

Be Limitless Hypnosis Presents

Subconscious Parts & Personas

Self Sabotage and Unwanted Habits

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Subconscious Parts and Self Sabotage Explained

As we have discussed in other modules, the subconscious mind is smart, savvy and complex. It is our super computer running things from behind the scenes. However, it does not think primarily in words. While it does have a reasoning of its own, it is not logical and cannot be reasoned with. This is why we often have habits which we know are not in our best interest but we can't seem to stop or change them. If we were purely logical creatures, this breakdown would not occur. Our conscious, logical mind knows what we want to do or should do, but our unconscious mind seems to have a mind of its own. Its motivations and reasoning can seem confusing and even bizarre.

The plot thickens with the introduction of subconscious parts. It really is as if, rather than having one challenging and confusing problem child, we have an entire group of personalities to contend with. You can think of this as having a village with dozens of people, each with their own ideas about what's important and how things need to be done. One part may feel neglected or ostracized, two parts may be in conflict or two or more may form an alliance to promote their own agenda. A simple way to think about it is the way people relate to each other. Often, we don't know what people are really thinking or understand why the heck they do the things they do. The same is true of your subconscious parts.

Another way to think of parts is as a factory of employees. You are the CEO and you know how you want things to run. Imagine walking around the factory and seeing an employee doing something the wrong way or, at least, not the way you want them to do it. You correct the employee and tell them, "I want you to do it like this." While you're standing there, the employee says "Yes, boss" but as soon as you walk away, they shake their head and go back to doing it their way.

I used to work on a helicopter as an EMS flight nurse. We were the boots on the ground but a lot of decisions about day to day operations were made by people three states away sitting in an office. They were completely disconnected from how things really needed to be done. From our perspective, their heads were in the clouds and we often felt we needed to take matters into our own hands. This is exactly how your subconscious parts feel about you!! They truly think they know best and that you just don't get it. You can study the problem, analyze it, diagnose it and even medicate it, but none of those things will get these parts to change their opinions or behaviors. They simply won't be railroaded into doing things your way when they are convinced they know best. We must communicate with these parts, have a willingness to understand their true intentions (which is always positive), have empathy and appreciation for their efforts and then negotiate with them as if they are real people or equals. Only then will they be willing to compromise and do things a new way. If they can be shown that their true, positive intentions can be maintained and accomplished through a new behavior, then the old behavior can be relinquished. These "behaviors" include all sorts of unconscious self sabotage including physical ailments and pain.

Pre Talk (Explain to your client before any process)

One way of understanding the unconscious mind is to understand that we all have different 'parts' of our psyche. NLP refers to these parts as sub personas. (It's almost as if we're all multiple personality lol) These parts are operating outside of our conscious awareness and often create self sabotage in one or more areas of our life. The important thing to understand is that every part of us has a positive intention, meaning it is trying to help us in some way although it's strategy for achieving this positive intention may be in direct conflict with other parts of us that have a different positive intention.

For example, a girl in second grade is nervous about taking a test. She has observed her friend biting her nails and the part of her unconscious mind that wants to help her feel calm 'decides' that nail biting is a good way to calm down and deal with stress. It works! She feels better and passes her test. This reinforces to this part of her that nail biting is indeed a very good strategy for dealing with stress and feeling calm. Another term for this part is the manager of stress. We all have many managers overseeing different aspects of our lives. Everything is working fine but if we fast forward 20 years until this girl is now a high power lawyer, now biting her nails has become a source of embarrassment and stress. The nail biting part or manager of stress is now in direct conflict with the part of her in charge of self esteem and positive self image. She gets upset with herself for not being able to stop this bothersome habit, feels stressed about it and then, when she's focusing on something else, this unconscious part, once again wanting to help her alleviate her stress, causes her to start biting her nails. As you can see, this is a bit of a vicious cycle.

Another example is a nerdy, overweight boy who is a late bloomer. He's picked on by the boys and made fun of by the girls. His self esteem is lacking to say the least. Once he goes to college, however, he gets taller, thins out and becomes rather handsome. He suddenly finds himself the object of positive female attention, something he had craved and been denied his entire childhood. His need for acceptance and self esteem are satisfied as he turns into quite the casanova. This is working out great until he decides he would feel more deeply fulfilled in a more serious relationship. A few months or a year into the relationship, his old insecurities start to surface and he starts to feel down on himself or question whether he's good enough once again. The part of him that manages self esteem urges him to meet this need by leaning on the coping mechanisms he developed in college and seek female attention outside the relationship. The intention of this part of him IS GOOD - it wants to help him feel good about himself once again and boost his self esteem. However, this part is obviously in direct conflict with the part of him who wants security and intimacy in his relationship. This behavior may seem less innocent or even deplorable when judged by our society's values of monogamy. However, the same type of internal conflict is at play here.

So the behavior may be dysfunctional but the intention is always positive. It's crucial to make this distinction. ALL behavior, EVERY part of us has a positive intention. We may need to talk to one part and understand it's message and give it what it needs to be whole. Or we may need to have two parts that are in conflict understand each other and work together for our highest good.

Six Core Human Needs (As seeming opposites)

<p style="text-align: center;">Certainty / Security</p> <p>Safety, stability, security, comfort, order, predictability, control, consistency</p>	Vs.	<p style="text-align: center;">Uncertainty / Variety</p> <p>Variety, surprise, excitement, adventure, novelty, change</p>
<p style="text-align: center;">Significance</p> <p>Individual Identity, meaning, pride, sense of importance, worthy</p>	Vs.	<p style="text-align: center;">Love and Connection</p> <p>Connection, intimacy, wanted, attachment</p>
<p style="text-align: center;">Growth</p> <p>Personal Growth, development, self improvement</p>	Vs.	<p style="text-align: center;">Contribution</p> <p>Serve others, give beyond ourselves, care and protect</p>

Reintegrating A Disowned Part

Reintegrating a disowned part is a process to heal a part that has been repressed and neglected. Often in childhood, we are taught that it's not okay or safe to express ourselves. When we can't express or acknowledge our feelings, they can't be processed and released. The emotion gets stuck in the body as chronic anxiety or even physical symptoms. This process allows this part to finally be heard and receive what it has always needed and longed for such as love, acceptance or understanding. Because the unconscious mind thinks in symbolism and metaphor, what the part needs may be presented as a picture or symbol of some type. (like pink balloons or a sun, for example). Whatever the client says is perfect for them. You don't need to know what it means and their own conscious mind doesn't need to know what it means. Don't analyze it, just go with it.

1) Ask the client what the issue is. When they think about the issue, how do they feel? (emotion) Then ask "Where do you feel that feeling in your body?"

2) Can be done with or without hypnosis - Refer to Hypnosis 101 Course

3) Say "I want you to think about that issue and / or feeling in your body. I want you to use your imagination to give that feeling a shape and a color, a symbol of some kind. Don't try to analyze it, just trust whatever pops into your mind."

4) Say "Now I want to take this symbol out of your body and place it out in front of you whatever distance is comfortable of you."

5) Say. "I want you to understand that this symbol represents a part of you that's been trying to get your attention. It's been trying to tell you something but you haven't understood its form of communication. So I want you to create the time and space to open up and hear what it's been wanting to tell you."

6) Say "I want you to ask this symbol/ part. "What have you been trying to tell me? What's important for me to know? Allow the answer to bubble up inside of your mind and tell me what bubbles up."

7) Wait for client response. **If they don't get a message it's okay!! Proceed anyway.**

8) Say "Now I want you to ask the symbol - "What do you need to feel better?" Say to client "This could be an emotion like understanding or love or it could be a picture like pink balloons or flowers - whatever pops into your head is perfect for you. Allow that answer to bubble up into your mind and tell me what bubbles up."

9. Wait for client response. If they say nothing then Say. "Be patient, what does it need to feel better." Allow them to respond in their own time. **(write down these resources)**

10) Say. "Now I want you to share that _____ (feeling or image) with the Symbol. However you do this is perfect for you. You may send the word, an energy stream or a picture that represents _____. Keep sending it until it opens up, receives it and lets it in. And when it has let it in, tell me what it looks like now. Different size, shape, color - anything at all.

11. Wait for client response

12. Say "And how does (part of body) feel?"

Wait for client response - If better ask - "Is it completely better or partly?"

13. Repeat steps 8 - 12 until the pain is completely gone or they say they it's completely better.

14. Say "Now I want you to bring this (last image of symbol) back into your body wherever it would like to go. And as if comes back into you it's integrating all of the **(resources you wrote down)** into your body, into your conscious mind, your unconscious mind, your neurology, your body chemistry, all the way down to the cellular level. These resources will continue to integrate over the next hours, days and weeks. And when you feel that you've integrated these changes enough for the present moment, taking all the time you like, and only when you're ready, you can come back into the room and open your eyes."

Parts Integration (Bringing 2 Conflicting Parts Together)

This process is used when a client has two parts in conflict. For example, they may say “A part of me wants to stay in my marriage and a part of me wants to be free.” Or “I want to lose weight but I can’t stop eating sweets.” Conflicting parts can also show up as cycles in someone’s life such as gaining success then sabotaging their success, getting a great job then starting to call in sick or being late. It’s as if one part takes the wheel for a while and then the other one steps in and takes over.

Separating Intention and Behavior

We need to allow the unconscious mind to bring these two parts together as one to work in harmony rather than in conflict. There are obviously many ways to deal with stress and feel calm besides nail biting. And there are many ways to build self esteem and feel good about yourself besides being a womanizer. We get to re-educate the unconscious mind so that it learns new ways and garners new tools to accomplish the same positive intention.

Metaphor:

Imagine two brothers who inherit a family farm. They both want the farm to succeed. However, they have two very different ideas of how to go about it. One wants to modernize and one wants to keep things traditional. The one that wants to modernize thinks his brother’s an idiot. How can they ever compete by doing things the old way? The one that wants to keep things traditional thinks his brother’s a sell out. So they spend the next 20 years butting heads, wasting their time, money, energy and resources. The farm fails.

Now if they could have seen things from a higher perspective to realize that what they both really wanted was for the farm to succeed then they could have come together, pooled their time, money, energy and resources and the farm could have succeeded. When we help these parts see things from a higher perspective, they can come together as one working in harmony instead of creating internal conflict and havoc in our lives.

Parts Integration Process

Identify the two conflicting parts

i.e. Part of me wants to quit smoking and part of me wants to keep smoking.
or Part of me wants to stay in the relationship and part of me wants to leave.
or Part of me is creating this illness and part of me wants to be healthy and not sick.

Induce Trance

Have client place palms face upwards

Ask **Part A** to come and sit in one of your hands. Let me know which hand they choose.

What does this part look like (shape, color, texture, heavy, light etc.)

Ask this part what its positive intention has been for you. (What is it trying to help you feel, experience or protect you from)

Wait for response

Thank the part for doing the job of helping you achieve this positive intention the best way it's known how all these years.

Now ask that part if it could have that (intention) in just the way it wants for you, in just the way that feels completely satisfying, what would that open up for you to have or feel that would be even better, even more important or even higher than (intention)

Wait for response.

Continue this "chunking up" process until you get to a 'biggie' like Peace, Love (Divine - not romantic), Oneness, Bliss etc. (There's really nowhere higher to go after you've reached one of these.

Thank the part for talking with you and let it know you'll be back in just a moment.

Ask **Part B** to come and sit in the other hand.

Repeat process for Part A eventually arriving at the same highest (biggie) intention.

Now have both parts look at each other and realize that they've both truly wanted the same thing for you all along. Ask the parts to look at each other and acknowledge that they're not going to be able to accomplish their goals without working together.

Together they can help each other achieve fulfillment.

Begin to slowly bring your hands together at the speed that's right for you as these two parts come together to reunite and integrate all the positive attributes and abilities and form a super part. Allow that unification to fully form in your mind as your hands come together as a symbol of unification. See this new Super Part and tell me what it looks like.

As their hands touch, lead their hands upwards towards their chest. Allow that integration to go back into your body and feel it in every cell. Feed back to them the resources of both parts. Suggest that they will come out of trance on their own when they are done processing.

Negotiating With a Part To Change Its Behavior

The purpose of this process is to discover the positive intention or purpose of a part of the client creating a negative behavior or symptom and then negotiate with the part to give up the old behavior or symptom in exchange for a new one that is more congruent and harmonious with your client's desires and overall well being. This can be used to "talk" directly to the part creating an issue i.e. being overweight or a physical issue/illness. It can also be used to talk to the part of which is preventing someone from achieving a goal due to self sabotage.

**You can use the following simple hypnosis induction
(Or refer to Hypnosis 101 Course)**

Body Catalepsy Induction (Read SLOWLY)

Take a deep breath and close your eyes down.
Bring your focus and awareness to your right palm
Now move your focus to the inside - of your right elbow
And into - your right shoulder
Move your awareness and slide it over - to your left shoulder
Down to the inside - of your left elbow
And down into - your left palm
(Repeat going around two more times)

Deepner

Imagine you are standing on top of a hill.
A big white fluffy cloud floats over. It's a magical cloud - it can hold your body weight.
You step onto the cloud and make yourself really comfortable.
As I count backwards from 5 down to 1, you will go deeper and deeper into hypnosis.
5 - going down, down, deeper down
4 - floating down
3 - swirling down
2 - drifting down
1 - all the way down

Say: All parts of us have a positive intention. Even though we may not like a certain part's behavior or the symptom it's creating, it does have a positive intention. It is simply confused about how to achieve that for you or it's methods are outdated.

So now I want you to invite this part that seems to be _____ to come forward.
When you are aware of it in some way, just nod your head. (this is to build rapport with the part)

Wait for head nod

What does the part look like? Does it have a color, shape or what else do you notice?

Wait for response _____

Ask the part what it would like to be called so we can speak to it directly?

Wait for response _____

Now I would like to speak to (name of part) directly. Let me know when they are here.

Wait for them to nod or say "I am here"

Thank you for coming forward, (part)

I know that all parts of (client's name) have a positive intention. But I don't know what yours is yet. What is the real purpose of this _____" (issue or behavior or habit)

Wait for response (to be free, to be a good person)

Wait for response

Great. So now we know that what you really want is _____ (positive intention) And that old behavior you were doing was only ONE way to make that happen. It was just one way. If we could come up with a better way for you to have _____(positive intention) would you be willing to stop creating maintaining this issue?" (weight problem, pain, health issue)?

Wait for response

Okay, thank you. Would you please wait where you are while we call in another part to help us?

Wait for response

Thank you

We all have a wise, creative part of us, a part that has access to higher wisdom than we're normally aware of. Invite that wise, creative part to come forward now and make itself known to you in some way. When you become aware of the wise part, just nod your head.

Wait for head nod

Ask the wise part what it would like to be called.

Wait for response

Thank you for coming forward (wise part name) We would like you to come up with at least three new ways for (blocking part name) to fulfill or achieve their positive intention (say positive intention in their words) instead of (creating this health issue or blocking their goal) Take all the time you need and when you have some ideas and you are ready to talk about it just nod your head.

Wait for nod

Great. Okay (wise part) what options do you have to offer to (blocking part)?

WRITE THESE DOWN

Let me talk to (blocking part) again. Nod your head when (blocking part) is here

Wait for head nod

What do you think of the ideas that (wise part name) came up with? Are you willing to do one or more of these behaviors instead of what you were doing before?

Wait for response YES

And does that also mean you are willing to STOP creating or maintaining (health issue / blocking their goal)

Wait for response YES

*If they say no, then **either** you need to go back and get to the CORE positive intention **or** the wise part needs to create a more do-able option

Which new behaviors do you agree to do?

Wait for response

Do you know HOW to do this behavior?

Wait for response (If no then have the wise part explain or show you how to do that. Take all the time you need Let me know when it's clear to you. Once they say it's clear then proceed)

Great. So please tell me exactly what your new job is and how you are going to do that so we are all clear about it.

Thank you. Now that you have made these changes in what you do, would you like to have a new name that really fits your new job?

(Client name) Now thank the new part for all the changes it has made today. Nod your head when you've done that. *Wait for head nod*

Subconscious Parts Process With Idea Motor Responses

This process is used to communicate directly with the subconscious mind and subconscious parts without requiring verbal responses. The subconscious mind created the problem outside of your conscious awareness and the premise is that it can therefore resolve the problem outside of your conscious awareness. By setting up unconscious finger movements, AKA ideo motor responses, we can ask the unconscious to give us yes / no responses and leave the client's conscious mind out of the equation completely. With this process, you can simply ask the part of the unconscious that is creating the problem, to change it and to let you know when it's done that by giving you a "yes".

Parts with Ideo motor Process

Pre- talk. - Explain positive intention of parts
Explain that the part can keep the positive intention while creating a new behavior.
(Keep in mind, when you are explaining this to your client, their subconscious parts are listening and understand.)

Ask the client, what could prevent success? Talk about this. There may be a part that could prevent success working together with the part creating the issue.

Calibrate - in order for us to know if we're making progress, we need to know how big the problem feels initially. The unconscious mind communicates primarily through feeling even though we don't logically understand the details of what this feeling is communicating specifically.

Where do you feel this issue in your body
Color, shape, moving or still
Calibrate Scale 0 - 10

**May use hypnosis induction - I recommend the onion induction - See below
(Refer to Hypnosis 101 course)**

Talk to the part creating the issue -
Ask it to pick a finger for Yes and move it
Ask it to pick a no finger and move it

Verify: "Is this the part in charge of X?" (issue)
Ask: "Are you willing to change this today?"
"Are you able to change this today?"

In a moment I'm going to count from 3 down to 1. When you've made the changes, let me know by giving me your yes signal.

Recalibrate - 0 -10 If it's not a Zero -

"I want to speak to the part that's concerned with what could prevent success."

OR "I want to speak to the part in charge of a different aspect of this issue."

OR "I want to speak to the project manager who's in charge of all parts involved in this issue."

Ask THIS part to pick a Yes finger on the OTHER hand.

Ask it to pick a No finger

In a moment I'm going to count from 3 down to 1. When you've made the changes, let me know by giving me your yes signal.

Recalibrate 0-10

If it's not a zero -

Talk to the FIRST part again

"Can you completely alleviate this?"

If yes - Do that now and let me know when you've done it by moving the yes finger.

If No or still not to zero -

Ask "Would you be willing to do this for a trial period and we can check back in in a week to see how things are going?"

Onion Induction with Ideo Motor Response

I want you to imagine as if you're traveling down through your brain. It's a wonderful thing, the brain. It's like the central processing unit of you, the core. It's kind of like cutting through an onion. When we cut through an onion we don't know how many layers there will be, sometimes a few thick layers, often times many, many thin layers and always a sweet core. Isn't it amazing how sweet the core of an onion can be? So sweet. So as you're traveling down through all those layers, conscious, subconscious, unconscious, super conscious, super duper conscious, all the way down through all those many minds, those many thoughts, those wonderful feelings, all the way down, go as far down as you want to and choose to go now. Way down. I want to say thank you to this brain, to (client's name) brain for all that you do. You do wonderful work. Protecting and looking out for him/ her 24 hours a day. Even when he/ she's asleep, You're always protecting him/ her, looking out for him/ her. Telling his/her nails to grow, telling his/her ears to listen out for even the slightest sign of danger, telling the skin to renew itself and all of the organs. 24 hours a day you're working for him/ her. Thank you very much. Thank you so much.

(establishing unconscious motor response)** And I don't know which of these fingers here is your yes finger But it is nice to hear somebody say thank you brain for all the work that you do 24 hours a day. You can raise a yes finger to say yes. Thank you very much. Relax and go deeper. And if you were ever to say no to me, I wonder what finger that would be? Thank you very much. Relax and go deeper. But I wonder brain, does (Client name) ever say thank you? Does (Client) ever say thank you or is he/ she always a bit mean to you? Not so nice, critical, expecting more? Yes, I'm going to talk to him/ her about that.

Parts - Manager's meeting

This is my favorite parts process because it is very comprehensive. It includes seeing the part as a symbol, asking its positive intention, acknowledging its efforts and then going back in time to locate the specific moment the part made its "decision" of how to achieve its positive intention.

For example, Sally was nervous about a math test and she saw her friend biting her nails. She tried it and it helped her feel more relaxed. In that moment, a part of her "decided" that the way to deal with stress was to bite her nails. For Sally, nail biting becomes an automatic, unconscious habit to alleviate stress. This program or habit called nail biting runs automatically outside of her conscious awareness and often outside of her conscious control. Think about it. The day before this part made the decision that nail biting was the way to deal with stress, she wasn't a nail biter. After that decision, she was always a nail biter. The decision was made at a single point in time and then was implemented as a program to run on its own.

In the manager's meeting, after we discover the part's positive intention, we ask the unconscious mind to take us back in time to that moment when the decision was made. Keep in mind, the decision point may not directly correlate with when the behavior began. Sometimes the decision is made unconsciously at a moment prior to that when there was an emotional or traumatic event of some kind. The actual behavior or habit may not have surfaced until later. Keep an open mind and follow the client's unconscious mind's leading.

Once we discover the initial sensitizing event or decision point, we want to change or revise the memory so that the original decision (which is causing the problem) was never made. If it was a traumatic memory, we want to heal the client's wounded inner child and give him or her the positive emotional resources to overcome or change the situation. If it was a happy memory, we want to clear up any confusion. For example, if my family had big get togethers with love and belonging and big pasta dinners, we want to separate and disconnect any associations between love and food.

Pre- Talk A - Questions

Discuss all aspects of an issue. For example with weight loss, there may be various components including portion control, binging, cravings. We will address each of these parts (managers)

Pre - Talk B. (Explain to your client!)

Explain that we all have multiple parts of our subconscious that help manage different aspects of our lives. All parts of us have a positive intention even though their behavior or way of helping us achieve that intention is not working or even making us feel quite upset. These parts are not 'bad' but they are confused.

If you boil it down to its simplest terms, all parts of us want to help us feel good or avoid feeling bad. Feeling good may come in the form of being happy or secure or loved. Avoiding feeling bad may come in the form of not feeling anxious or rejected or abandoned. I think we can all agree that, in one form or another, our most primal motivations are to feel good and avoid feeling bad.

For example, if Sally's parents both worked two jobs and she often felt lonely and her grandmother is the only one who loved her and her grandmother always made chocolate chip cookies, a part of her may associate love with cookies or 'decide' that the way to feel love is to eat cookies or sweets. This part wants to help Sally **feel good**. (love)

Another example, Sally was nervous about a math test and she saw her friend biting her nails. She tried it and it helped her feel more relaxed. In that moment, a part of her "decided" that the way to deal with stress was to bite her nails. This part wants to help Sally **avoid feeling bad**. (nervous).

ALL parts want to help us feel good, avoid feeling bad or protect us and keep us safe. We want to acknowledge these parts' positive intention and help them find a new way to achieve it that works in harmony with the rest of our life.

Pre - Talk C (Explain to your client)

- 1) Tell your client that you will guide them down an elevator into a basement. Explain that you (hypnotherapist) will be talking directly to the part or manager but that they will be answering through the client.
- 2) First, we will Change the initial memory so that the manager's job was never needed and therefore the manager was never created in the first place.
- 3) Then we will ask the part what new job description they would like (new behavior) to achieve the same positive intention.

Manager's Meeting Procedure

**You can use the following simple hypnosis induction and deepeners
(Or refer to Hypnosis 101 Course)**

Body Catalepsy Induction (Read SLOWLY)

Take a deep breath and close your eyes down.
Bring your focus and awareness to your right palm
Now move your focus to the inside - of your right elbow
And into - your right shoulder
Move your awareness and slide it over - to your left shoulder
Down to the inside - of your left elbow
And down into - your left palm
(Repeat going around two more times)

Stairs Deepener (Downward inflection, Slow - You get it)

See yourself at the top of a set of stairs. As I count backwards from 10 down to 1, each step, each number will take you down and down, deeper and deeper into hypnosis.
10 going down to 9, deeper and deeper down
9 going down to 8, down and down
8 going down to 7, drifting down
7 going down 6, floating down
6 going down to 5, every sound you hear takes you deeper
5 going down to 4, everything you feel inside and out takes you deeper still
4 going down to 3, the deeper you go, the better you feel
3 going down to 2, the better you feel, the deeper you go
2 going down to 1, all the way down, all the way down into this wonderful place that we call hypnosis.

Elevator Deepener

Walk over to an elevator and step into the elevator. You're going to go all the way down to the very deepest, basement level.
The doors close and you press the button for level A
Down, down, deeper down.
You arrive at level A and press the button for level B
Deeper, deeper, deeper down
You arrive at level B and press the button for level Z
ALL the way down

“You go all the way down to the basement level, that very deepest level. As you step out of the elevator, you find yourself in a hallway. At the end of the hall, you see a door. Go through the doorway and into your conference room. You realize that your inner conference room is in the very center of your mind and any part of your mind can

be accessed from here. The comfortable chair in the middle is yours, please have a seat and let me know when you have done this.”

Wait for response

Say. “Now I want you to broadcast an internal invitation to the rest of your mind saying..... “Will the part of me, the part of _____(client’s name) that is causing or in charge of _____ (issue) please come to the conference room.” Sit back and let me know when they arrive.”

Wait for response.

Say. “Tell me what they look like”

Wait for response

Say. “I want you to ask them “What are you trying to help ____ (client name) to feel, experience or protect him / her from.”

Say. “Let the answer bubble up inside your mind and let me know what bubbles up?”

Wait for response

Say. “I want you to thank this part for helping you achieve this _____ (positive intention / purpose) the best way they’ve known how all these years.”

Say. “Now I’m going to ask your unconscious mind to open up your memory banks to take you back in time to the very first time this part decided this was the best way to achieve _____ (positive intention / purpose). As I count backwards from 3 down to 1, when I arrive at 1 your will be back to that first time.

3 - going back through the tunnels of time, back through time, back through time

2- Further and further back, further and further back.

1- (snap fingers or clap hands)

Be there now and tell me:

Is it night or day

Are you inside or outside

Are you alone or with someone

How old do you feel like you are approximately.

What’s going on with young _____ (client name)”

Say “Talk to your younger self - tell them and give them what they needed to know to make a different decision.” (See options)

Options: Inner child Reintegration, Empty Chair, Revise memory, give resources

Say. "Now look at the child and tell me what they needed to **feel better** in this situation." Make a list of these emotional resources, for example, love, protection, acceptance etc. Guide the client through accessing and anchoring these positive emotional resources. (See stacking anchors)

Say. "Now I want you to go back to that memory and imagine stepping into your younger self. Fill him / her up with (all the resources). Notice how his / her body language changes. How does he / she feel different? What do you see him / her doing differently? (new decision with new behavior)

Say. "Great, now _____ (younger self) feels _____ (positive emotions - i.e. happy) and they are doing _____. (new behavior). I want you to bring that part from the manager's meeting room into this memory and ask "Do you still need to do (old issue / problem behavior) or is that **no longer necessary**?"

Wait for client response. (Should be a No)

** (If the part says yes, then you need to find and resolve another memory OR get the real positive intention and start over).

Say "I want you to ask the part what it would like it's new job description to be?" (could be to help the client to feel, think about or do something - such as speaking their truth, self care, breath work etc.) "Let the answer bubble up inside your mind and tell me what bubbles up?"

Wait for client response.

Say. "Does this part look different or have a new image now?"

Wait for client response

Now Allow your unconscious mind which processes millions of bits of information per second to come forward through time changing every memory, situation and event where you used to do (negative behavior) but now applying all of these resources and changing all of these memories all the way back to meeting room. Let me know when you're back.

Repeat Process for each aspect of problem. (i.e. stress eating, sugar cravings etc.)

End: I want you to thank these parts for being willing to talk to you today and make these changes. You can dismiss them to get back on the job site because they have a lot of changes to make in your thoughts, emotions, body chemistry, metabolism. Know that these parts know exactly what to do and how to do it. There's nothing you need to do consciously to make this happen. Then you can leave the meeting room and go back down the hall to the elevator. Count out.

EFT Tapping the Faster Way

Tapping or Emotional Freedom Technique is a highly effective way to get rid of negative emotions. Essentially, you are guiding your client to tap on various energy meridian points like acupuncture points.

Identify issue or negative feeling
Where do you feel that in your body?
Scale 0-10 how strong is it?

What thought do you have about it?
Do a round of tapping. As you tap say “**letting go** of the sadness, **letting go** of the anger, guilt, the traumas, rejections, abandonments, trapped feelings etc. etc.”
(imagine or intuit what you would be feeling/ thinking if it was you and tap on that).

Ask client to check in with the feeling
On a Scale of 0-10 how strong is it now?
What thought, memory, feeling, picture or sound to you come up now when you think about it? Tap on whatever they say or use one of the options below.
Note: When we ask what thought or feeling they have about it, we are looking for clues about their subconscious strategy for how their subconscious is “doing it”. If a memory pops up, then we know that’s one of the things their subconscious mind is looking at and remembering which is part of their formula for creating sadness, anxiety etc. This is very valuable information and can help resolve their issue much faster. You can take breaks between tapping rounds to change the pictures, the sounds or even positive emotions into the memory.

Options:

- 1) Do a round of **tapping on the new feeling or thought**
- 2) Use submodalities: (**Always follow by round of tapping**)

For visuals/ pictures - move farther away, turn to black and white, make fuzzy and dim, float above it etc.

For sounds - where it is located, turn down volume, what is a peaceful sound, where is peaceful sound located, turn volume up on peaceful sound, move negative sound to location of peaceful sound (turning volume all the way down on negative and all the way up on positive)

For a memory - if younger self is feeling scared or sad, you may anchor positive emotions and then “give” these positive emotions to your younger self by giving them a hug while firing the anchor.

