Invisible Counselors Technique
An Imaginative Exercise to Aid Problem-Solving and Creativity

This is a short PDF designed to teach you about the “Invisible Counselors Technique,” a mental exercise for problem-solving and creativity. Feel free to share this document with your family and friends.

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What is the Invisible Counselors Technique?

The Invisible Counselors Technique (ICT) is an exercise designed to improve problem-solving and creativity. It was first developed by self-help guru Napoleon Hill in his classic work, “How to Think and Grow Rich.”

ICT can essentially be broken down into 3 distinct parts:

1. Identifying a problem or question.

Before putting ICT into practice, you first need to identify a problem or question in your life that you want to address. This can include a wide variety of things:

   a. How to adopt a healthier habit.
   b. How to proceed with a business practice.
   c. How to fix a broken relationship.
   d. How to learn a new skill (like writing or dancing).
   e. How to make a tough decision (like where to go to college).

   The more specific we are with where we want advice or guidance in our life, the more helpful the exercise will be.

   In fact, ICT probably shouldn’t be used for more than 1 or 2 specific problems in a single session, otherwise the efficacy of the practice often gets muddled and deluded.

   The more detailed you are with what you want to improve; the better and more specific your results will be when searching for answers.

   For example, asking the question, “How should I invest my $50,000 pension to go toward a sustainable retirement?” is vastly better than “How do I become financially abundant?” The first question is more detailed and specific, the second question is vague. Keep this principle in mind.

2. Making a list of role models.

   After identifying the problem or question in your life that you want to address, you can then move on to making a list of role models who may inspire, motivate, or
educate you to better handle these situations in your life.

A **role model** is simply someone who we look up to because they embody certain personality traits and characteristics that we would like to embody ourselves.

By identifying (and analyzing) people who are experts in these areas where we lack, we can use them as a resource to learn from.

**Potential role models may include…**

- Family, friends, teachers, bosses, coworkers, peers, and other real-life acquaintances
- Professional actors/actresses, musicians, artists, photographers, comedians, athletes, scientists, politicians, teachers, doctors, entrepreneurs, celebrities etc.
- Fictional characters in songs, movies, books, TV shows, plays, etc.
- Influential figures from history.

Believe it or not, I actually have a word document saved on my computer that includes a list of over 100 role models, separated into different categories like “Intelligent,” “Funny,” “Hard-working,” “Outgoing/Social,” etc.

I find this document to be one of the most helpful resources I have in guiding my own personal development, and I frequently refer to this list when looking for role models to use during one of my “Invisible Counselor Meetings.”

*Try to narrow your list to 5-8 key role models. These will be your “invisible counselors” during your imaginative meeting.*

3. **Imagining the meeting.**

Once you’ve figured out all the details above, you are ready to conduct your “Invisible Counselors Meeting.”

This part of the technique requires you to find a comfortable place to sit or lie down,
close your eyes, and then begin imagining the meeting as it unfolds.

Start by imagining yourself alone in the counselor’s room, getting ready to greet your guests and start the discussion.

Then, imagine each one walking into the room, one person at a time, as you introduce yourself and have a quick chat.

Feel free to introduce each counselor to the other counselors, and pay attention to any extra interaction between the two that might erupt (whether it’s a conscious or subconscious act of your imagination).

Once everyone has entered the room, give a short introduction and presentation on the issue in your life that you want to resolve.

Now - for the bulk of the meeting - let there be a full blown open discussion between you and the counselors:

- Pretend it’s a normal, “real life” meeting. Treat each person of your imagination as if they are their own conscious entity. This will help open the flood gates toward more subconscious ideas (meaning you are letting these counselors behave as if they have a “will” of their own).
- Feel free to ask any questions to any of your counselors that are relevant to your problem, and then wait for them to give a response.
- Imagine your counselors think and act as you would expect them to think and act in the real world. If Michael Jordan is one of your counselors, then try to imagine him acting just like you would expect Michael Jordan to act.
- Keep in mind all the rules for successful “social/group” interaction: let everyone have their voice heard and promote healthy debate.

Once you have obtained enough insight from your invisible counselors, give a short ending statement and dismiss the meeting.
Finally, imagine everyone walk out of the room. Then, take a few deep breaths and open your eyes.

Congratulations – you have done your very first trial of the Invisible Counselor’s Technique.

Depending on many factors, this exercise can take as long as several minutes to up to several hours.

Time length depends on things like personal preference, strength of imagination, the depth of the problem you are trying to solve, and how often you practice the technique.

As a general rule, I find the longer the meeting goes on, the more insight I get. However, there are also times where I get the answers I need in less than 10 minutes (and there’s no need to stretch out the meeting any longer).

**Tips and advice to help improve your technique.**

During your first couple of meetings, your imaginative ability may seem a little awkward and fake.

That’s normal.

A lot of us don’t have the kind of imagination we used to have as children, so it takes some practice to re-build those skills.

During your first few sessions you may feel weird doing this technique, but I assure you that with practice your imaginative abilities will begin to come more naturally.

In the meantime, here are some **key tips** to help you improve the imaginative process:

- Get to know your role models inside and out. The more knowledge you have to draw from, the stronger your imagination will be.
- Play pretend. Don’t take this exercise too seriously - have fun with it and treat it like a game.
- Over time, try to imagine things in more and more detail. Evoke as many senses as you can (sight, sound, touch, taste, smell, etc.). The more realistic you can make the experience, the stronger of an impact it will have.
The Power of Your Mind and Imagination

In my opinion, the power of our mind and imagination is incredibly underestimated.

Some personal development systems, like Law of Attraction and The Secret, emphasize the importance of changing our thoughts and using our imagination in the achievement of our goals, but they also underestimate the equal importance of other aspects of personal development.

Bob Proctor, a popular author and expert on this stuff, recently came out as saying these systems are incomplete and watered-down “pop culture fluff.”

He also claims this is why some people who have been working with LoA and The Secret for years still haven’t produced the results they really want.

To help these people where they’ve left off, Proctor has put together an awesome course that picks up the missing pieces called The Forgotten Laws.

It includes 95 tracks of audio training and a step-by-step online workbook that guides you through extremely powerful and transformational advice that you simply can’t find in any other product.

Throughout this course he integrates all the best advice from great thinkers like Napoleon Hill, Zig Ziglar, and Anthony Robbins, and then combines these teachings into one of the most comprehensive products on “New Age” personal development that has probably ever existed.

Proctor defines 11 Forgotten Laws, including:

- **Law of Thinking** – How to think in more positive and productive ways to change the results you get in life.
- **Law of Supply** – How belief in abundance opens the flood gates for more wealth, by opening up new, unforeseen opportunities.
- **Law of Attraction** – How the right attitudes can become like self-fulfilling prophecies
- **Law of Receiving** – One of the most basic rules to follow to live a successful life: the more value you give, the more value you get.
● Law of Increase – Create a new mental paradigm that sustains personal growth and progress in the long-term

● Law of Compensation – How to notice the opportunities for wealth and abundance that pass you by on a daily basis.

● Law of Non-Resistance – How to eliminate stress and anxieties that cause you to resist taking positive action.

● Law of Forgiveness – How to develop forgiveness and compassion toward others so that you don’t have to live in an emotional prison.

● Law of Sacrifice – Why we sometimes need to go through some pain and suffering throughout our personal growth.

● Law of Obedience – How to keep your mind calm and disciplined during difficult times.

● Law of Success – How to transform short-term failures into long-term success.

In addition to The Forgotten Laws workbook and 95 tracks of audio training, you will also receive a ridiculous value in bonuses that includes:

● The American Monk’s Prosperity Program: 4-Step Golden Strategy to Autopilot Prosperity and Happiness.

● Manifest Like A Millionaire: Mind and wealth-building seminar by Laura Silva and T. Harv Eker.

● The Silva Centering Audio: Improve inner peace using this 15 minute MP3.

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I sincerely hope that you found the information and tips in this document useful. I appreciate anyone who takes the time to read my material, and you can continue to help me out by sharing this document with your friends and family.

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