



Identity Shifting

Step 1 – Define the problem

“What’s the problem?”

Help the client to define the problem into a few words and then write it down.

PROBLEM

Step 2 – Identify the stuck identity

“Please close your eyes and keep them closed throughout the rest of the process”

“Feel the problem of (PROBLEM) – what kind of person are you being when you’re experiencing this problem?”

IDENTITY

Step 3 – Dissolve the stuck identity

- A. *“Feel yourself being (IDENTITY)...as (IDENTITY) what do you want?”*
- B. *“Feel yourself being (IDENTITY)...exaggerate the feeling of it and tell me the first thing that you notice about it”*
- C. *“Now feel yourself achieving your goal of (GOAL), imagine whatever you need to imagine in order to achieve that goal in your mind and tell me when you’ve done it.”*
- D. *“What’s the first thing you notice about it?”*
- E. *“Have you fully achieved your goal of (GOAL)?”*

If NO repeat instructions B-E of this step.

If YES proceed to Step 4.

GOALS (OF THE IDENTITY)

Step 4 – Check the identity

“Can you still feel yourself being (IDENTITY)?”

If NO proceed to Step 5 / If YES repeat Steps 3-4 starting at instruction A of Step 3.

Step 5 – Check the problem

“Feel the initial problem of (PROBLEM)...does it still feel like a problem?”

If YES start a new process at Step 1 by asking *“How would you describe the problem now?”*

If NO it means the problem is gone, so either finish the process or move to Step 6 to dig deeper.

*Step 6 – Dig deeper (optional)

Ask these questions as appropriate in order to dig deeper into the problem:

- *Is there anything else about this that is still a problem for you?*
- *Is there any scenario in which this would still be a problem for you?*
- *Do you feel the problem will come back in the future?*

If the client say YES to any of these questions then repeat Steps 1-5 with this new problem.

Step 7 - Integration questions

- Ask questions from the integration questions handout.