

Avatar:

Catherine, 30 years old. She is from a small town.

I'm currently in my second year of a Masters program for clinical psychology, so I'm studying to become a therapist.

Current State:

Catherine is unhappy.

It's because she works in the job she doesn't like and she feels stuck in it.

She is currently working for 5 days to get 2 days of freedom, which makes no sense for her.

She doesn't know if changing job is a good decision, and overall she is scared to do it.

She has also some relationship problems with her partner Jacob, it's hard for them to communicate. They can't find "one language" and they argue the whole time.

Catherine is also shy and she feels like she has social anxiety. When she meets people, she worries about things like "Will he like me", "Maybe I said something wrong" and she is overall analysing her actions for the whole time. She is sometimes stressed about how the conversation goes, she always worries about the uncomfortable silence when talking with someone.

She knows that she will be working until she almost dies, and that there is nothing to overcome it.

Because of her job she can't do anything fun during week.

She feels like she is becoming more depressed and less motivated with each next day.

CHAT GPT REVIEWS ANALYSE:

Pains:

1. The pain of feeling lost, confused, or uncertain about one's life purpose and direction: For example, someone who may feel stuck in a rut or in a job that doesn't bring them fulfillment and is looking for clarity and guidance to find their true calling.
2. The pain of feeling overwhelmed, stressed, or anxious about life's challenges and pressures: For example, someone who may struggle with work-life balance, relationships, or health issues and is seeking tools and strategies to manage their stress and find more peace and calm.
3. The pain of feeling disconnected or isolated from others: For example, someone who may struggle with social anxiety, shyness, or difficulty making friends and is looking for ways to build stronger and more meaningful relationships with others.
4. The pain of feeling unfulfilled or unsatisfied with one's life: For example, someone who may feel like they're not living up to their potential or that their life lacks meaning and purpose and is looking for inspiration and guidance to create a more fulfilling life.
5. The pain of feeling stuck or stagnant in one's personal growth: For example, someone who may feel like they've hit a plateau in their personal development journey and is looking for new perspectives and tools to break through their limitations and reach their full potential.

I hate money but i need it and want it. I am really struggling right now with the fact that i will have to work until i die and theres no way around it. Even if i like my work there is so much dread because i rely on it so much and it prevents me from doing what i actually want. I want to travel and rest and adventure but it all costs so much. I wish there were options. I could go back to school to get a higher paying job but i am becoming more depressed and having less motivation every day.

I really need to talk about this to people who can understand me because my family won't.

2 months ago I (26M) started working for a consulting company after my Bachelor+Master. I was so excited to start my career after all these years of studies and minor works and my mood was on top level! People in the office are nice to me and my boss is a good mentor, the pay will be good after I'm done with my internship (6 months) and I can't really complain about anything. Also I know that I'm a privileged guy because my family helped me a lot with my studies and I had to pay only some minor stuffs.

BUT.

Last week I suddenly started to feel a bit anxious about my life. I have a nice job and I work with nice people and I feel guilty to even complain, but I leave home at 7AM and I

come back around 8PM, I make dinner and lunch for the next day and its almost time to go to sleep since I'm too tired to even watch a movie or a TV show.

Is that all? Did I study 20 years to give my life to corporations? I can't do anything for myself during monday-friday, so am I going to give 5 days every week to someone else's profit while I try to rest and do something for me on Sat-Sun?

I know that a lot of people work way harder than this and for shitty jobs too, I don't wanna play the victim here but I feel really sad about all of this, in the past I always thought about me being a present and caring father in the future, but how could I manage to do that if I have to work this much? Will I lose my best years working like this?

I'm sorry I don't even know if this is an okay post but I really needed to talk about it, I'd like to get some feedbacks from you guys because I just realized I don't know anything about life. Was I out of the world for not understanding how it really works all these years?

Dream State:

Catherine wants to feel relaxed more often and she wants to enjoy everyday no matter what happens.

She wants to be happy.

She wants to make her dreams come true. (Hard to be more specific, because everyone has other dreams when it comes to personal life)

She wants to feel freedom. She wants to enjoy working. She wants to make everything that is currently hard, easy.

She wants to also understand the human psychology and how to deal with certain human behaviors to communicate better with her partner.

Catherine wants to discover the psychological tricks to understand anyone and make everyone like her.

Plus she wants to know the psychological tricks, to avoid being manipulated with them.

She wants to become more confident in talking to other people.

She wants to take the decision about her future job. If she will stay there or maybe leave?

I feel far more relaxed and able to enjoy every day as it unfolds, no matter what happens.

It offers so much possibility for one's personal development and to increase one's happiness and fulfillment.

Turn ideas into reality

But now I see that I am alive and I think and I am conscious of my thinking and that is all there is to life. I feel liberated and even knowing that I will probably be caught up in my thinking very soon, I still love this freedom.

how to deal with certain human behavior under distressed circumstances

I've learned about so many interesting concepts, therapeutic techniques, and of course, psychologists.

I want to avoid being manipulated by people using tricks, and yes possibly turn those same tricks around on them.

CHAT GPT REVIEWS ANALYSE:

Desires:

1. The desire to learn more about oneself and how to live a more fulfilling life: For example, someone who may have recently experienced a major life change, such as a divorce or job loss, and is looking for guidance on how to navigate the transition and find new meaning and purpose.
2. The desire to gain more clarity and insight into one's thoughts, emotions, and behaviors: For example, someone who may struggle with anxiety, stress, or self-doubt and is seeking tools and strategies to better understand and manage these experiences.
3. The desire to improve one's relationships with others: For example, someone who may have difficulty communicating effectively, resolving

conflicts, or setting boundaries and is looking for ways to enhance their interpersonal skills and connections.

4. The desire to live a more authentic and fulfilling life: For example, someone who may feel stuck in a job or lifestyle that doesn't align with their values, passions, or goals and is looking for inspiration and guidance to pursue a more meaningful path.
5. The desire to grow and evolve as a person: For example, someone who may have a strong curiosity and thirst for knowledge about psychology, spirituality, or personal development and is looking for a comprehensive and transformative learning experience.

Roadblock:

Catherine has no knowledge about human psychology, that's why she is struggling with most things in her life.

/// Most courses in the internet are working on the research from 1950's-1970's and that's why they are not working.

I have been so stuck in my life for so long because I thought I didn't have the right capacity to live.

The reviewer was disappointed that a lot of the studies provided as evidence were made between the 1950's - 1970's.

Solution:

She needs to find someone who will let her discover human psychology in a easy and quick way, so she could start implementing it as soon as possible.

Product:

Living from the inside out is a course about human psychology.

It will allow Catherin to discover everything she needs to achieve her Dream State.

The course is very simple and takes only 2 hours to watch.

Everything is clear, easy to understand and fun.

The program is self paced, so Catherine will be able to watch one session per month, week or day.

It's new because most courses like this are using the research from 1950s to 1970s, and this one uses the newest research.

(the program) is self paced

The author explains things in an engaging and captivating way.

This course is fantastic for bringing to our attention the real reason behind all self-sabotage and stress (which is the way we handle our thoughts).

Michael's way of teaching is pleasant and engaging as well as fun and clear

Michael Neill is the most direct, transparent and efficient speaker, making everything so clear, easy and understandable.

Fascinations:

- How to become happier in life
- 5 Tricks to becoming happier in life
- Don't read this if you want to stay unhappy forever!
- Are you struggling with relationships and job?
- How to avoid being manipulated?
- Become happier, more confident and discover human psychology in less than 2 hours
- How to easily deal with every problem you have in life (From Someone Who Did It)
- 1 Simple Tool To Overcome Every Problem In Your Life and Become Happy
- It's not going through life uncomfortably and facing your problems.
- It's not about forcing yourself to be positive or optimistic all the time
- It's not about blaming others or external circumstances for your problems or challenges

UPSELL PAGE, PAS:

1 Simple Tool To Overcome 99% of Problems In Your Life and Become Happy

Are you facing challenges like...

- Struggling to communicate with your partner, and have **problems in a relationship** like misunderstandings or trust issues,
- Finding yourself *hating your job* and feeling discouraged about working hard for five days just to experience freedom for two,
- Feeling **completely alone and isolated** or you're just shy and want to overcome it.

Then I have a proven solution for you that will make you discover:

- 3 simple techniques to help you relax and enjoy each day, regardless of what happens
- How to effectively manage specific human behaviors and make a positive impression on everyone you interact with
- 1 secret to becoming **5x more confident** in all areas of your life, whether it's excelling in your job, mastering public speaking, or simply navigating everyday situations with ease

- The truth about manipulation and learn how to prevent it from your boss, colleagues, or even your partner
- And many more...

But do you know what's the best?

You can discover that all in **less than 2 hours!**

And because you signed up for my email list, I have a 10% discount for you, but...

It will expire in:

<CLOCK WITH 18-30 MINUTES ON IT>

(It's only Speculative Work for the prospect, so I'm not writing the whole Upsell Page. I will send it to him and ask if I should finish it or something like that)