BELIEF SHIFTING **PROBLEM** "Tell me what the problem is in a few words" **BELIEF** "Please close your eyes and keep them closed throghout the process. Feel the problem that (PROBLEM)...what do you believe about yourself that's causing you to experience this problem that (PROBLEM)?" **SHIFTING** A. "Feel yourself believing (BELIEF)...what does it feel like?" B. "Feel (LAST RESPONSE) what does (LAST RESPONSE) feel like?" C. "What would you rather feel?" Repeat A-F until answer to F is "NO" 'What would (DESIRED FEELING) feel like?' E. "Feel (LAST RESPONSE)...what does (LAST RESPONSE) feel like?" F. "Do you still believe (BELIEF)?" **CHECK BELIEF FAIL** "Does any part of you still believe (BELIEF)?" 4 • "Do you feel you may believe (BELIEF) again in the future?" Start a new "Is there any scenario in which you would still believe (BELIEF)?" process by **PASS** • "Do you now believe (OPPOSITE BELIEF)?" asking "How would you state the **CHECK PROBLEM** YES problem now in a • "Feel (PROBLEM)...does it still feel like a problem?" NO few words?"

7 INTEGRATION QUESTIONS

6

DIG DEEPER (optional)

• "Do you feel the problem will come back in the future?"

• "Is there any scenario in which this would still be a problem for you?"

• "Is there anything else about this that's still a problem for you?"

YES

NO