



# THE EXTREME FREEDOM PROCESS

Or how to turn anyone who is annoying you into a friend who helps you achieve what you would love in life.

*1. Look at the person who is really annoying you and write down what "their problem is".*

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*2. Find out the solution to their problem. If they would only listen to you, the whole situation would improve...*

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*3. In which area of your life do you have the same problem?*

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*4. How can you use the solution to their problem for yourself?*

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*My experience has been that one of 2 scenarios occurs when we do this, either the person who was annoying us disappears or if they are still around it does not bother us anymore.*