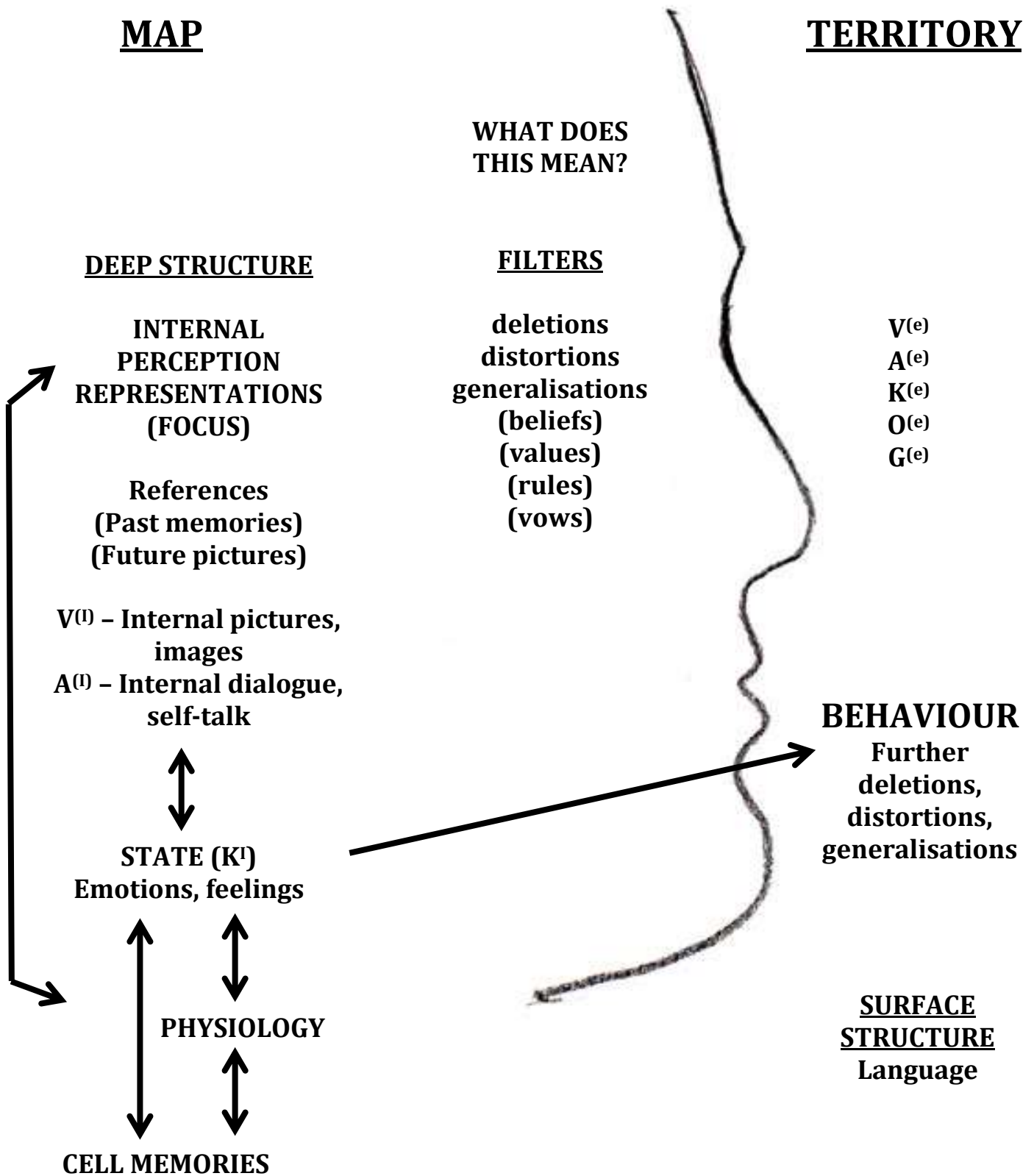


# **Healing with Conscious Communication**

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# Perception Model



# Pain Control

Just find a nice, comfortable position ... and allow your eyes to close ... And now, as you take a nice deep breath in ... and let it out ... and another slow deep breath in ... and let it out ... just feel the discomfort in your body ... Great ... And on a scale of 1 to 100, just rate the intensity of the discomfort ... At what level would you say it is right now? ... Okay

Now, in your mind's eye, **see** a part of you getting up out of your chair ... and going over and sitting in a chair across the room ... and **see the area of discomfort** in the body of that part of you across the room ... Great

Now, **give a colour** to the area of discomfort in the part of you across the room ... or you can **imagine what colour it might be** ... and now **see that colour** ... Next **give a texture** to that area of discomfort ... or you can **imagine what texture it might have** ... and now **see the texture** ... Next **give a shape** to that area of discomfort ... or you can **imagine what shape it might be** ... and now **see the shape** ... Next **give the area a sound** ... or you can **imagine what sound it might make** ... and now **hear the sound** ... Now **see the size** of that area of discomfort ...

And so, seeing the colour ... and the texture ... and the shape ... hearing the sound ... and noticing the size ... Now **change the colour** to your favourite colour, or a healing or soothing colour ... You can change the tone and the brightness until it's ideal ... Good... Now **change the texture** until it's smooth, or change it into a healing, soothing texture ... Okay ... Now **change the shape** to your favourite shape, or into a healing, soothing shape ... Great ... Now **change the sound** into a healing, soothing sound ... Great ... And now **reduce the size until the area disappears completely** ... Good

And now **see** another part of you, **a healing part of you**, getting out of your chair ... and going to the chair across the room ... **See** that healing part of you putting its hands on the area where there was discomfort in the first part of you across the room ... And **see** that healing part of you giving your body across the room **healing energy and healing light and love** ... Great

Now **see** the healing part of you merge into the first part across the room ... and **see** that merged part get up from its chair, come back to you ... and **feel** it putting its healing, loving hands on the area of your body where the original discomfort was located ... Feel **healing energy and light and love** coming from its hands ... permeating your body and your being ... soothing, relaxing and deeply healing you ... Great

And now **feel** the healing part merge with you ... and when you are ready, knowing that this healing and integration will continue to take place perfectly and naturally on its own, gracefully and automatically within your body ... effortlessly and easily ... **feeling rested and much more comfortable now** ... you may open your eyes now, when you are ready ... Great ... And on a scale of 1 to 100, go ahead and rate how you are feeling in your body ... [Let answer] ... Excellent ... Great work!

## **Parts Integration**

### **(QUICK FIX BELIEF CHANGE)**

Just think of a challenge or problem, and imagine a part of you that believes this will be difficult to resolve; or think of a part of you that is confused, unresourceful, negative, dark or even hopeless ... Okay

Now, closing your eyes, **see** that part in your open left hand ... And if you can't see it clearly, just imagine it, then **see** it ... Now give a colour to that part ... and see the colour of that part ... Now give a shape to that part ... and see the shape of that part ... See the brightness of that part ... And now **hear** the sound that part makes, and the words that part has to say to you ... Listen to that part telling you the benefits it gives you ... and if you can't think of any benefits, just consider the possibility that its benefit may be to protect you from something ... Now close your left hand ... Good

Now, just get a sense of how you will **feel** when this challenge is successfully resolved ... or access the part of you that knows it is already healed and whole, or can heal itself ... or access the part of you that is light ... Good

And **see** this part in your open right hand ... See the colour of this part ... See the shape of this part ... See the brightness of this part ... Now **hear** the sounds of this part, or the words it has to say to you ... Listen to this part telling you the benefits it gives you ... And, as you close your hand around this part, **feel** these benefits and wonderful feelings in your whole body ... And just rest in these feelings for a few seconds ... Great

Now, as you open your right hand again, choose at least three more resourceful states or emotions, and add them to your right hand ... You could choose confidence, certainty, courage, self-love, unconditional love, creativity, joy, self-esteem, lightness, Source, or any other resourceful state or emotion you like ... Just add them all to your right hand ... And now **see** this enhanced, empowered part in your right hand ... See the colour of this part ... See the shape of this part ... Now **hear** the sounds of this part, and the words it has to say to you ... Listen to this enhanced, strengthened part telling you the benefits it gives you ... And, as you close your right hand around this part, **feel** these benefits and wonderful feelings permeating your whole body, your whole being ... And just rest in these beautiful feelings for a few seconds ... Fabulous ...

Now just open your right hand again ... and open your left hand ... And now begin pouring all the contents from your right hand, with the wonderful feelings, into your left hand ... And as you keep pouring ... see the colour change ... see the shape change ... the brightness change ... hear the sounds change, as the light integrates with the dark ... and feel the changes inside your body ... And just enjoy these feelings inside your body ... Great ...

Now, look at your left hand ... see the colour ... the shape ... the brightness ... and ask what your left hand has to say about the benefits of integrated parts ... and how you feel about this integration ... Great ...

And now you can place your hands over your heart ... and just let this new and integrated colour, shape and sound seep into your being ... with this new, healthy way of being and feeling permeating every cell of the body ... becoming part of you ... one with you ... feeling how great that is ... Fabulous ...

And now, step into the future ten days from now ... and **see**, and **hear**, and **feel** how you're dealing with this former challenge from the place of being fully integrated and whole ... deriving the full benefits of a wholesome and integrated self ... Wonderful ...

And now, gently come back to the present time ... And when all parts of you are fully integrated in the knowledge that this healing, this change, this integration can continue to enhance itself perfectly and naturally of its own accord without you having to think or do a thing ... you may open your eyes now, when you are ready ... Congratulations!

# Eye Accessing Cues

**RIGHT**

**LEFT**

**Visual  
Construct**



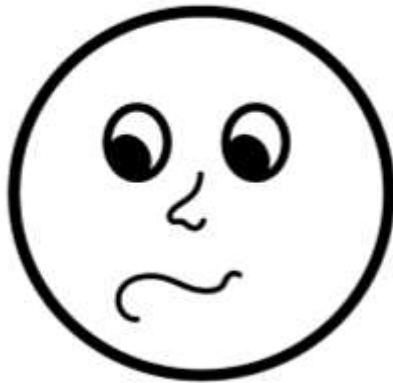
**Visual  
Recall**

**Auditory  
Construct**



**Auditory  
Recall**

**Kinesthetic**



**Auditory  
Digital  
(Internal  
Dialogue)**

# Verbal Precision

## (Fluff Busting)

“I know you *think* you know what I said, but what I said wasn’t what I meant.” (Anon)

### 1. **UNIVERSALS: (All, Every, Always, Never)**

#### All? Every? Always? Never?

- I can never get it right! – Never? Is there any time when you can remember getting *something* right?
- I always feel depressed / scared / lonely. – Always?
- Everyone hates me! – Everyone? Is there anyone in your life who has ever loved you / respected you?
- Every time I try something new I fail! – Every time?
- This always happens to me! – Always?

### 2. **RULES: (Must, Must Not, Can’t, Should, Shouldn’t)**

#### What would happen if...? What would it feel like if...?

- I must get better at listening. – What would it feel like if you were better at listening?
- I shouldn’t speak from anger! – What would happen if you did? What would it feel like if you continued to do so?
- I must improve my communication skills. – What would it feel like if you did improve them?
- I can’t allow myself to cry in front of my children. – What would happen if you did? What would it feel like if you did?
- You shouldn’t continue to talk to me like that! – What would it feel like if I did?
- I must always get it right! – What would it feel like if you could never get anything right? What would happen if you got everything wrong?

### 3. **VERBS: (Non-specific actions, feelings)**

#### **How specifically?**

- You *hurt me / made me angry!* – *How specifically* did I do that?
- My mother *upset me.* – *How specifically* did she do that? *How specifically* do you feel when she does that?
- I'm *feeling* kind of 'off' today. – *How specifically* do you mean that? *How specifically* are you feeling?
- He is a negative influence on me. – *How specifically* do you mean that? *How specifically* does he behave?
- She was looking out of sorts last week. – *How specifically* was she looking?
- I am wonderful in bed! – *How specifically* do you mean that??

### 4. **NOUNS: (Non-specific things)**

#### **Who, whom, what, which specifically? Which specific?**

- This *organisation* is incompetent! *Whom specifically* in the organisation do you feel that way about? *How specifically* do you mean incompetent?
- *Advertisements* tell lies! – *Which specific advertisements* do you feel that way about? Or, *Which specific* advertisers tell lies?
- *People* just don't understand me! – *Who specifically* doesn't understand you?
- *Today's children* are badly behaved! – *Which children specifically* are badly behaved?
- *Therapies* just waste my time! – *Which therapies specifically* do you feel that way about?

### 5. **DISMISSALS: (Too - much / many / little / expensive, etc.)**

#### **Compared to what / whom?**

- I have *too little* money! – *Compared to what / whom?*
- I am *too fat / skinny / short / tall!* – *Compared to what / whom?*
- This seminar is *too expensive!* – *Compared to what?*
- It's *too far* to travel! – *Compared to what?*
- This takes *too much time!* – *Compared to what?*



# Verbal Reframe

## (Three-Person Exercise)

First decide who will be person A, B and C for the first round of exercises.  
Do both exercises 1 and 2, then rotate and repeat.

### EXERCISE 1: Content Reframe

1. Person **A** will make a complaint about themselves in the following form: **"I feel X when Y happens"** (e.g. I feel *angry* [X] when my spouse *looks* [Y] at me in a certain way). Please make sure the complaint is made in this form.
2. Person **B** is the reframer, and notices the form of the complaint. **B uses a *content reframe*** by asking, internally and/or externally, **"What else could this behaviour mean that would have a positive value? What else could this mean that would be good?"** (e.g., "Great! Could that mean you just need to imagine that look to get access to the anger? Could you use the anger as a capstone for an Emotional Journey that would get to the *real* cause of that hook? Could you use this to get free from the *real* cause of the anger issue?")
3. Person **C** is the observer/helper who relaxes, and can assist either in helping person **A** with the phrasing of the complaint, or person **B** with possible reframes.

### EXERCISE 2: Context Reframe

1. Person **A**, makes a second complaint about themselves in the following form: b) **"I am too X"**, (e.g. "I am too *sensitive* [X]"). Please make sure the complaint is made in this form.
2. Person **B**, the reframer, notices the form of the complaint and uses a ***context reframe*** by asking, internally and/or externally, **"In what context would this behaviour or belief have a positive value? In what context could this be good?"** (e.g., "Great! Does that mean you can tune into your own and other people's emotions more easily? Would it allow you to process more deeply, or could it mean that you are more sensitive to the nuances of others' emotions when you process with them? What benefits would that potentially bring to others... and yourself?")
3. Again, person **C** is the observer/helper who relaxes, and can assist in either helping person **A** with the phrasing of the complaint, or **B** with possible reframes.

**Switch, repeating steps 1 to 3 for both exercises, and then switch again so that each person gets the chance to be an A, B and C.**

# Imbedded Commands

Imbedded commands are subtle yet powerful suggestions to our nervous system, which by-pass our filters

## NEGATIVE IMBEDDED COMANDS:

(General)

- Don't *make a mess* with your ice cream
- Watch you don't *fall down* the stairs
- Don't *drink and drive*
- Don't *do drugs*
- Don't *bother me right now*

(Therapeutic)

- Don't make a *struggle of going down the levels*
- Don't be *nervous about what you might discover*
- Never *doubt your body's ability to heal*
- Don't *listen to your negative self-talk*
- Don't be *afraid of your emotions*
- Don't *avoid your true feelings*

Contrast each of the above negative imbedded commands with a direct positive command – e.g. Please eat your ice cream carefully and make sure to keep your clothes clean.

## POSITIVE IMBEDDED COMMANDS:

- What would happen if you were to *discover you can ...?*
- How will you *open up and free yourself* when ...?
- What will it be like when you realise *you are able to ...?*
- How will your life improve when you discover *you've already ...?*
- How will you feel when *this old pattern is already over, and the healing you're here for has already taken place?*
- How *whole and fulfilled* does it feel now that *the body has* completely and effortlessly *healed* automatically, on its own accord?
- *Now*, when would be a good time to finally just *decide you've had enough* of this previous old pattern?
- And you'll find that you will only be able to open your eyes as soon as *all parts of you are fully integrated* in the knowledge that this *healing will continue* to take place perfectly naturally, automatically, effortlessly ... the way it always does. And you may open your eyes when you are ready *now*.

**Now, how easy would it be for you to make up three more positive *imbedded* commands of your own?**

# Belief Change

Just find a comfortable position ... and as you allow your eyes to close now ... you may find yourself beginning to relax ... and just take a nice deep breath in ... and let it slowly out ... and another long deep breath in ... and slowly out ... relaxing and opening your being ...

And as you continue to relax and open ... you may notice in your mind's eye, or you may get a sense or knowing, that in front of you is a downward facing staircase ... and this shimmering staircase has five steps ... And in the knowledge that these steps will lead you deeply into the light of your own being ... into your essence ... step now onto the top step, number five ...

With each step taking you deeper into your own Self ... stepping down onto step four ... opening down to three ... deeper down to two ... and before you step onto the final step, step one ... just let your awareness expand infinitely in front ... and behind ... allow consciousness to become boundless to each side ... open spaciously above ... and deepen ocean-like beneath ... Then step into the core of your own deepest awareness ... as you step down onto step one now ... and just rest as this awareness ...

And you may notice that to one side of you is a doorway ... and in the knowledge that through this doorway is the light of your own soul ... and that waiting here is a beliefs mentor ... one in whose divinity and wisdom you can rest and trust ... just walk through the doorway, into the light ... and greet your mentor ... thanking him or her for being here to assist you in changing an old belief that no longer support you ...

And now you may notice that waiting to the side is a very special vehicle ... this is a time shuttle that will take you back in time and place to when a specific belief was formed ... a belief that was unsupportive or unhealthy ... or one that has become inappropriate, or unhealthy, or unsupportive to the person you are today ... So you and your mentor can step right into the shuttle, take a seat and fasten your seat belts ... Now look at the dashboard in front of you ... and see the red button marked '**old belief**' ... knowing that when you press this button, the shuttle will take you safely and elegantly back in time ... back to the consciousness of that old belief ... to the time and place when that belief was adopted ... And either you or your mentor can press the red button now ... and let the shuttle take you where *it* knows to go ... and when you arrive at the scene just allow the shuttle to come in for a soft, gentle landing, and you can let me know that you've safely arrived ... (wait for response) ... Great.

Now, you and your mentor can undo your seat belts and leave the shuttle, walking right back into the scene where the old belief was formed ... and you can also bring a guardian angel right here with you, if that feels helpful or appropriate ...

And as you walk right into that old scene, just notice who else is here ... and you can adjust the lighting level and the clarity of the scene until it's ideal ... So who else is here? (let answer) ... Good ... Thank you ... So now allow a campfire to appear right here in this scene ... knowing that this fire is the fire of unconditional Love ... of Life itself ... And bring also to this campfire the presence of God, or the presence of the Infinite or the Universe ... Great.

Now ask either the younger you in the scene or the beliefs mentor ... What unhealthy belief was created here? ... What belief was formed that is no longer appropriate or supportive in this life stream? ... What were the words that were spoken internally? ...

Just allow the old belief to reveal itself ... and speak those old words out ... (let answer, help if necessary by repeating this paragraph) ... Thank you.

Now, in the knowledge that God, the Infinite, the Universe understands fully why this belief was initially adopted ... and that it is no longer appropriate to leave it in place ... let the younger you ask for blessings and assistance to undo and remove the old belief ... and to replace it with a new healthy, wholesome belief ... one that feels true and freeing ... And when those blessings have been given, just let me know ... (let answer) ... Great! ...

So now turn to the person or people in this scene, and let them know what belief was previously bought in to ... and in your own words, let them know that it is no longer appropriate to have this old belief in place ... (give time) ... And tell them that it is your intention to let go of the old belief and replace it with a new, healthy one ... (give time) ... Great!

Now, just forgive those at the campfire for playing their part in the making of the old belief ... And ask for forgiveness from God, the Infinite, the Universe for anything that needs forgiving ... and allow forgiveness to come to you from all those at the campfire ... And you can let me know when this is complete ... (give time) ... Great!

Now, turn to the mentor and ask that the old belief be swept clean, be completely cleared out from every cell of your being ... Just let the mentor sweep, wash, hose, vacuum away every vestige of that old belief ... and you just watch and feel as that old belief is cleared from every molecule of your being ... from the spaces between the molecules ... right down to the level of consciousness itself ... and you can just let me know when that's completely finished ... (give sufficient time) ... Fabulous! ... And if any other similar or associated unsupportive beliefs arise, just let me know by nodding your head ... and if there are any, you can just allow the beliefs mentor to do a complete sweep clean of this or these beliefs too ... making sure the whole consciousness of them is totally removed from every fibre of your being ... (give time) ... and you can let me know when that is completely complete ... Thank you ...

And now ask the mentor to cut any ties or energetic cords that may attach you to the person or people in this scene ... making sure that love or light is sent through both ends of the ties as they are cut ... Looking into the faces of those who are being freed ... notice how grateful they are to be set free ... Beautiful!

And now turn again to the mentor, and ask, what is the deepest truth ... what is realised at the deepest level that will empower you to be open, healthy, fulfilled and free ... free to be your true Self ... free to soar ... And when you are ready, you can let me know what the deepest truth is ... (let answer, give assistance if needed) ... That's beautiful ... Thank you. So now, as you repeat this realisation internally ... just ask the mentor to install this brand new certainty into every cell of the being ... ask the mentor to flood every particle of your being with these new, empowering words ... making them an integral part of you ... revitalising you ... energising you ... letting you come to peace and completion ... (give time) ... and just let me know when this is completely complete ... (give sufficient time) ... Beautiful.

So, in the knowledge that this truth can only get stronger and more supportive over time ... and knowing that it will heal and guide perfectly and naturally, effortlessly, of its own accord ... you can send blessings to the others at the campfire, thank them for being here ... and allow them to merge into the fire that is the source of all life ... Only you, the younger you and the mentor remain ... Now let the younger you hug and merge with the present you ... letting the younger you grow up through all the intervening years with this new, empowering, healthy certitude already in place ... sensing the changes in consciousness that take place ... the emotional and physical healing that takes place ... as the old integrates with the new ... right up to the present time ... and you can let me know when this is complete ... (give time) ... Good

Now, turning to the mentor ask if there is any more teaching to be learned here ... if there is any insight or wisdom to be revealed ... and if there is, just let that be revealed now ... and let me know ... (give time) ... Good ...

And now this is complete, you and your mentor can get back into the shuttle ... and let the shuttle take you right back to the doorway you first came through ... And when you've arrived, just get out and thank your mentor with all your heart for being here in support of this life-changing process of release and healing ... (give time) ... And then just step back through the doorway and walk over to the bottom of the staircase you originally came down ...

Now just step back up the steps, starting with ... **one** ... coming back to the present time ... **two** ... feeling refreshed and renewed ... **three** ... stretching and becoming aware of the body ... **four** ... and now step into the future a day from now ... feeling how you feel a day from now, with this brand new, wholesome, empowering realisation already a part of you ... Great

... And now step one week into the future ... and see and hear and feel how it is to be the new you one week from now ... notice how different you feel and how differently you are communicating with yourself and with others ... Great ... And now step into the future one month from now ... and feel your being as it is flooded with the consciousness of the brand new you one month from now ... How is it to be the new, free you? How does it feel to be released, healed and whole? ... Fabulous! And now step six months into the future ... and get a full sense of how your life is ... how it is now, to have been free from that ancient belief for six months ... with the deepest truth having guided and supported you for six months now ... So how does it feel to be free ... to soar? ... Excellent!

And knowing that time is just a concept ... and that anything that appears in consciousness is already here ... just allow the consciousness of the you six months from now to come back to the present moment ... on step four ... and knowing that you will only be able to step up onto step five and open your eyes when all parts of you are fully integrated in the knowledge that this healing, this release, this freedom can only grow and integrate organically, perfectly naturally, of its own accord ... And when all parts are fully integrated and agreed then you may step up onto step **five** ... and you can open your eyes now, when you are ready ...

**Congratulations! Great work**

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# Vow Change

Just find a comfortable position ... and as you allow your eyes to close now ... you may find yourself beginning to relax ... and just take a nice deep breath in ... and let it slowly out ... and another long deep breath in ... and slowly out ... relaxing and opening your being ...

And as you continue to relax and open ... you may notice in your mind's eye, or you may get a sense or knowing, that in front of you is a downward facing staircase ... and this shimmering staircase has five steps ... And in the knowledge that these steps will lead you deeply into the light of your own being ... into your essence ... step now onto the top step, number five ...

With each step taking you deeper into your own Self ... stepping down onto step four ... opening down to three ... deeper down to two ... and before you step onto the final step, step one ... just let your awareness expand infinitely in front ... and behind ... allow consciousness to become boundless to each side ... open spaciously above ... and deepen ocean-like beneath ... Then step into the core of your own deepest awareness ... as you step down onto step one now ... and just rest as this awareness ...

And you may notice that to one side of you is a doorway ... and in the knowledge that through this doorway is the light of your own soul ... and that waiting here is a mentor ... one in whose divinity and wisdom you can rest and trust ... just walk through the doorway, into the light ... and greet your mentor ... thanking him or her for being here to assist you in changing an old vow that no longer supports you ...

And now you may notice that waiting to the side is a very special vehicle ... this is a time shuttle that will take you back in time and place to when a specific vow was made ... a vow that was unsupportive or unhealthy ... or one that has become inappropriate, or unhealthy, or unsupportive to the person you are today ... So you and your mentor can step right into the shuttle, take a seat and fasten your seat belts ... Now look at the dashboard in front of you ... and see the blue button marked '**old vows**' ... knowing that when you press this button, the shuttle will take you safely and elegantly back in time ... back to the consciousness of that old vow ... to the time and place when that vow was made ... And either you or your mentor can press the blue button now ... and let the shuttle take you where *it* knows to go ... and when you arrive at the scene just allow the shuttle to come in for a soft, gentle landing, and you can let me know that you've safely arrived ... (wait for response) ... Great.

Now, you and your mentor can undo your seat belts and leave the shuttle, walking right back into the scene where the old vow was made ... and you can also bring a guardian angel right here with you, if that feels helpful or appropriate ...

And as you walk right into that old scene, just notice who else is here ... and you can adjust the lighting level and the clarity of the scene until it's ideal ... So who else is here? (let answer) ... Good ... Thank you ... So now allow a campfire to appear right here in this scene ... knowing that this fire is the fire of unconditional Love ... of Life itself ... And bring also to this campfire the presence of God, or the presence of the Infinite or the Universe ... Great.

Now ask either the younger you in the scene or the mentor ... What unhealthy vow or vows were made here? ... What vows were made that are no longer appropriate or supportive in this life stream? ... What were the words that were spoken internally? ... Just allow the old vows to reveal themselves ... and speak those old words out ... (let answer, help if necessary by repeating this paragraph. Write down vow or vows.) ... Thank you.

Now, in the knowledge that God, the Infinite, the Universe understands fully why these vows were initially made ... and that it is no longer appropriate to leave them in place ... let the younger you ask for blessings and assistance to undo and remove the old vows ... and to replace them with a new healthy, wholesome vow or commitment ... And when those blessings have been given, just let me know ... (let answer) ... Great! ...

So now turn to the person or people in this scene, and let them know what vows were previously made ... and in your own words, let them know that it is no longer appropriate to have them in place ... (give time) ... And tell them that it is your intention to let go of the old vows and replace them with a new, healthy vow or commitment ... (give time) ... Great ...

Now, just forgive those at the campfire for playing their part in the making of the old vows ... And ask for forgiveness from God, the Infinite, the Universe for anything that needs forgiving ... and allow forgiveness to come to you from all those at the campfire ... And you can let me know when this is complete ... (give time) ... Great ...

Now, turn to the mentor and ask that the old vows be swept clean, be completely cleared out from every cell of your being ... Just let the mentor sweep, wash, hose, vacuum away every vestige of those old vows ... and you just watch and feel as they are cleared from every molecule of your being ... from the spaces between the molecules ... right down to the level of consciousness itself ... and you can just let me know when that's completely finished ... (give sufficient time) ... Fabulous! ...

And now ask the mentor to cut any ties or energetic cords that may attach you to the person or people in this scene ... making sure that love or light is sent through both ends of the ties as they are cut ... Looking into the faces of those who are being freed ... notice how grateful they are to be set free ... Beautiful!



And now turn again to the mentor, and ask for assistance in the formulation of a new, wholesome, appropriate vow ... **one that is positively phrased** ... one that will empower you to be open, healthy, fulfilled and free ... free to be your true Self ... free to soar ... And when you are ready, you can let me know what the new, healthy vow is ... (let answer, give assistance if needed) ... That's beautiful ... Thank you ... .. So now, as you repeat this vow internally ... just ask the mentor to install this brand new vow into every cell of the being ... ask the mentor to flood every particle of your being with this new, empowering vow ... making it an integral part of you ... revitalising you ... energising you ... letting you come to peace and completion ... (give time) ... and just let me know when this is completely complete ... (give sufficient time) ... Beautiful ...

So, in the knowledge that this new vow can only get stronger and more supportive over time ... and knowing that it will heal and guide perfectly and naturally, effortlessly, of its own accord ... you can send blessings to the others at the campfire, thank them for being here ... and allow them to merge into the fire that is the source of all life ... Only you, the younger you and the mentor remain ... Now let the younger you hug and merge with the present you ... letting the younger you grow up through all the intervening years with this new, empowering, healthy vow already in place ... sensing the changes in consciousness that take place ... the emotional and physical healing that takes place ... as the old integrates with the new ... right up to the present time ... and you can let me know when this is complete ... (give time) ... Good

Now, turning to the mentor ask if there is any more teaching to be learned here ... if there is any insight or wisdom to be revealed ... and if there is, just let that be revealed now ... and let me know ... (give time) ... Good ...

And now this is complete, you and your mentor can get back into the shuttle ... and let the shuttle take you right back to the doorway you first came through ... And when you've arrived, just get out and thank your mentor with all your heart for being here in support of this life-changing process of release and healing ... (give time) ... And then just step back through the doorway and walk over to the bottom of the staircase you originally came down ...

Now just step back up the steps, starting with ... **one** ... coming back to the present time ... **two** ... feeling refreshed and renewed ... **three** ... stretching and becoming aware of the body ... **four** ... and now step into the future a day from now ... feeling how you feel a day from now, with this brand new, wholesome, empowering vow already a part of you ... Great ... And now step one week into the future ... and see and hear and feel how it is to be the new you one week from now ... notice how different you feel and how differently you are communicating with yourself and with others ... Great ...

And now step into the future one month from now ... and feel your being as it is flooded with the consciousness of the brand new you one month from now ... How is it to be the new, free you? How does it feel to be released, healed and whole? ... Fabulous! And now step six months into the future ... and get a full sense of how your life is ... how it is now, to have been free from those old vows for six months ... with the new, wholesome vow having done its work for six months now ... So how does it feel to be free ... to soar? ... Excellent!

And knowing that time is just a concept ... and that anything that appears in consciousness is already here ... just allow the consciousness of the you six months from now to come back to the present moment ... on step four ... and knowing that you will only be able to step up onto step five and open your eyes when all parts of you are fully integrated in the knowledge that this healing, this release, this freedom can only grow and integrate organically, perfectly naturally, of its own accord ... And when all parts are fully integrated and agreed then you may step up onto step **five** ... and you can open your eyes now, when you are ready ...

**Congratulations! Great work!**

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# Beliefs Drop-Through

As you sit comfortably and relax, and turn all awareness inside the body, just enquire: if there were some unhealthy or unsupportive beliefs about life, about control, safety or unworthiness that you picked up along the way, what might they be? Maybe there are some beliefs about who you needed to pretend be, or how you needed to behave, or look, or seem, in order to survive ... If so, what might they be? ...

We can absorb disempowering beliefs, ideas, and concepts through people's actions or words, through society's expectations or through our own experience of life's traumas. If there were any remaining unhealthy views on freedom, authenticity or living life as an expression of your real self, what might they be? *[Write down each disempowering belief separately.]*

And if there were a **deeper belief** than these, what might be here? What's deeper than this? ...

And if that belief relied on another, **even deeper, belief** ... what might be here? What's underneath this? *[Keep eliciting deeper and deeper beliefs, dropping through to core belief or emotion]*

And if there were a **belief underneath all other unhealthy beliefs** ... or **right at the core of all other beliefs** ... what might that be? If there were a **prime, foundational belief** on which all others were founded... one that shored up all the others ... what could that be? ... *[Let answer]* ... And how does it really feel to contemplate or admit that belief? ... What does it bring up for you emotionally ... at the deepest level? ... Great ...

And if you could no longer hold on to this foundational belief ... If you could no longer rely on it to protect you emotionally ... what would you really feel? ... If someone stole away your ability to rely on this belief ... pulled the rug on it ... what would you risk feeling emotionally, at the very deepest level? ... Great ... So just free fall into this emotion, and surrender to it completely, no matter what ...

Keep letting go into the heart of this until **it** is done with you... Just keep opening into it, as it grows more and more intense ... Let go completely until **it** decides to finish with you ... Wonderful ... And what is here ... right in the heart, the essence? ... Great job ...

*[Keep opening into the heart of what shows up ... Open freshly into expansiveness, source, then rest for a couple of minutes before gently opening eyes.]*

# Phobia Cure

So just find a nice comfortable position, and as you relax and open your being, just close your eyes ... and imagine that you are sitting on a comfortable sofa ... in a viewing room, with a large screen on the wall in front of you ... And you can see the blank screen ... and a DVD player right below it ... and in your hand is a remote control device ... and a DVD disc in its box or case ... and on this DVD is recorded an old scene or memory related to a fear you had in the past ... it is a memory that in the past caused you some stress or anxiety ... Great ...

And you can bring a mentor and guardian angel right here with you in the room. If you wish, you can invite the mentor and the guardian angel to sit with you on the sofa ... you can even sit in the lap of the guardian angel if you wish, feeling its protective presence safely enveloping you ...

And you can rest in the knowledge that *you* are in complete control of how this old scene plays out ... You can bring the screen closer, or push it farther away ... you can adjust the size of the screen, to make it bigger or smaller ... and you can adjust the focus until it's either sharper or more fuzzy ... You can adjust the colour and brightness ... You can even make it black and white if you like ... So now, make all these adjustments so that you ***begin to feel more relaxed and comfortable now*** ... Great ...

And now, as you remain seated, pick up the remote control ... then give the mentor the case containing the DVD disc ... as you get ready to watch the old scene play on the screen ... and let the mentor put the DVD disc in to the player ... And you can just nod to let me know when the disc has been inserted ... Great ...

Now just push the 'Fast Play' button and let the original scene play out on the screen really quickly right to the end ... And when it's finished you can let me know by giving a nod ... That's great ... Now would you please briefly describe the scene to me? ... [*Let describe*]

And now press 'Fast Reverse' and *see and hear* the scene running backwards ... Now run the scene forwards again, triple speed ... Now backwards triple speed, seeing everyone moving in reverse, hearing the words backwards ... Now forwards again. Now backwards ... faster and faster ... forwards, backwards, forwards, backwards ... again and again ... faster and faster ... forwards, backwards ... until the scene and the words are a complete blur ... and when everything is a complete blur, you can just nod your head to let me know ... [*Give time*] ... Fabulous ...

[Ask clients permission for the boxed section, which includes humour...]

Now, give everyone in the scene, including yourself, silly fancy-dress or cartoon characters' outfits with funny ears and noses. Let them all speak with very silly cartoon voices, or like they've been inhaling helium ... Great ... Now add some funny Keystone Cop or cartoon-type music and just watch and hear the scene play out with these silly costumes, the silly voices and the silly music. *Notice how different it looks, sounds and feels* as the scene plays out to the end ... Then run the scene backwards and forwards ... faster and faster in each direction ... Until it's all just a blur ... And when it's finished, just nod to let me know ... [Give time] ... Fabulous!

Now let the younger you in the scene step down off the screen and come over to join the you on the sofa ... And now, ask the younger you or the mentor what emotional resources or qualities would have helped at that time ... **What emotional resources or qualities would have been needed for this scene to have played out much more positively and beneficially then? ... What would have helped the younger you handle things much more healthily back then?** [Be helpful and get creative – suggest qualities and ask if they would help ... courage, confidence, love, self-esteem, ability to open and speak from the heart, ability to speak the truth, inner calm or peace, sense of fun or playfulness, the ability to enjoy the process, feeling support from your audience, crystal dome, knowledge of Self as Source, etc.]

Now hand the younger you from the scene a big colourful bunch of balloons, with each balloon containing one of these resources ... Let the younger you *breathe* into each of these balloon qualities, one by one, and feel the resources permeating the younger you. [Name each resource and allow it to be breathed in]

And now *watch* as the younger you with the big balloon bouquet, gets back up on the screen ... and **see and hear and feel how differently it would have happened** if you'd had access to these resources at that time ... Let the scene play out, and **notice how things have changed now** ... Notice how you are handling things differently ... much more resourcefully ... much more confidently now ... now that you have access to all these new resources ... And when the new scene has finished completely, you can let me know ... Great ... So what happened? How was it different this time? ... [Let answer] ... Fabulous!

And now, just allow the new, more resourceful younger you to come down off the screen, come over to you on the sofa and hug and merge with you ... letting the younger you grow up inside the body of the present you ... allowing any other similar memories relating to this issue to arise ... and you can see the memories as they arise ... or you can get a sense or knowing that this is happening ... however it works for you is perfect ... and with each one memory arises, letting it be washed through by the consciousness of the new resources inside you ... and with the growing realisation and awareness inside ... letting each memory be energetically transformed by the new qualities ... Great ... And you can take as much time as is needed for this to happen ... [Give sufficient time] ... And just nod your head when it is complete, and you've arrived at the present moment ... Excellent ... So what took place? [Let share]

And now seeing and hearing and feeling what it is like to be finally and completely free from that old issue ... You can thank the mentor and the guardian angel if you had one, and you may leave the viewing room, walking out happy in the experience of your new freedom, confidence and wholeness ... Great!

Now, step in to the future a day from now ... Get a sense of how you are feeling ... of what has improved in your life over the last 24 hours ... How do you feel? ... *[Let answer]* ... Great ... And now step in to the future a week from now ... Just check what shifts have already taken place ... Get a sense in your body of how your confidence and trust have deepened ... Can you feel the changes? ... Great ... What else is changing? ... *[Let answer]* ... Great ...

Now step in to the future a month from now ... and looking back over that month, take a look at all the things you've been able to achieve ... now that you are free from the old pattern ... How do you feel one month from now? ... *[Let answer]* ... Great ...

And now just step in to the future six months from now ... getting a full sense of how your life has improved six months from now ... Seeing, and hearing and feeling how amazing it is to be you ... How good is it to be alive, in this body, at this time ... *[Let answer]* ... Wonderful!

And knowing that time is just an illusion, and that everything that can be brought in to consciousness is already here in consciousness ... in the present moment ... right here, right now ... So, just come back to the present moment basking and celebrating in the extraordinary qualities of your deepest Self ... And knowing that you will only be able to open your eyes as soon as all parts of you are fully integrated and agreed that this transformation can only deepen and grow over time, that this realisation of potential can only flourish and expand, and that the greatness inside can only unfold and express itself healthily and wholesomely in all ways, and when all parts of you are fully integrated and agreed that this can happen perfectly, automatically, of its own accord, effortlessly and organically, then you may open your eyes now, when you are ready.

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# Emotional Avoidance Phobia Cure Hybrid

## With Beliefs and Vows Change

Just find a nice comfortable position, and as you relax and open your being, just close your eyes ... and imagine that you are sitting safely on a comfortable sofa in a viewing room, with a large, blank video screen on the wall in front of you ... And you can welcome a mentor ... and guardian angel if you wish ... feeling its protective presence safely enveloping you ... You can even ask the mentor to provide a crystal dome of protection ... One that allows in only love and positivity ... and keeps everything else on the outside ... Good ... So just rest in the knowledge that you are completely safe here ...

And putting your attention on the screen now ... You can bring the screen closer, or push it farther away ... you can adjust the size of the screen, to make it bigger or smaller ... and at any time you can alter the focus until it's either sharper or more fuzzy ... You can adjust the colour and brightness ... You can even make it black and white if you like ... So now, begin to make all these adjustments so that you *begin to feel more relaxed and comfortable now* ... Great ...

And notice the DVD player right below the screen ... and in your hand is a remote control device ... and a DVD disc in its case ... and on this DVD is recorded an old scene or memory related to a fearful reaction you may have had in the past to a strong emotion or emotions ... maybe one of your core avoidance emotions ... one that, in the past, you might have avoided at all costs ... It is a memory that long ago may have caused you to shut down ... freeze ... block ... deny ... override ... or avoid a specific emotion or emotions ... And you can rest in the knowledge that *you* are in complete control of how this old scene plays out ...

And now, as you remain seated on the sofa, pick up the remote control ... as you get ready to watch the old scene play on the screen ... Then give the mentor the case containing the DVD disc ... and let the mentor put the DVD disc into the player ... And you can just nod to let me know when the disc has been inserted ... Great ...

And now press the 'Fast Play' button on the remote and just let the scene play out quickly from beginning to end ... as you sit safely watching the screen ... And just let me know when the scene has completely played out ... [Give time] ... Great ... So would you please describe the scene briefly to me? ... [Let describe] ... Thank you ... And just for extra clarity, would you please tell me which specific emotions you may have blocked or shut down or avoided at that time? ... [Let answer] ... Great, thank you ...

So, now put your attention back on the scene of that old memory on the screen ... and just push the 'Fast Play' button and let it play out really quickly right to the end ... And when it's finished you can let me know by giving a nod ... [Give time] ... That's great ...

And now press 'Fast Reverse' and *see and hear* the scene running backwards ... Now run the scene forwards again, triple speed ... Now backwards triple speed, seeing everyone moving in reverse, hearing the words backwards ... Now forwards again ... Now backwards ... Faster and faster each time ... Forwards, backwards, forwards, backwards ... again and again ... faster and faster ... Forwards, backwards, forwards, backwards ... until the scene and the words are a complete blur ... And when everything is a complete blur, you can just nod your head to let me know ... [Give time] ... Excellent!

[Ask client's permission for this boxed section, which includes humour...]

Now, give everyone in the scene, yourself included, silly fancy dress or cartoon characters' outfits with funny ears and noses. Make all the scenery and props out of rubber or sponge or candy ... Make it bouncy, or springy, and fun ... And let everyone speak with very silly cartoon voices, or like they've been inhaling helium ... You too! ... Great! ... Now add some funny cartoon-type music ... and just watch and hear the scene play out with these silly costumes, the silly scenery, the silly voices and the silly music. *Notice how different it looks, sounds and feels* as the scene plays out to the end ... Then run the scene backwards and forwards ... faster and faster in each direction ... seeing the actions, hearing the words ... especially as they are spoken backwards ... faster and faster in each direction ... incredibly fast ... Until it's all a complete blur ... And when it's finished, just nod to let me know ... [Be in humorous rapport! Give time] ... Fabulous!

Now let the younger you in the scene step down off the screen and come over to join the you on the sofa ... And ask either the younger you in the scene or the mentor ... What unhealthy beliefs ... and vows or promises were formed here? ... What unsupportive beliefs about strong emotions did you form? ... And what vows or promises of closure or shut down or avoidance or distraction did you make? ... How did you contrive to avoid such feelings and such circumstances in the future? ... What did you decide? ... Allow all the old beliefs, vows and promises to reveal themselves ... and speak out all the words associated with each of them ... [Let answer, help if necessary by repeating this paragraph. Make sure they speak the words out. Write them all down so you can repeat them back later. Take time and make sure they empty out the old beliefs.]

So now turn to the person or people in the scene on the screen, and let them know that you understand that all these conditioned responses were born from a mistake ... and probably from old conditioning that they had themselves absorbed earlier in their own lives ... And in your own words, please let them know that it is no longer appropriate to have that old stuff in place ... [Give time] ... And tell them that it is your intention to let go of the old conditioning and replace it with new, empowering choices ... And healthy truths, born from freedom ... [Give time] ... Good ...



Now, turn to the mentor and ask that the old beliefs, vows and promises all be swept clean, be completely cleared out from every cell of your being ... [Read out the list of beliefs, vows and promises you wrote down earlier] ... Just let the mentor sweep, wash, hose, vacuum away every vestige of those old restrictive patterns ... and you just watch and feel as it all is cleared from every cell in your body ... right down to the level of the DNA ... refreshing and clearing ... from every molecule of your being ... from the spaces between the molecules ... right down to the level of consciousness itself ... making sure the mentor gets in to all the stuck places ... all the dark corners ... all the secret places ... until they are all completely cleared out ... Take as much time as you need ... [Give as much time as needed] ... and you can let me know when that's completely finished ... Fabulous! ...

And now turn again to the mentor, and ask for assistance in the formulation of new, wholesome, empowering realizations or deepest truths ... new, empowering, freeing vows and decisions ... **ones that are positively phrased, using only positive language and words** ... ones that will allow you to remain open, fully connected in life and fulfilled ... free to be your true self ... And when you are ready, you can let me know what the new, healthy truths and decisions are ... [Let answer, give assistance if needed. Write down new realizations / truths / vows / decisions] ... That's beautiful ... Thank you ... So now, as you repeat these realizations out loud, affirming their truth ... [Read new truths and vows one by one, getting partner to repeat each one after you]

Just ask the mentor to install them all, to re-program them into every cell of the being ... Ask the mentor to flood every particle of your being with these new, empowering certainties and decisions... making them an integral part of you ... freeing you ... revitalizing you ... energizing you ... letting you come to peace and completion ... Allowing you to freely feel and experience all that life has to offer ... [Give time] ... and just let me know when this is completely complete ... [Give sufficient time] ... Wonderful.

And now, imagine opening your chest and your heart ... and send forgiveness to the people associated with the old conditioning ... forgiveness for anything that might need forgiving ... And you can just whisper out that forgiveness ... Great ... And staying wide open, receive forgiveness from them for anything that might need forgiving in you ... however small or insignificant that might be ... And finally forgiving yourself for anything, and everything that could use some forgiveness ... [Give time]

And now, ask the younger you or the mentor what emotional resources or qualities would have helped at that time ... What emotional resources or qualities would have been needed for this scene to have played out much more positively and beneficially then? ... What would have helped the younger you handle things much more healthily and supportively back then?

[Be helpful, get creative – suggest qualities and ask if they would help ... ability to stay open, ability and willingness to feel fully, courage, confidence, love, self-esteem, ability to open and speak from the heart, ability to speak the truth, realization of Authentic Self, etc.]

Now hand the younger you from the scene a big colourful bunch of balloons, with each balloon containing one of these resources ... Let the younger you *breathe* into each of these balloon qualities, one by one, and feel the resources permeating the younger you. [Name each resource and allow it to be breathed in]

And now *watch* as the younger you with the big balloon bouquet gets back up on the screen ... and *see and hear and feel how differently it would have happened* with these new truths and decisions already installed ... with full access to these new healthy resources and realizations ... Let the scene play out, and *notice how things have changed now* ... Notice how you are able to remain open and let emotions simply flow through your body now ... with the full knowledge that any emotion fully felt takes you right into the heart of freedom... leaves you in clarity and at choice ... living and acting from freedom now ... Fully able to embrace and welcome whatever arises ... And respond healthily, authentically, positively now ... And when the new scene has finished completely, you can let me know ... Great ... So what happened? How was it different this time? ... How does that feel? ... [Let answer] ... Fabulous!

And now, just allow the new, more resourceful younger you to come down off the screen, come over to you on the sofa and hug and merge with you ... letting the younger you grow up inside the body of the present you ... allowing any other similar memories relating to this issue to arise ... and you can see the memories as they arise ... or you can get a sense or knowing that this is happening ... and as each memory arises, let it be washed through by the consciousness of the new resources and freedom inside you ... with the growing realisation and awareness that you are open, feeling, fully engaged in life and completely free ... Let each memory be energetically transformed by the new qualities ... Great ... And you can take as much time as is needed for this to happen ... [Give sufficient time] ... And just nod your head when it is complete, and you've arrived at the present moment ... Excellent ... So what took place? [Let share]

And now seeing and hearing and feeling what it is like to be finally and completely free from that old pattern ... Open, fully alive, vibrant now ... You can thank the mentor, and the guardian angel if you had one, and you may leave the viewing room, walking out happy in the experience of your new freedom, confidence and wholeness ... Great!

Now, step in to the future a day from now ... Get a sense of how you are feeling ... of what has improved in your life over the last 24 hours ... How do you feel? ... [Let answer] ... Great ... And now step in to the future a week from now ... Just check what shifts have already taken place ... Get a sense in your body of how your confidence and trust have deepened ... Can you feel the changes? ... Great ...

What else has changed? ... [Let answer] ... Great ... And step in to the future a month from now ... What about that old emotion, or those emotions, you were previously afraid to feel? ... How easy is it to allow that now? ...

How healthy and free do you feel one month from now? ... [Let answer] ... Great ... And now just step into the future six months from now ... getting a full sense of how your life has opened, and improved ... how you have changed, deepened and grown six months from now ... Seeing, and hearing and feeling how amazing it is to be you ... Noticing all the things that are newly possible in life ... How good is it to be you, fully engaged in life, in this body, at this time ... [Let answer] ... Wonderful! ...

And now step one whole year into the future ... and open fully to the new experience of life that is being lived ... What does it feel like when you are truly open to the full experience of life? ... What differences show up in the experience of life, now that you are able and willing to allow all emotions to come and play ... and dance through you ... and take their leave? ... How has life deepened, become more profound in this new awareness? ... And how has it lifted, lighted and become more effortless ... more joyous ... more engaging ... and more fun? ... [Let answer] ... Fabulous! ...

And knowing that time is just an illusion, and that everything that can be brought into consciousness is already here in consciousness ... in the present moment ... right here, right now ... So, just come back to the present moment basking and celebrating in the extraordinary freedom of your deepest Self ... And knowing that you will only be able to open your eyes as soon as all parts of you are fully integrated and agreed that this transformation can only deepen and grow over time, that this realisation of freedom and openness can only flourish and expand, and that your deepest authenticity can only unfold and express itself healthily and wholesomely in all ways, and when all parts of you are fully integrated and agreed that this can happen perfectly, automatically, of its own accord, effortlessly and organically, then you may open your eyes now, when you are ready ...

Great job! Congratulations!

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## 6-Step Reframe

Open into rapport, and ask your client what behaviour, habit or pattern they wish to change. Then simply ask them to relax and allow the process to be effortless and comforting. Let them know that they might feel nothing during the process, and that a deep part of them, their other-than-conscious, will be doing all the work, so they can just relax. (Use substitute name for part if preferred by client)

Then Say:

**[Step 1]** I'd like to speak to the part responsible for generating this \_\_\_\_\_ [behaviour, pattern etc.] And, as I don't know the name of this part, I'm going to call it the Guardian Part ... unless there's another name you'd prefer ... [let give alternative if preferred] ... because I know that there is a way in which this part has been protecting and taking care of \_\_\_\_\_ [client's first name] in the past ... And the first thing I'd like to do is to thank the Guardian Part for all it has done to be a good guardian to \_\_\_\_\_ [name] for a long time ... maybe for many years ... And I'd like to reassure this Guardian Part that everything I am about to say and do will be in full support of its job of making sure that \_\_\_\_\_ [name] gets the emotional benefits it is committed to getting ... everything I do will only support the Guardian Part in providing these, and maybe even greater, benefits ...

**[Step 2]** And so, I'd like to ask the Guardian Part if it would be willing to signal me if I am in contact with it ... and this signal could be a skin-colour change, or a finger twitch, or a micro-muscle movement, or a noticeable change in breathing ... in fact it can be any visible signal the Guardian Part feels appropriate ... and \_\_\_\_\_ [name] can just continue to relax more deeply while this happens ... Good ... (And I'd be grateful if the Guardian Part could just intensify the signal a little) ... Great!

**[Step 3]** And now I'd like to ask the Guardian Part if it would be willing to communicate to \_\_\_\_\_ [name's] conscious mind the emotional benefits that the behaviour has been providing ... and I'd like to reassure the Guardian Part that I will respect its desire for privacy if it feels that the conscious mind is not yet ready to receive that information ... and if it is ready to communicate the benefits to the conscious mind, I'd like to ask the Guardian Part to give me a 'yes' signal, and to allow the communication to take place ... Great! ...

**[Step 4]** Now, I'd like to ask the Guardian Part to go to the infinitely wise and all-creative part ... to the Higher Self or the God-Self or Source, and ask that infinitely wise and all-creative Self to generate hundreds of healthy, alternative behaviours ... wonderful ... and next, for the Guardian Part to choose from these hundreds of alternative behaviours at least three alternative supportive behaviours that are as immediate and effective at getting the same or even better benefits ... choose at least three alternative healthy behaviours that will as immediately and effectively provide the same or better benefits ... Good ...

And I'd like to ask the Guardian Part to give a clear signal when the choices have been made ... Great! ...

**[Step 5]** And now, I'd like to ask if there are any other parts that might object to these 3 alternative behaviours ... and if there are any objections to signal clearly now ... Great ... Thank you ...

So I'd like to ask the Guardian Part to join with these objecting parts and together to form a Team Guardian ... and for this Team Guardian to go back to the infinitely wise and all-creative part ... to the Higher Self or the Divine Self or Source, and to ask that infinitely wise and all-creative Self to generate hundreds more alternative healthy behaviours ... That's it! ... And for Team Guardian to select at least three alternative supportive behaviours that provide as immediate and effective benefits as the old behaviour ... perhaps far more and far better benefits ... Great! ... And for Team Guardian to signal clearly when the choices have been made ... Fabulous! ...

And, once again, I'd like to ask if there are any other parts that might object to these three alternative behaviours ... and these may be shy or hidden parts ... they may be parts stuck in dark places or in the corners ... And so, I'd like to welcome forward all remaining objecting parts now ... [give a little time] ... Beautiful ... Thank you ...

So now I'd like to ask all these remaining objecting parts to join with Team Guardian and form Total Team Guardian ... and for this Total Team Guardian to go back to the infinitely wise and all-creative part ... to the Higher Self or Divine Self or Source, and to ask that infinitely wise and creative Self to generate hundreds more alternative healthy behaviours ... Great! ... Yes, that's it! ... And for Total Team Guardian to select at least three alternative supportive behaviours that provide as immediate and effective benefits as the old behaviour ... perhaps far more and far better benefits ... Excellent! ... And for Total Team Guardian to signal clearly when the choices have been taken ... [give a little time] ... Thank you ...

And now, I'd like to ask if all parts are in alignment and in agreement with the new behaviours ... and if all parts are in alignment, to signal clearly by allowing \_\_\_\_\_ [name] to take a nice deep breath in now ... [give a little time] ... Thank you...

[In rare case that client is unable to take a deep breath in, simply cycle through Total Team Guardian paragraphs [see paragraphs above] again, welcoming all remaining objecting parts]

**[Step 6]** And so, now that all parts are in alignment, I'd like to ask The Guardian Part if it would be willing to take responsibility for generating these new, alternative healthy behaviours for a period of just 30 days ... and if it is willing, to signal 'yes' by allowing \_\_\_\_\_ [name] to take another nice deep breath in now ... [give a little time] ... Great!

And now I'd like to ask \_\_\_\_\_ [name] to step into the future ten days from now, and to see and hear and feel what it is like now that you have been free from the old behaviour for a period of ten days ... and get a full sense of what you have been able to accomplish now that you are generating new behaviours that all parts are happy with ... or perhaps you have been generating even better behaviours that have been revealed over the last ten days ...

What does that really feel like ... to be free from that old behaviour ... and generating these brand new behaviours that are so integrative and supportive? ... Great ... And now just imagine a situation arising that would previously have led to the old behaviour, and see and hear and feel how differently you are responding and behaving, now that you are completely free ... Wonderful!

And now step into the future six months from now, and let your body feel how good it is to have been free from that old behaviour for a period of six months ... What other healing has taken place during this time? ... And in what unexpected ways has your life changed for the better now that you are completely free from that ancient behaviour, and are generating much more resourceful behaviours that provide at least the same benefits? ... Fabulous ... And just bask in the consciousness of the you six months from now, knowing that this wholeness, this consciousness is always present, always here ... And now just come back to the present moment ... And you may open your eyes now, when you are ready ...

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# MY NOTES

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