

## **The SleepTalk® Process - Additional Information: Q and A**

### **Q. Does it matter if only one parent does The SleepTalk® Process?**

A. It's better for both parents to be involved since the child develops their sense of self-worth and self-acceptance from both parents, and because this balances the energy of the male/female, Mum/Dad component within the child's perception. However, it is only slightly less effective if only one parent delivers the statement.

### **Q. When there is a stepmother or stepfather, what happens then to the basic script regarding the absent partner?**

A. Since the child's basic self-image comes from both parents, it is important that the child is comfortable loving both parents without guilt. Children can sometimes feel or gain the impression that to love the parent who is not the primary carer is to be disloyal.

If this issue is inappropriately dealt with (e.g. if they are given an image of fear or hate from one parent, or they are subjected to negative comments about the other parent), the result is likely to be confusion and disharmony and even guilt and helplessness which may, in turn, develop into aggression and anger.

How can they love one parent without being disloyal to the other? This is why the Foundation Script acknowledge both parents equally and includes the phrase, 'We all love you' – to cover all bases!

### **Q. What happens if the non-custodial parent is restricted in terms of access? Doesn't that cause conflict with The SleepTalk® Process?**

A. Initially it's possible confusion may occur, but the process will, in fact, assist the child to manage the situation. It's not SleepTalk® that is causing the conflict; the cause of the disharmony is the range of influences within the family home, such as the tone of voice used when speaking about the absent parent.

It is very, very important that the child believes that they are unconditionally loved by both parents, whether it is true or not, even if the other parent has died or established another family unit. The needs of the child are paramount, so even if there is great disharmony between the parents the "SleepTalk® parent" is urged to include the other parent in the Statement.

SleepTalk® is about reinforcing the sense of self-worth and self-confidence and a positive self-esteem of "I AM UNCONDITIONALLY LOVED", and since the child receives his/ her self-image from both parents, the parent is urged to overcome their own biases for the sake of the child.

### **Q. What happens if one parent doesn't love the child? Aren't you lying to the child?**

A. What right does one person have to assume that the ex-partner or absent partner doesn't love that child? What right has one parent to say to the child that the other parent doesn't love them? Whether the other has left the family unit, died or run off with Joe or Joan, Bill or Mary... what right has the primary parent to tell their child that the other parent doesn't love them?

On the contrary, I feel it would be more appropriate for the parent who has the custodianship of the child to reinforce the fact that of course the other parent loves the child, whether it is true or not. The non-custodial parent may not be paying maintenance, may not be seeing the child, may even appear to be ignoring the child, may not acknowledge birthdays or Christmas, but that doesn't automatically mean they don't love their child.

However even if the parent has lost interest or doesn't love the child, what is the benefit to the child of saying so?

If the child has the self-image of being loved by both parents and later on finds out that, in fact, that parent didn't love them, at least they will be able to deal with it with a positive self-image. To me, that's better than telling a child that they are not loved.

**Q. What happens if a marriage breaks up or one person moves away or dies, and one parent is left very preoccupied with their own resentments, hurt or guilt and they tell the child negative stories about the parent who has gone, trying to put blame or guilt onto the other parent?**

What happens when, if they're asked to conduct SleepTalk® and say "Mummy loves you, Daddy loves you", when previously the mother has said "well Daddy left us, and now he's died and he's not coming back and he didn't love us anyway, etc." What happens then?

A. Whether Dad or Mum did or did not/does or does not love the child is immaterial. The basic self-image of the child is the important issue we have to deal with here. When you are dealing with a great deal of resentment and anger what is important is that the child believes that they are loved. The remaining parent is to be educated that negative suggestions only compound disharmony within the child.

What may assist or help is "waking suggestions". "Waking suggestions" are very powerful and work in harmony with SleepTalk® in situations like this, which allows the child to balance within him/herself that which is comfortable to him/her.

We all like to know that we are loved, and even though the parent may no longer be in the family environment, it doesn't necessarily mean that s/he doesn't love the child. We don't know everything that is going on in another person's mind so it's not appropriate to judge them as not loving the child. But we must be very sure that the child has the basic self-concept of and belief in unconditional love from both parents, regardless of whether it is true or not, because the child's self-worth is at stake. Obviously, there are a couple of exceptions.

**Q. If a parent is not living with the family and has personally abused the child either physically or emotionally – do you still say "Daddy loves you, Mummy loves you"? Won't the child conclude then that abusive behaviour is okay?**

A. SleepTalk® is a process that allows the individual child to develop a positive self-esteem, which will assist them to deal with their world. If it is inappropriate to include the absent parent by name, you could substitute "...we all love you".

This allows the individual child to decide. Remember, SleepTalk® is not a therapy; it merely assists the child to develop a positive "I'm okay" belief. Individual needs must be addressed by a qualified professional in the case of an abused child.

**Q. Could you use the suggestion during The Goulding Process - SleepTalk® to the child, "You love yourself"?**

A. Yes, however an automatic response to the basic SleepTalk® process is just that.

**Q. What about dysfunctional families? Things that occur that we don't know about. For example, where the father or mother is abusing a child and the other parent doesn't know. What happens then?**

A. This is, of course, a very difficult situation. The SleepTalk® process will enable the child to gain a sense of self-worth, confidence, self-esteem and sense of "I'm okay", and maybe, as a result, give them the strength and support to deal with that type of issue in a very positive, rather than a negative or helpless manner.

At the very least, the child may develop a sense of self-worth and confidence with the strength to say "NO" or to deal with the challenge more effectively.

The education parents receive regarding the use of suggestion may, in itself, help to facilitate necessary change as parents become more aware of how they deal with their issues and their behaviour. It's important that we don't make judgements, but abuse is an issue that is today far less hidden and one that we do have to deal with.

We need to recognise that the child may have confusion about what love is. The word "love" can be a word used as a weapon and a tool but if the basic SleepTalk® is applied, at least the child will have self-confidence and the ability to deal with the situation in a more confident manner.

Remember, just because a person abuses a child either physically or sexually, that doesn't necessarily mean that they don't love the child. SleepTalk® can assist both the child and the parent. Information, education, knowledge and awareness are sometimes major tools in combating inappropriate behaviour and maybe that knowledge will become a turning point for that parent, enabling them to deal with issues they are trying to come to terms with. SleepTalk® is a self-help process, which empowers parents to assist their child to utilise the potential within to gain a positive structure of belief and self-image.

**Q. Does The SleepTalk® Process work with children who don't have concerns or problems? And what benefits would they gain?**

A. Absolutely. SleepTalk® is for all children. I would include absolutely everybody. The recipients of SleepTalk® do not necessarily have to have a problem. A child may be five or six years old, happy and well-adjusted but are you absolutely assured that they are as positive and self-confident as they could be?

That they are using their full potential? Just because a child doesn't share their concerns, does that mean they don't have any? A belief that they are loved and their world is a happy place will ensure that everything they do is done with a sense of self-confidence and self-worth.

Besides, many children grow up with a positive healthy self-image and without anxiety, but don't really utilise their individual talents. What a marvellous opportunity parents now have to assist their child's mind to guard against negative suggestions and stop the thieves of self-esteem.

**Q. What about asthma? Can The Goulding Process - SleepTalk® assist?**

A. Asthma indicates and/or creates major anxiety, and sometimes even a fear of life or death. Remember, asthma can be a physiological reaction to a psychological state of fear, and if so, the fear component of the asthma may have to be addressed and a referral made to an appropriate therapist. Simple suggestions such as those included in the Primary Area of Need may assist.

**Q. You have said that it is not appropriate to use persuasion with the Goulding Process - SleepTalk®. Why?**

A. Using persuasive language such as “I love you because you were good today” may activate the conscious, critical, analytic function of the brain and cause the child to conclude that he or she is only loved if s/he behaves in a particular way.

This is conditional love, whereas SleepTalk® conveys unconditional love. Persuasion causes practical problems if, for example, you say, “you will be happy today because it is school holidays”.

What happens when the child needs to go to school? Conflict and disharmony. You have created a situation and a belief that they will only be happy if it is school holidays [For more about Persuasion see the Note on the Criteria for Specific Suggestions pages].

**Q. Can you work with multiple issues at the same time?**

A. The first priority is to establish acceptance of the Foundation Statements and consolidate the feelings and belief of being loved and secure. Once you receive positive feedback that the Foundation Statements (which create the basic beliefs) has been accepted, consolidate with the bridging statement. Then identify the primary area of need and develop the Specific Suggestions, but only one at a time.

Don't demand too much of the unconscious mind, however, if there is a really important area that does need addressing in conjunction with another, sometimes the bridging suggestion could be introduced earlier. However, it's important to establish what the 'Primary area of need' is rather than giving energy or attention to the effect or presenting issues. Are they fearful of the weather? Perhaps they are fearful of going to school? Do they want to excel in maths or sport perhaps? Determine the main issues, not the minor, such as not being able to do up their shoelaces or not keeping their bedroom tidy or not eating meals properly. These are secondary issues, which will change as they gradually develop their basic self-confidence and self-image.

Remember, low self-esteem, lack of confidence - “I'm not okay”, “life's a bit suspect”, “I'm anxious” - these basic beliefs will change with the acceptance of the “I'm okay” structure of the basic SleepTalk® process.

**Q. Is there a specific “Primary Area of Need” suggestion you would use if there was a general anxiety or conflict or concern about going to school?**

A. Yes, there is. Concerns about going to school indicate a lack of confidence and a very anxious state of mind. Which statement you use depends on the individual child and circumstances. However, it's important to develop suggestions that address the possible CAUSE. Consideration must be given to the Plan For Peace document and a useful suggestion to add might be: “Remaining calm – it's okay” or “Learning is interesting and fun”.

**Q. What happens if they have a fear of someone?**

A. A very difficult question but a very important one. Never say, “You will not be frightened of your teacher”. You may find that down the line, it is appropriate for that child to be frightened of the teacher or some other confronting person or situation.

With SleepTalk® it is not necessary to identify the possible cause or reason behind a fear.

SleepTalk® is not a therapy – it's a process that simply introduces and/or reinforces empowering beliefs. Always make sure that any “Primary Area of Need” Specific Suggestion used will be appropriate for all time. Always be aware of what you are saying because suggestion is the most

powerful energy in the whole world. Take care to always remember suggestions last for life: be careful about what you say and how you say it.

**Q. How would you describe the child who awakens very easily, has difficulty going to sleep, or is often awake throughout the night?**

A. Very anxious. SleepTalk® should be able to help but it may be difficult the first week or so to actually access the deep unconscious mind. If you persist in your SleepTalk® process the child will gain a sense of confidence.

The anxiety will be reduced each time you use the SleepTalk® process because you will be reinforcing their basic self-image and a belief that “it’s okay” and hopefully they will get a good night’s sleep eventually! A quiet and anxiety-free state of mind will develop and gradually they will become more and more able to accept the suggestions.

Remember, you can never eliminate a memory, but you can add to it, alter or change the energy of that memory. As you persist with a positive suggestion it will compound and eventually become more powerful than the negative effect of the “I’m not okay” belief structure.

**Q. If a child has a basic negative belief structure and a feeling of “I’m not okay, I can’t do something”, or “I’m not as good as someone else”, won’t the Goulding Process - SleepTalk® process create confusion?**

A. Possibly yes, it might cause confusion and possibly also some degree of abreaction (healing crisis), however that won’t last too long. It just indicates that the child is awakening with a new and unfamiliar ‘mindset’, but this will pass very quickly. Maxwell Maltz, author of Psycho-Cybernetics, states that it takes up to 21 days for a new thought to be accepted by the unconscious mind. SleepTalk® is very similar. Over a period of time, the new process of thinking starts to build against the “I’m not okay”.

The information accepted into the computer (the unconscious mind) will initially be stored as fact alongside the negative belief. So, if we place the positive suggestion “I’m okay. Mummy loves me, Daddy loves me, it will be a happy day today” alongside the negative “I’m not okay” in the child’s belief structure, and it is going straight in without conscious critical analysis, without negative analysis, without any alterations, then the belief structure within that child will start to change. Yes, the new suggestions may cause initial confusion but gradually they become the primary beliefs.

The “Top Hat” (conscious brain) is now put to one side and the positive suggestions lodged within the unconscious mind can only express themselves as positive thoughts into consciousness. Remember, when you press a button on a computer and it sends a message to the screen, it doesn’t matter whether it is truth or not, the computer will still relay that message word for word.

The process of acceptance into the unconscious mind is no different. With SleepTalk® we don’t deny a belief; we simply work alongside negative beliefs until the positive one has been accepted.

Keep the positive suggestions going each night and you get a compounding effect. It’s like putting money into a bank. One dollar adds onto the next dollar and before long accumulates into something worthwhile, much like compound interest. The positive suggestions will eventually take over and have more power than the (previously accepted) negative beliefs.

The Goulding SleepTalk® Process includes the phrase, “Today is a happy day”. What happens if it is a bad day, or a sad day for the child? Won’t that cause conflict?

No, not really. Whatever the events of the day it is our response that matters. We can respond to an issue with frustration, anger or fear, or we can deal with it with discernment and calmness; it will depend on our individual state of mind. SleepTalk® assist children because it helps his/her develop constructive attitudes and hence constructive ways of dealing with those issues.

It allows them to have a positive, self-image rather than a defeatist negative attitude. If you give a child the belief structure of confidence, calmness and a positive self-image, the child will take on board that frame of mind and will be able to deal with issues of a negative nature with a positive self-image. Remember, there are basically only two energies in this world.

You either deal with issues from “fear” energy or “love” energy. In other words, “Negative” or “Positive”.

**Q. What happens if more than one child is sleeping in the room?**

A. This is not a problem because you can conduct the SleepTalk® process with both/all children. Remember, all children gain from utilising their full potential. And is there any limit to the number of times it's appropriate to tell someone you love them?

Children usually gain the most assistance if they are between the ages of about 18 months/two years to about 12-14 years of age although this depends on the individual child's development, both emotional and intellectual. As a rule, by puberty it can be very difficult to get past the conscious critical analysis, which is too protective and well-defined or formed by the teen years. The acceptance of the younger child is limited only by the ability of the child to understand the language. However, positive suggestions, both prior to and after birth, are essential.

**Q. What about a very young child. How early can you start The SleepTalk® Process?**

A. When does a child understand language and emotions? A very young child may understand by the tone of what is being said rather than the words. They will feel the love even if they do not understand the words. Even very small children can discern the difference between love and fear. It has now been proven that hearing is the first sense to develop during the 2nd semester of pregnancy.

**Q. Is there any difference in the basic process when working with a “normal” child to that when working with child who is intellectually, physically or emotionally impaired?**

A. To answer that question, I've never met a “normal” child. All children experience conflict and all children have the potential for improvement, for creating empowering change. Remember, the difference between what is considered normal or abnormal behaviour is a matter of perception and belief, and is socially and culturally determined. “Normal” reflects what the majority consider to be acceptable behaviour or standards. These can change, such as the acceptance of smoking, which used to be widely accepted and practised, and is now banned from public places.

The SleepTalk® process needs a minimum of twelve weeks to complete the basic foundation process – for a so-called “normal” child - though sometimes you can see a result within two or three days. However, when working with a physically or intellectually impaired child, you may be waiting as long as six months for positive feedback indicating consolidation ( that the suggestions are being accepted ). The child must in some way indicate or express a change of behaviour, identifying acceptance of suggestions given. Be attuned to your child – the changes may initially be very subtle and can manifest in a number of ways.

Feedback is important to establish whether or not the “concrete” foundation of new belief structures has been accepted and consolidated or needs time for change.

You have to wait for the foundation of belief to be accepted before attempting to build on it, and importantly you will need to keep motivated to do it each night – the 3 CCCs. If the child is physically, intellectually or emotionally impaired, it may take much longer than the initial 12 weeks for change to occur, which is why parents are encouraged to continue and remain motivated.

**Q. What happens if Dad or Mum feels uncomfortable working with the process?**

A. Mums tend to be more in favour or perhaps more comfortable with the process, and some Dads tend to be reluctant, especially the older generation where beliefs that males shouldn't cry or show emotions may still be held.

The 70s - 80s and certainly the 90s generations now accept that it's okay for a guy to go to his son and give him a hug and kiss and say "I love you", especially in most Western societies. However, in some cultures or countries it is inappropriate to hug another male even if that male is a child.

Men also have feelings and experience vulnerability although they will express their feelings differently to women and sometimes can take longer to overcome personal barriers to expressing love via the SleepTalk® process. It's important to remember that children receive their self-image from both Mum and Dad, which is why we want both primary carers involved and alternating nights if possible. In sole-parent families, "We all love you" will cover any other imagined or missing carers.

The SleepTalk® Process allows for parents to share or display their feelings, thoughts and emotions in a safe environment without fear of rejection and without having to deal with personal self-image, perceived difficulties relating to interpersonal relationships or communication concerns. If possible, an alternative for the male energy in the family would be to record their presentation on an iPhone.

**Q. Would you explain in more detail what you mean by "feedback"?**

A. 'Feedback' means 'identifying a change in behaviour or communication'. After about six to eight weeks of conducting the basic SleepTalk®, determine his or hers acceptance of the basic suggestions by asking a direct question during the day such as, "How are you today?" Little Johnny might say "happy" or simply indicate by his behaviour that he is feeling more optimistic. His words and his behaviour together comprise what we call "feedback". Remember, though, that there may be conflict within the child as the process of change occurs.

Also note that the child may be thoroughly enjoying being unhappy because it's giving them the attention they need, especially if they have difficulty showing emotions, accepting touch or hugs. If you persist each night with the process, you will gradually see a subtle change, e.g., the child may come up and give you a sly little hug; they are changing the way they speak, act, respond; they may even be calmer, happier, less anxious or shy.

Sometimes you can't put your finger on it but they're different. This all classifies as feedback. Sometimes the changes are subtle, sometimes within seven days a major change of emotional response or attitude occurs.

**Q. Would you tell the child that you are performing The SleepTalk® Process?**

A. No, never. Their conscious critical analysis would interfere and might negate your efforts. I would, however, encourage repetition of the basic suggestions during the day (waking hours) to reinforce the process. It's one thing for Dad to say "I love you" or "Daddy loves you" whilst sitting on the end of the bed where no-one can hear or see, but it might not be quite so easy out in the big wide world.

So, for that reason, it would be helpful to repeat on a waking level during the day that same message for both the child and for the parent. This is especially helpful if the person or parent conducting the SleepTalk® has interpersonal difficulties and expression or communication fears.

**Q. What happens if the child awakens whilst doing the basic Goulding Process-SleepTalk®?**

A. That is not a problem; just continue with the basic suggestions as they (the child) is still in an altered brain wave frequency. The child may in fact sit up, the whites of their eyes may be looking at you or they may say to you in a sleepy voice, “Go away”, “What are you doing?” or “I love you Mum”.

They may even agree with you, perhaps even nod their head as you work through the process. Any communicating movement or change is feedback – don’t let that deter you. Just continue with the “basic process” script; you are still accessing the deep unconscious area.

**Q. Does it matter if the radio or the TV is on whilst conducting The Goulding Process - SleepTalk®? Or perhaps people talking in another room?**

A. Yes it does. It is very important that television, radio, conversation, or communication of any type is not occurring while you implement SleepTalk®. Remember, you are accessing the deep unconscious area of the child’s mind and any interference.

from radio, television, perhaps arguments or details of discussions within hearing may be confused with the suggestions that you are making.

In fact, it’s always important that your child does not fall asleep in front of a television or radio and is not subjected to the violence of arguments or negative discussions and comments about them whilst they are asleep (or even awake for that matter!).

It’s one of the most important factors to be aware of. Even during the “normal” sleep process, the child’s brainwave frequency may alter to a level where they are accessing the communications around them. Sleeping children travelling with you in a car can also hear! (Soothing background music is acceptable so long as there are no lyrics.)

**Q. There are some children who live very regimented, orderly lives. Would the Goulding Process - SleepTalk® help them?**

A. Yes. Some children who relate well to their organised, structured lives have more difficulty adapting to a crisis or major changes than those from apparently “dysfunctional” environments. Sometimes they are unable to cope with unpredictability and require everything to be structured. Inability to cope can result.

Their (unrealistic) expectations and perceptions of failure are not always known to the parents. With SleepTalk® we are able to give them a foundation of security that, regardless of the disruption to their routine or orderly timetable, they will cope with their world, and that their parents’ or primary carers’ unconditional love is not conditional upon success / performance / standards.

**Q. My child is always happy. So how do I know if feedback is occurring?**

A. You need to be very sensitive to the changes within your child. If your child is always happy then allow at least 3 months to ensure that the basic process has been accepted before you move to the additional phase or start working on any primary area of need.

Subtle feedback will be available if you tune into it. The feedback may be increased calmness, less anxiety, more confidence or just a change of attitude. Watch and observe.



**Q. What about when the child is old enough to comprehend the death of one parent. Does that parent still get named?**

A. Just because the parent has died, does that mean that the child needs to feel loss of the parent's love? Of course not. It is most important that the child still believes and grows up with the knowledge of the love of that parent.

Again, we come back to the issue, it's not important whether it is true or not, it's not important what our personal beliefs are; it's important that the child believes the parent still loves them.

**Q. Is The SleepTalk® Process the same as hypnosis?**

A. No. The only thing SleepTalk® and hypnosis have in common is that they both use suggestions. Hypnosis is conducted by a professional within a clinical setting while the subject is awake and has a Conscious memory of the process. SleepTalk® is conducted whilst the child is asleep with No conscious memory of the process.

**Q. Should I repeat the script during the day?**

A. Yes. It would be very beneficial to repeat the basic Foundation script and/or the Specific Suggestions during the day, as this will help to reinforce the positive suggestions.

**Q. Why do I have to whisper – will it wake them up?**

A. Don't whisper, just speak softly. Whispering may cause the child to wonder what is occurring and they might awaken. There is always a level of awareness regardless of the brainwave frequency.

**Q. Can I use The SleepTalk® Process during afternoon naps?**

A. Yes, especially if difficulty is experienced at sleep time.

**Q. Does it matter how far away I stand?**

A. No, not really; you just need to be within physical contact and hearing distance.

Remember, you are talking softly and slowly to engage the 'computer'.

**Q. Is a twitch a response?**

A. A 'larger' movement such as shifting of limbs is preferable, but a twitch is acceptable, however you must really concentrate and watch very carefully and ensure there is enough light to be able to notice subtle responses. Ideally, it's best to have a very clear indication that the correct brainwave frequency has occurred.

**Q. What age is puberty?**

A. The age varies. The primary indications of puberty in the female child are the onset of menstruation and body shape changes. The male child will notice changes taking place in their physical body such as body and facial hair and the pitch of the voice may change.

**Q. If there are two in the room do I say the Foundation Process twice?**

A. If two children are in the room, work with each one independently if there is enough room, otherwise activate both at the same time.

**Q. Do I mention their names, singling them out?**

A. Yes. Certainly, mention their names individually because they are individual children.

If there are many siblings sometimes you can forget who loves whom, so if for example they are all female, you could suggest: "Your sisters love you". This aspect is very important if working with twins. i.e. When working with Johnnie: "Mummy loves you, Daddy loves you, Sally loves you, we all love you..." When working with Sally: "Mummy loves you, Daddy loves you, Johnnie loves you, we all love you."

**Q. Can I use the child's name during the Goulding Process - SleepTalk® process?**

A. It is important that the child knows you are referring to him/her. So, if other children are in the same room it will help to individualise and identify the independence of that child by the use of their name.

**Q. What if I cannot reach the forehead or the back of the head to stroke as described in the Foundation Process?**

A. This is unlikely to be a concern but try to establish physical contact to stimulate the awareness of the unconscious mind (the R.A.S.). Go ahead with the Foundation Statement once the transition has occurred.

**Q. What if both of the parents are involved in conducting The Goulding Process - SleepTalk® – do both do it on the same evening or do they alternate?**

A. Parents or carers alternate. The process only needs to be carried out once per night.

**Q. What happens if I cannot get a reaction from the sleeping child when I stroke him/her? Do I go ahead anyway or try later?**

A. Stroke about 3 times and if by then, you haven't observed a response, just carry out the process anyway. It just means their brain wave frequency is in the 'Delta' level of awareness; however, the deep unconscious will still hear. It has now been researched and proven that hearing is still available even during surgery or if in an unconscious state.

Please note, there are many more Q and A, Case Studies and Feedback listed on the website portal. <https://gouldingprocess.com/>