runs approximately 4 times faster than you can speak. This means the subconscious will always determine your life's path. In other words if you are not running it, it is running you.

4) What does your emotional state equal?

Answer: Your Behavior

5) What determines human behavior?

Answer: Information

6) What are the Components of the information that determine an emotional state and in turn equal a behavior?

Answer: Words and Pictures

7) What makes SR[®] the most fundamental Certification for Coaches, Psychotherapist, Teachers, Counselors or anyone who works with people in regard to human behavior?

Answer: SR[®] is the only evidence-based program process in behavioral health and the only proven process for depression? In other words every CSRC is capable of proving what they say they can produce.

8) Do you need background information in order for SR[®] work?

No

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9) What is the difference between the SR® Certification and every other modality in coaching and mental health?

Answer: The SR® Certification is the only program process with the infrastructure for data collection and study.

10) What is the question you ask your client when they come to you with a problem?

Answer: Does that work for you? And...Will you benefit from the results of that?

11) After your client agrees what they are doing does not work and they will not benefit from the results, what is your next question to them?

Answer: Would you like to change it?

12) After your client agrees they would like to make a change what is the qualifying question that will indicate to you they are absolutely ready to make a change?

Answer: Is changing this behavior an Absolute Must?

13) Please name the seven steps of SR®.

- 1) **The Emotional Checklist**
- 2) **The Subconscious Perspective & Empowering Questions**
- 3) **Subconscious Self-Image**
- 4) **The Stop and Replace System**
- 5) **The Heart of SR®**
- 6) **The Food and Fitness Planner**
- 7) **The Trance-Formation**

14) What are the five key questions from The Heart of SR®?

- 1) **Does this work for me?**
- 2) **How do I feel and will I benefit from the results of this?**

If the answer to the above question is no you ask the next question.

3) **What can I use to replace this with that I will benefit from?**

You never reprimand yourself and anytime you do ask the following questions.

- 4) **What can I learn from this?**
And
- 5) **How can I use this to move myself more quickly toward my goals?**