

De-Identification Pattern

Two:43

This pattern is useful for going beyond limiting (and therefore false) identifications, usually in the form of a **CEq**. Complex equivalences are the language construction of identification. With a slight adjustment of the language you can use this easily on yourself therapeutically or as a meditation if you continue to repeat steps 3 through 6.

1. Elicit the identification in the form of a Complex Equivalence. Listen for:
 - the verb "to be"
 - or "means"
2. Pace and feedback the complex equivalence. "So, you are _____."
3. "Is that all you think you are?" (Look for a physiological shift.)
4. "Aren't you more than that?" (There should be agreement.)
5. "So, what are you that's not (the previous identification)?"
 You want a verbal answer from the client. (We have gone beyond the boundaries, and we need a word to stabilize the shift.)
6. "And beyond (the word elicited in #5), is that all you are? How much more are you than that?"
 For extra leverage use Tag Question:
 "You do know you are more than that, don't you?"
7. "How do you know?"
 Anchors the change to the client's reality strategy.