

## **\*\* Phase 5 of Awareness Integration Theory (AIT)\*\***

Phase Five is a highly positive as well as an energizing part of Awareness Integration Therapy. This phase comes after the client has had the opportunity to become aware of his thoughts, beliefs, emotions, feelings, connection to his body, behaviors, and the impact that his attitudes and actions have had in his own life and other's lives, in every area of his life. The client also now has integrated his past traumatic or negative core beliefs as well as previously stored negative emotions and feelings, so they have a neutral effect on his life and a positive sense of who he is now, including his strengths and resiliency.

By this time, clients have fully understood, practiced, and developed the ability to differentiate between how they think, feel, and behave, and shift their beliefs, feelings, and their behaviors, if deemed necessary to create the desired result. They are now far more capable of and adept with intentionally identifying and making positive choices. Rather than accepting their old automatic beliefs and identities that may have been chosen for them by others and which beliefs, identities, and expectations had been previously superimposed on the client.

It is time to create an individualized Mission Statement to operate from. Life has its way of bringing many opportunities to make decisions to a person where they could possibly waver from who they intend to be. It is easy to be out of integrity and to justify it constantly. However, a life that is out of integrity with the person's true values will never feel fulfilled. It may be functional for a period of time, pay the bills, or pass time till death do them apart, but certainly is not a passionately fulfilling, consciously lived life. Guide the client through an imagery of the future intended in that area, so

the client can have a felt experience of how it will be when the relationship is a fulfilling one. When the client creates the image, request the client to share what she has imagined. If the client has brought negativity into the picture, explore the negative images. If there are unresolved beliefs or feelings that needs to be processed, then go back to the Phase Four intervention to clear what has been left or what was not presented in previous sessions. When complete, request that the client re-envision their desired and possible relationship in that area and with that person. If the client thinks she cannot have what she desires with this particular person, then guide the client to imagine the healthiest form possible, given the character of the person and the circumstances at hand. When their image of a positive, workable, reality-based future is imagined, then take them through the following process to ensure they are creating a felt experience for what they are striving toward.

After the visual imagery is done, it is time to break down the created positive future imagery to short term and long-term tangible goals. It is important for the client to have a concrete measurable destination to know that she has arrived or what the steps are needed to arrive. There could also be a measurement about how a goal is maintained. This process might appear to be easier done in the areas of health, education, and finances, since in those areas the medical community or the economic/financial community has created the standards. In the areas of relatedness with mate in an intimate relation, family, friends, and community, there needs to be a personalized

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standard created so that the client can measure her growth and achievement based on the standard she creates.