# General Reframes II

*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.)