

General Reframes

Seven:18

Use if negative emotions do not release

Based Upon:

1. Learning:

"What is there to have learned from this event, the learning of which will allow you to easily let go of the emotions? Won't it be better to preserve the learnings than the emotions? If you let go of the emotions and preserve the learnings you will have learned what you needed."

2. Protection/Safety:

"The negative emotion of _____ doesn't protect you."

(If you're working with fear or anger, mention flight or fight)

"In fact negative emotions aren't safe for the body. Each negative emotion can contribute to the following types of health problems:

Anger	Heart attack, Heightened Cholesterol (JAMA, 6/96)
Sadness	Weakened Immune System, Depression
Fear	Excessive stress, PTSD, Phobia
Guilt	Lowered healing energy
Conflict	Cancer

"Won't you be a lot safer if you let go of the emotions and preserve the learnings about taking care of yourself?"

3. Prime Directives:

"Not letting go of this emotion is in direct conflict with the highest Prime Directive of the Unconscious Mind, which is, 'To preserve the body.' This emotion, though getting results, does not preserve the body; it hurts the body. Wouldn't it be better to let go of the repressed emotion and get the same results in some other way?"

General Reframes II

Seven:19

Use if negative emotions do not release

Based Upon:

4. Intention:

"I'd like to talk to the part of you that thinks it would rather not let go of this emotion, and I'd like to ask the part to tell me it's highest intention?"

(Get answer.)

"And its intention for that, and its intention for that?"

(Loop until high level of abstraction-intention shows obvious conflict with behavior.)

(Go to previous reframes, use sleight-of-mouth, or non-mirror-image reverse inductive pattern.)