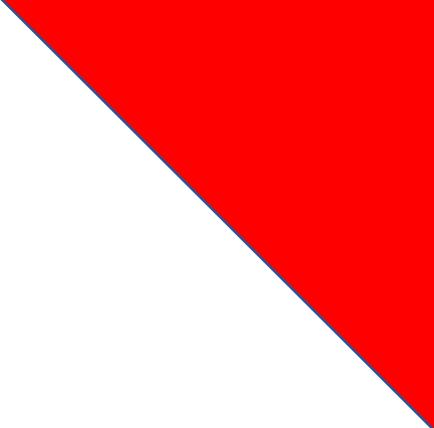


The Ellipsis Training Planner

the ellipsis manual weekly workbook

Chase Hughes



ELLIPSIS MANUAL TRAINING PLANNER

ELLIPSIS BEHAVIOR LABORATORIES

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Introduction and Usage Guide

Introduction

This training planner was made to assist study groups and individuals working through The Ellipsis Manual for behavior training. It will follow the chronology of the Manual for the most part, and will occasionally deviate to illustrate points. The format will follow the format of this page, and will allow you to move week-by-week through the book over the course of 52 weeks. Your journey to mastery doesn't have to end there, it's best to continue to come back to previous weeks, or even start over keep adding to your abilities.

Each week is laid out in a way to focus your attention and action on a certain topic, and to create unconscious pathways that will add to the following week's assignments and tasks.

Observing facial expressions and human behavior isn't automatic for us. We've spent a lifetime *NOT* observing these things and it's going to be difficult in the beginning to focus on it all. The purpose of the training planner is to assist you in moving all of these skills from *conscious* to *unconscious* in a methodical way. Every time you create mastery, you will be able to unconsciously perform the task, allowing more room for the next skill to occupy your limited attention span.

Humans are complex. Learning to read and engineer behavior is a skill that is akin to learning to play a musical instrument. There truly are no quick pathways to mastering something this complex.

You'll soon see that the results have a compounding 'snowball' effect. Every new skill you internalize will compound the effectiveness of the ones that follow. Enjoy the process, and keep behavior in the forefront of your mind.

Usage guide

Working through the training planner will be easier when you accompany your training with a journal. A notebook or comparable writing tool is critical to your success as you learn. This guide can be printed, kept on your phone, or shrunk down on paper to fit into a journal. Some students print weekly pages at a time and use them as reminders to get the tasks completed.

Each page has two main sections: Tasks and Notes. The task panel will show you what you need to accomplish that week, and will illustrate ideas and concepts as needed. The Notes panel will explain the tasks, elaborate on the Manual and offer additional information you might need that week.

If you miss a week, or tasks, don't worry about it. Either add them on to the following week, or move the timeline back one week. Keep going back as often as you can afford, to re-work the skill sets. Take advantage of any opportunity you have to 'level up'.

Use a calendar of some sort to ensure you schedule time for reflection, training and planning. Keeping a separate calendar from your normal one isn't recommended, as they tend to convolute the process and add to confusion.

Enjoy the process of becoming a master. This skill is one that less than 1% of the population has, and has so much applicability that your whole life could actually change.

We rise by lifting others.

Disclaimer

The information in this book is only to provide education to the public. Chase Hughes, Ellipsis Behavior Labs, its employees, principals, or agents do not accept any responsibility or liability whatsoever whether in contract, tort, equity or otherwise for any action taken as a result of information in this volume. No part of this manual should be taken as mental health advice. No part of this book is intended to provide therapeutic care or any form of advice for anyone.

Week 1: Developing Awareness

Tasks

- Read through the description of the Ellipsis Progression. It is a sketch of the situations you'll be in when using behavior engineering.
- Note that the progression can be truncated or squeezed to fit situations as short as 30 seconds. The progression is flexible, but follows the ideal path of all situations that involve any considerable behavior change or influence.
- Make mental note of the smells of people you speak to this week.
- Notice which hands people tend to prefer when they make gestures in every conversation you observe and take part in.
- Set up a system to remind you to focus on your behavior tasks as you move through your days.
- Read about the geography of the Behavioral Table of Elements and ensure you understand the Key that illustrates the meaning and location of data within each cell.
- Journal your own descriptions of the four types of gestures/behaviors: open, closed, unsure and aggressive.
- Read through the Ellipsis Progression and journal some situations where you might have experienced this, such as buying a car you didn't really want.
- Write an example of three of each type of gesture using the Behavioral Table of Elements.

Notes

Learning behavior is much more than reading a book, or absorbing information from a lecture. It takes hands on practice, much like learning to master a musical instrument. Remember that the information alone will not give you the ability to read behavior.

Your conscious mind has a limited capacity to process information. If you're in a conversation and observing behavior that you haven't practiced for, you'll spend it all on observing behavior instead of listening to what's being said. This is an AMATEUR mistake you can choose to avoid at the start of your training.

Once you practice an action repeatedly, and well, it moves from being conscious to unconscious, saving you much-needed mental space to pay attention to what is going on in the conversation.

The focus this week is to convince you that there ARE things you've been missing in conversations. The goal is to get you focused on things you haven't paid attention to before, and start the process of connecting the neurons that didn't meet each other before today.

Keep the journal handy, however you've decided to maintain it. Log small observations every chance you have such as whether or not couples lean into or away from each other and if someone likes to touch their face during conversation. There's no need to concern yourself yet with the meanings of all this, or try to interpret it. Simply get your brain focused on seeing movement and behavior.

Use the weekly planner as a print-out each week to keep track of your progress and remind you of the goal. It can be printed and shrunk into a notebook, or folded in a pocket. Welcome to your first week.

Week 2: Seeing People

Tasks

- Take good notes! Write in your journal or notebook, as it will be the best gift you can offer your future self.
- This week is all about seeing behavior. Specifically, being able to let go of the desire to interpret behavior, and simply notice it.
- Spend as much of your social time as possible observing movements of the body, face and hands.
- Journal frequently when you see a behavior that appears to be more common than others.
- Watch for movement of the hands, and whether or not they move toward or away from a torso.
- Watch to see the retreat of feet during a seated conversation.
- Start noticing facial expressions you see as a conversation progresses.
- Do the people you normally speak to blink quickly (fast shutter speed of the eyelid)?
- Does the frequency someone blinks increase as you move closer to them during conversation?
- Journal behavior this week without any need whatsoever for speculation or interpretation of its meaning.
- Become more intimately familiar with the architecture of the BToE and start to see which side (left or right) of the table a gesture will fall.

Notes

One of the things you'll notice immediately when you begin profiling behavior is that all people are suffering, and almost all of us hide it in one way or another.

This week, the intent is to force observation from your conscious awareness and make it an unconscious behavior to free up more RAM in your brain. Spend as long as you need on this, as it is a crucial step that sometimes requires more than a week to accomplish.

Write your observations carefully, so that names and identifying information are known only to you.

The BToE is your tool in the field. Take it with you and reference it as time becomes available.

When you're observing people, stop yourself from passing judgment and making meaning out of what they are doing. Judgment will cloud your ability to see behavior in the future, and it's best to start without it. Just see what people are doing, no more.

You're going to be learning extreme psychological tactics that will hinge on your ability to master seeing human behavior. The skills you will develop with influence will be supported by how well (and how naturally) you're eventually able to observe other people. Remind yourself constantly of the tasks throughout your days.

The following weeks will walk you through learning critical skills in behavior analysis and reading human behavior that aren't all in The Ellipsis Manual. You're going to see incredible changes in the world around you, and probably some things you wish you hadn't seen at all.