

# Submodalities Belief Change Script

Three:26

(Whenever you do any Submodalities work, you should use the Submodalities Checklist. This adds to your precision and accuracy.)

1. "Can you think of a limiting belief about yourself that you wish you did not have? Good, what is it? As you think about that belief, do you have a picture?" (Elicit the Submodalities.)

2. "Can you think of a belief which is no longer true. For example, perhaps you used to be a smoker. Someone who was a smoker, used to believe they were a smoker, but now they no longer believe that. Or someone who used to own a new 1985 car, believed that they were a new car owner, but now they no longer do. Or perhaps the belief that you are no longer 18. Do you have something like that which used to be true for you, but no longer is? Good, what is it? As you think about that old belief, do you have a picture — Where is that old belief now?" (Elicit the Submodalities. For best results, the location should be different!)

3. Change the Submodalities of #1 into the Submodalities of #2.

TEST: Now, what do you think about that old belief?

4. "Can you think of a belief which for you is absolutely true? Like, for example, the belief that the sun is going to come up tomorrow. Do you believe that? (Or, the belief that it's good to breathe.) Good, what is it? As you think about that belief, do you have a picture?" (Elicit the Submodalities.)

5. "Can you think of a belief that you want to have, which is the opposite of the belief in #1? Good, what is it? As you think about that belief, do you have a picture?"

6. Change the Submodalities of #5 into the Submodalities of #4.

TEST: Now, what do you believe?  
Why do you believe you have this new belief?