

The *Choose Your Life* Method

The Point, The Precepts, and The Pathway

1. The Point of *Choose Your Life*
2. The Precepts - what we believe
3. The Pathway that will get you there

The Point

- It's possible to live the life we choose
- It's possible to live our lives on our own terms rather than how we were conditioned to live

The Precepts

1. Living the life you choose to live is possible.
2. Everyone has Core Human Needs that must be met.
3. Everyone has Core Human Powers that can be called on at any time.
4. How we internally represent our memories is the game changer.
5. Memories are allowed to be upgraded.
6. An attitude of 'Unconditional Positive Regard' is necessary.
7. All struggle is the result of unmet needs.

The Pathway

1 - Name What You Need

Get clear about what you want NOW as well as what is in the way of what you want now.

2 - Connect Your Dots

Look very specifically for memories that support what is in the way of what you want now.

3 - Transform Your Storytelling

Organize the memories you have gathered chronologically and begin to see clearly where the problematic beliefs and behaviors first occurred.

4 - Create Your New Possibility

Re-story the portions of the memories that need an update so that they are a match for the life you choose to live.

5 - Live the Life You Choose

Reinforce the changes you've made so the new way of thinking and feeling happens all on its own

The *MAPit TAPit* Process - MAP.TAP.IT.

IT

- A problem
- What you DON'T want
- Something to address, change, resolve
- The reason you undertake Choose Your Life work

You want to deal with IT!

To deal with IT, we work with our memories. Specifically, the memories that support IT.

We work with the memories that support IT in such a way...
we get all of our needs met inside those memories.

Said another way, we fulfill our deepest desires at a core level.

When we fulfill our deepest desires at a core level...

...we change what we EXPECT in life.

When we change what we expect in life...

...we change what we GET in life.

To do something this important, you need perfect-for-the-job tools, understandings and skills.

This is where the other two words in our name come in...

MAP and TAP

MAP

Your inner-world is where a *Choose Your Life* journey takes place.

We go inward, travel around in there, look for and find what supports the existence of IT.

Then we “map” it out onto the page.

To “map” is to get what is already mapped internally ‘within us’ mapped out onto the page so we can work with it.

Without a MAP

Flooding often happens.

Flooding - the experience of overwhelm, confusion, resistance, feeling like there is nowhere to begin when we go to work on an issue

When flooding, your nervous system is in overdrive and the ability to reason is lost.

When you recall a memory in which you didn't have coping skills to process what was happening THEN...

- The fight-flight-freeze response gets triggered NOW
- You still feel the threat of exposure
- You may feel defensive, critical, contemptuous, avoidant of yourself or whoever you blame THEN

You cannot process and it stalls your progress today.

With a MAP

- You know where your journey begins
- You have coordinates for the issue you are working on
- You have a new way to think about the problem
- You have a way to shift toward a solution in a way that is loving, generous, and well-intentioned... at a time you need *that kind of energy* the most

Mapping is a chance to...

- Pause to validate
- Capture exactly what made an experience 'bad'
- Shift to feeling loved and cared for
- Cultivate gentle self-talk
- Pivot to the bigger picture of what you want NOW

In the process of Mapping you commit to...

- Extending 'unconditional positive regard' to yourself - aka 'non-judgemental care' for yourself
- Soothing any fight, flight, freeze responses that surface -with tools like tapping
- Engaging your body/your story in new, creative and organized ways - with tools like tapping

TAP

Overview

IF a *Choose Your Life* journey has you going inward, traveling around in there, looking for and finding what is supporting the existence of IT...

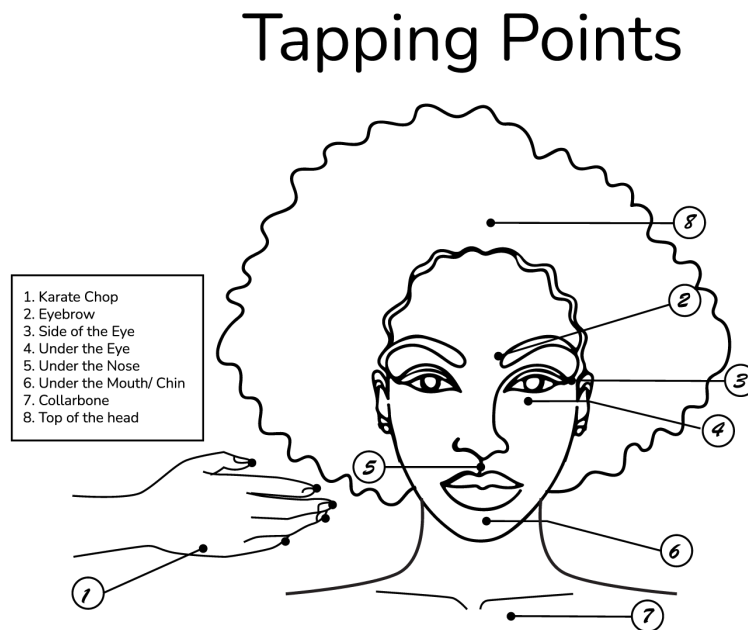
...THEN we need a way to deal with what we find.

To "tap" is to use the modality of EFT (Emotional Freedom Techniques) Tapping.

EFT Tapping consists of tapping with your fingertips on specific meridian points while talking through challenging memories and/or emotions.

It is also referred to as 'psychological acupuncture.'

The Tapping Points



In *Choose Your Life* we TAP on what we have MAPPED in relation to IT because...

Tapping does 3 things really well:

1. Acts as a pattern interrupter
2. Lowers cortisol (the stress hormone) *noticeably*
3. Makes communication with the subconscious easy

The points we tap on - acupressure points - correspond to the organs that produce the chemicals that create the physical feelings that we call *emotions*.

Tapping on these points disrupts the signal between the brain and the major organs of the body that trigger feelings like...

pit in the stomach	heaviness in the heart
racing heart	foggy brain

Feelings "like that" are really...

- The fight-flight-freeze response
- Taking us out of our power and putting us into survival mode
- Taking us out of our prefrontal cortex and into our amygdala

With Tapping, we can *interrupt* those signals, patterns, unwanted responses... and *redirect* them.

Your Competence

Knowing Where You Are With Your Competence

Words to mix and match...

to understand where you are with your competence...

Conscious	Competence
Unconscious	Incompetence

Your Competence

UNconscious INcompetence

You have zero competence with it... and you don't even know it.

But once you ARE introduced to it, it will go from being an UNconscious INcompetence to a...

Conscious INcompetence

Conscious INcompetence

You still don't know how to do it, but you're aware of it - you're conscious of it. As you learn more about it and gain more familiarity with it, it will transform into a...

Conscious Competence

Conscious Competence

You now know how to do it and are able to do it (competence)... *when you think to do it and you remind yourself how it's done* (consciously).

Feels good! But what feels even better is...

UNconscious Competence

UNconscious Competence

You are able to do it, as needed, without even thinking about how it's done.

Examples: being able to drive a car... ride a bike... use your computer... recite the alphabet... brush your teeth...

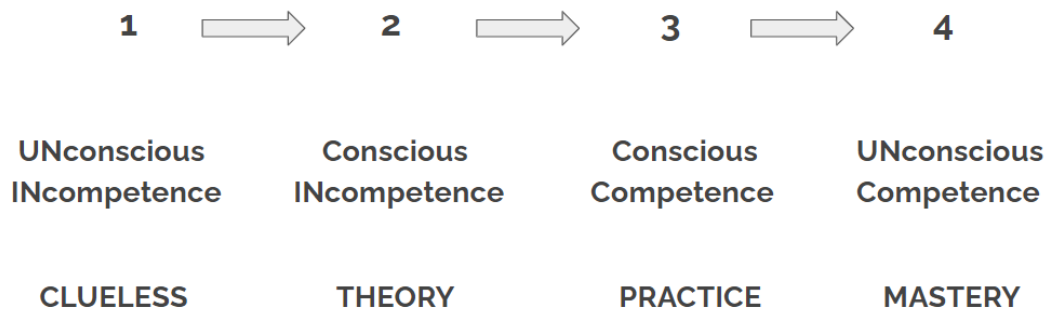
Your unconscious mind is VERY in charge of the doing of it.

This is the goal with *Choose Your Life* skills.

→ *By the end of this course you will have a lot of **Unconscious Competence** with skills, understandings, and tools that make living the life **you choose** feel like "of course."*

In closing, the PROCESS of learning or skill building in a diagram.

Knowing Where You Are With Your Competence



Who We Reference... And Why

Overview

Choose Your Life draws from the ideas and concepts of some major thinkers in the field of psychology. We want to acknowledge the "giants upon whose shoulders we stand."

John Grinder and Richard Bandler

The developers of Neuro Linguistic Programming (NLP).

NLP is a psychological approach that ties thoughts, language, and patterns of behavior - learned through experience - to specific outcomes... POSITIVE OUTCOMES.

They arrived at their NLP processes by analyzing the strategies successful people applied to their personal goals.

Virginia Satir

Virginia Satir is known as the "Mother of Family Therapy."

She recognized that *family roles*:

- Play a significant part in contributing to an individual's problems
And, therefore, *family roles* are...
- Vastly important to the healing process

John Bradshaw

John Bradshaw is the pioneer of Inner Child Work. He popularized the Bowen Family Systems approach to family dynamics.

His seminal book, *Healing The Shame That Binds You*, has helped millions identify their personal shame, understand the underlying reasons for it, *and* release themselves from the shame that binds them to their past failures.

Alice Miller

Alice Miller is known for her rejection of psychoanalysis. She felt it made it impossible for former victims of child abuse to recognise the violations inflicted on them and to resolve the consequences of the abuse. She extended the trauma model to include *all* forms of child abuse - including those that were commonly accepted, which she called *poisonous pedagogy*.

What is Mapping?

"The map is not the territory."

Map vs. Territory

The difference between 'the map' and 'the territory'..

MAP

- Mental processing
- Thinking

TERRITORY

- What happened
- An external event

Why we Map

We are interested in getting in touch with what is mapped inside of us in the form of..

- Your internal experience
- What is happening in your body
- Your subjective reality
- The way you internally represent something
- The way you have coded an experience
- Your conceptual understandings
- Your state
- Your beliefs, values, attitudes, language, memories

We are interested in getting what is mapped inside of us
out onto the page...

...so that we can work with it later.

What is Mind Mapping?

*"The Mind Map harnesses the full range of the cortical skills
- word, image, number, logic, rhythm, color
and spatial awareness -
in a single, uniquely powerful technique.
And in doing so, it gives you the freedom to roam the
infinite expanse of your brain."*

- Tony Buzan

Mind Mapping

- An intuitive thinking tool
- Radiant Thinking
- Allows you to...
 - 'Sketch out' the idea you are working on
 - See quickly and clearly how various parts relate
 - Experience noticeably more access to your unconscious mind

A Brief History of Mind Mapping

Tony Buzan wanted to know:

"What is the nature of thinking?"

"How do I learn how to learn?"

These questions led to a study of..

- Neurophysiology
- Psychology
- Psycho-linguistics
- The general sciences
- The notes of the great thinkers
- Himself - what actually worked and what didn't

Over the next 40 years Buzan evolved the Mind Map.

And in 1993 came his bestselling book: *The Mind Map Book ~ How To Use Radiant Thinking to Maximize Your Brain's Untapped Potential*

How To Mind Map

4 Guidelines when Mind Mapping

Mind Maps are easy to create.

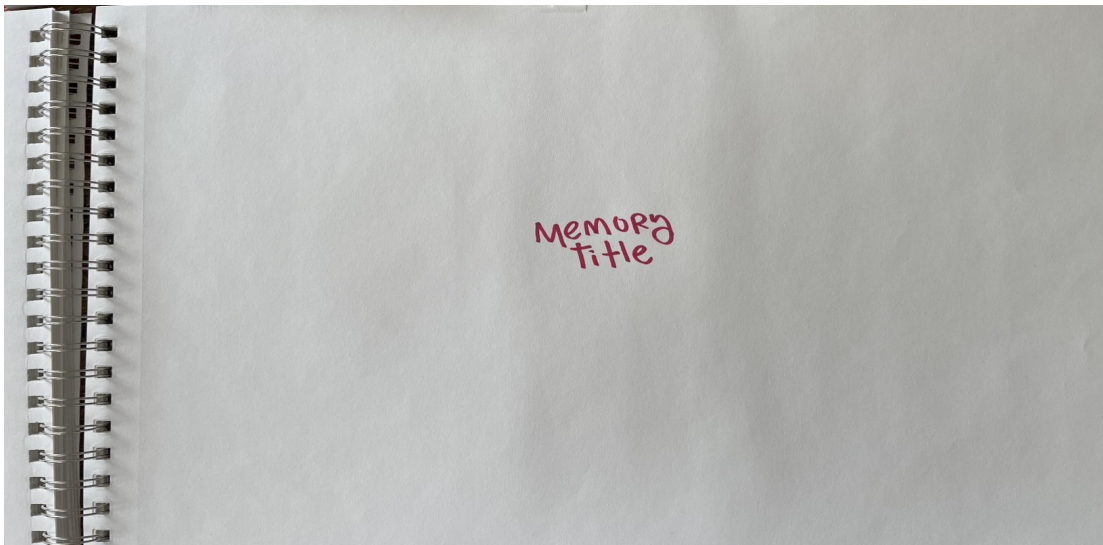
There are a number of rules (Buzan calls them “laws” and we call them “guidelines”) that, when followed, put you in touch with more ideas than you knew were in there, and put them on the page in a way that makes sense to the brain.

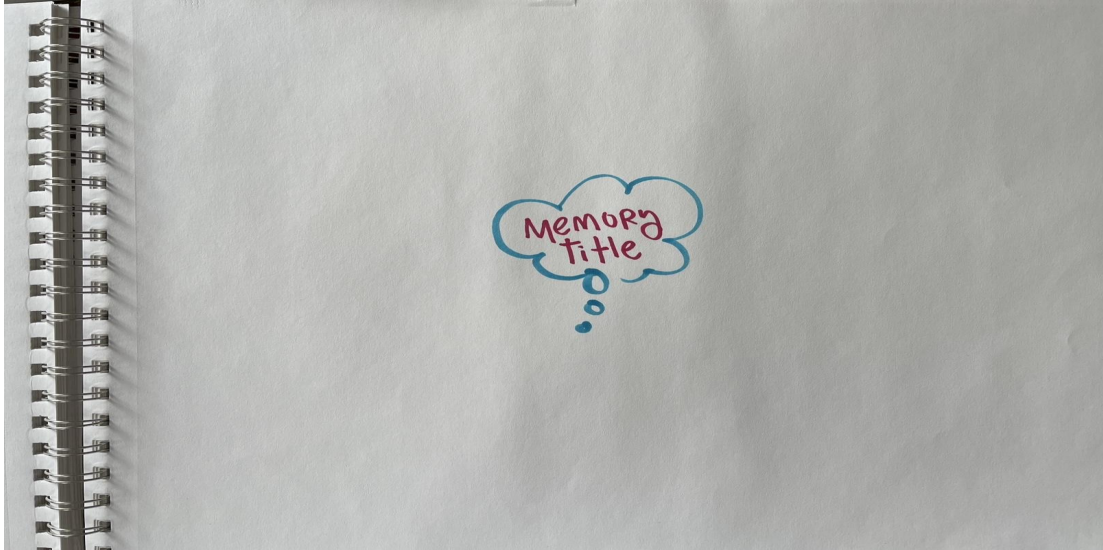
Overview

- Central Image
- Curvilinear Branches
- Key Words
- Colors & Images

#1: Central Image

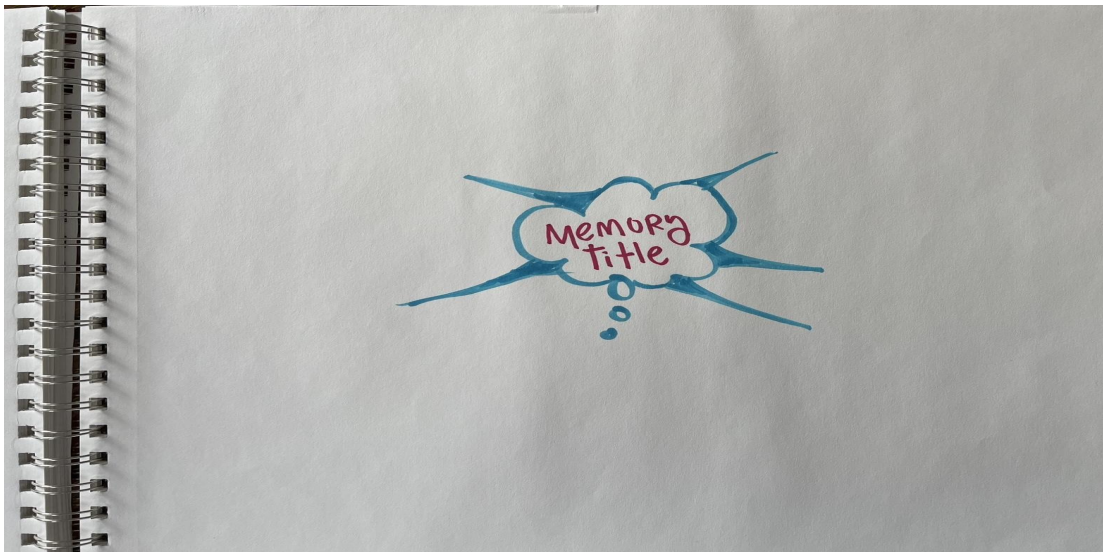
- Crystallizes the subject of your attention
- A picture is worth 1000 words
- Stimulates memory, associations, and your thought process
- A bad drawing is just as good as a good drawing!





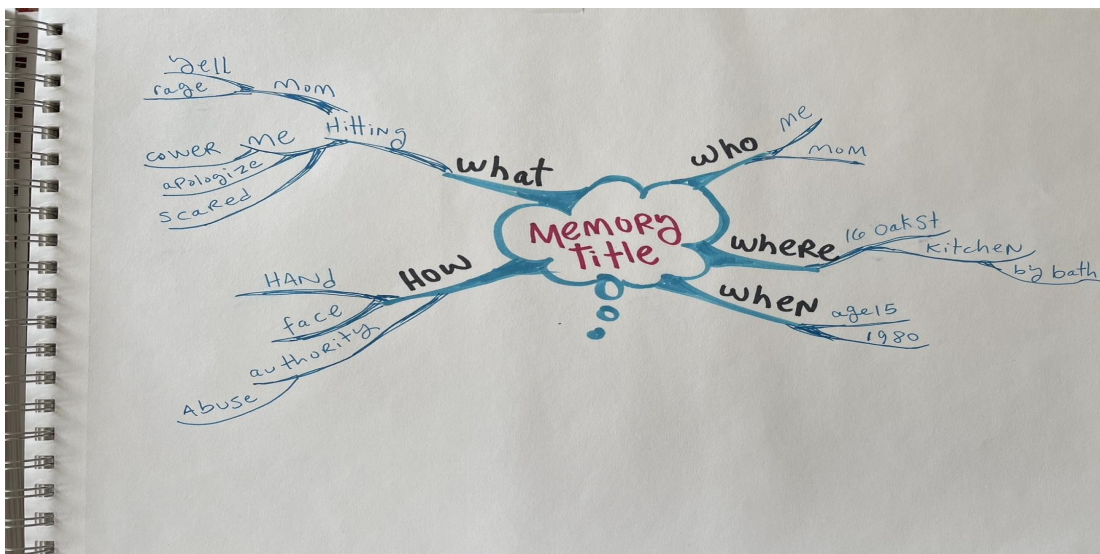
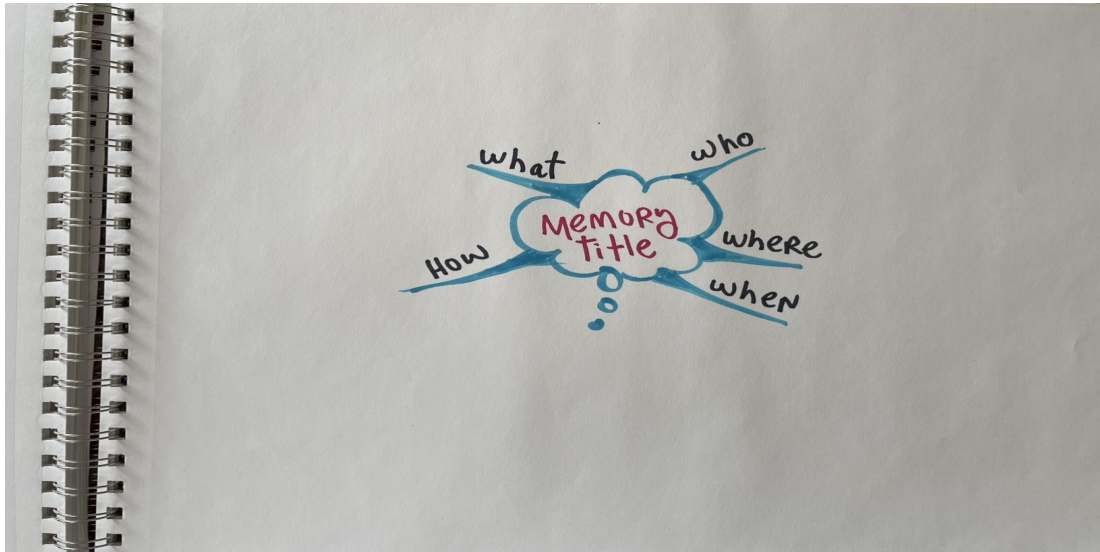
#2: Curvilinear Branches

- Curved branches emanate from the central image
- Nature abhors a straight line
- Thinking is natural - it's organic, it flows, it curves
- Tapering shape of the branches mirrors the brain's neural networks
- The initial branches are thicker
 - There is a hierarchy
 - BOI: Basic Ordering of Ideas
 - 1st branches = "chapter headings" of your thought



#3: Key Words

- One key idea per branch
- Key idea/word/image = exploding **supernova of meaning**
- Have the freedom to generate ideas
- Allow associations to happen
- Give you more explosive freedom and creativity



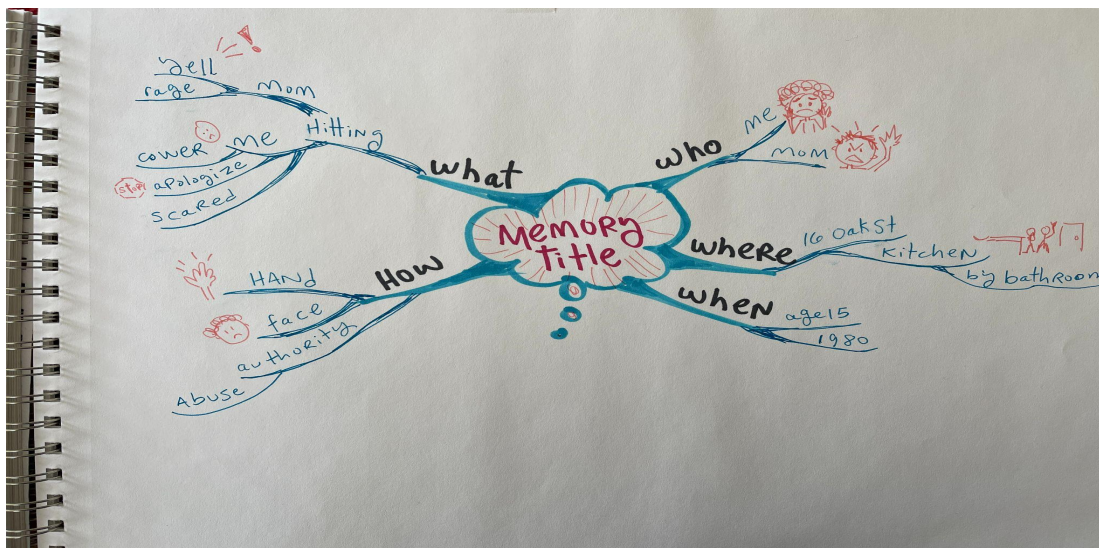
#4: Colors & Images

Color

- Part of nature - we are part of nature
- Powerful thinking tool
- Allows you to order, discriminate, code, highlight, generate thought, remember
- Color is just plain powerful

Images

- Little codes, stick figures, 3-d shapes
- A picture is worth 1000 words
- Automatically create more powerful memory, stimulation, interest, associations



When using color and images, more ideas flow in because you are...

- Providing your brain with a little rest
- Alternating between 'structure' and 'flow'
- Going between 'concentrated thinking' and 'diffuse thinking'

What is Tapping?

"Tapping is unusually precise, rapid, and direct for shifting the neurological underpinnings of a range of psychological problems."
- Clinical Psychologist

What is Tapping?

EFT - Emotional Freedom Techniques

The gentle tapping on meridian endpoints on the body (meridians are channels that form a network in the body, through which vital energy flows)

Origins of Tapping

Gary Craig is the one who developed EFT in the 1990s based on the work of Roger Callahan - called Thought Field Therapy (TFT).

Gary Craig worked to refine and simplify Callahan's TFT techniques and developed a simple - yet very profound - set of techniques that he called Emotional Freedom Techniques (EFT).

Science behind Tapping

Since then, EFT Tapping has gone on to be further tested and refined.

Pioneers and early adopters of EFT like Dr. Dawson Church and Dr. David Feinstein - both PhDs - along with others in the Tapping community wanted to ground EFT in science.

There are currently over 100 studies demonstrating its efficacy. EFT Tapping is evidence based.

The latest research is proving that when you use EFT Tapping to shift your unconscious beliefs and emotions, you shift the chemicals being released into the body.

One study that appeared in the oldest peer-reviewed psychology journal in the United States stated...

"Tapping was found to lower cortisol (the stress hormone) 10% more than the other interventions tested."

In the scientific community, 10% more is considered "statistically significant."

EFT Tapping has been scientifically proven to provide relief from stress, anxiety, chronic pain, emotional problems, addictions, fears & phobias, PTSD and many other conditions ... And it's easy to use!

Traditional Tapping

Overview

We want to show you Gary Craig's original version of tapping - The Basic Recipe - so that we have a starting point from which to move when we go on to share with you the style of Tapping that we use.

Gary Craig's "The Basic Recipe"

1. Identify the issue

- Think about the problem that you wish to resolve
- Choose only one issue to focus on at a time

2. Test the initial intensity

- Use the Subjective Units of Distress Scale (SUDS) to rank the intensity of the issue
- SUDS is a 0–10 scale
 - 10 = worst the issue has ever been
 - 0 = not present at all

3. The Setup

- A simple reminder phrase to repeat while tapping on the fleshy part of the outer hand (karate chop point)
- The reminder phrase acknowledges the issue AND conveys self-acceptance in spite of it
- For example:
"Even though I have difficulty making enough money, I deeply and completely love and accept myself."

4. The Sequence

- Tap on specific points on the body while repeating the phrase that you have chosen
- In our example, *"difficulty making enough money."*

The tapping points, in sequence...

- **top of the head** — directly in the center of the top of the head
- **beginning of the eyebrow** — the beginning of the brow, just above and to the side of the nose
- **side of the eye** — on the bone at the outside corner of the eye
- **under the eye** — on the bone under the eye, approximately 1 inch (in) below the pupil
- **under the nose** — the point between the nose and upper lip
- **chin point** — halfway between the underside of the lower lip and the bottom of the chin
- **beginning of the collarbone** — the point where the breastbone (sternum), collarbone, and first rib intersect
- **under the arm** — at the side of the body, approximately 4 inches below the armpit
- **top of the head** — directly in the center of the top of the head

Tapping Tips...

- Use two or more fingertips
- Repeat the tap approximately five times on each point
- Where there are “twin point”, you can tap on both sides of the body, but it is only necessary to tap on one side

5. Test the intensity again

- Again, rank the intensity of the issue on a scale of 0-10
- Ideally, it will have improved - gotten lower
- Repeat the process 'til the intensity reaches 0 or plateaus

Choose Your Life Tapping

How we are different from Traditional EFT

1. We incorporate Neuro Linguistic Programming (NLP) into the protocol.
2. Rather than just tapping on whatever comes up, we are Mapping (getting specific information about) all of the links that create the memory as well as all of the links that create the solutions.

Choose Your Life Tapping Protocol

1. Focus on IT

- Ask yourself, "*How do I know IT (the problem) is an issue for me?*"
- Notice how you know IT doesn't feel good
- Tune into what you notice yourself thinking, feeling, and/or remembering

2. Measure IT

- Ask yourself, "*0-10, how intense is IT?*"
- Write that number down (if you can)

3. Take Your Attention Away from IT

- Ask yourself to...
 - Bring your attention *away from* IT (the problem) and
 - Find something *in the present moment* to put your attention on

4. Tap through the points

- Begin tapping on the tapping points
- Fully place your attention on your fingers touching the points (*this is a present moment experience*)
- Keep tapping on the points - going from one point to the next at your own pace
- Keep the attention on the points EVEN AS you say words that reference aspects of the problem

What tapping in this manner does...

- Interrupts - confuses your *conscious* mind
- Communicates - with your *unconscious* mind
- Soothes - brings down your stress level

5. Counterpoint Anchor

After a round of tapping, create a "counterpoint moment" to further interrupt IT

- Grab hold of your wrist
- Use your power of recall & imagination to go to a "desired state"
- Fully go there... and then make it stronger
- Inhale, exhale, and say YES!
- Let go of your wrist
- Notice what is present in you NOW

6. Go back to IT - Notice & Measure

- Check on IT
- Notice how strong IT is NOW 0-10
- Notice what else is there
- Is it a thought, a feeling, a memory?
- Once you have the specifics of what remains of IT...

7. Repeat

- Again, take your attention *away from* IT
- Tap through the points - with your attention focused on your fingertips touching the tapping points
- Followed by the Counterpoint Anchor (wrist hold)
- While holding your wrist, bring your attention to a "desired state"
- Explore the desired state: what it looks, sounds, feels like
- Go there fully
- Inhale, exhale, and say YES!
- Let go of your wrist
- Go back to IT - Notice & Measure

Repeat these steps until IT is at 0 intensity...

Having neutralized IT, you can now use tapping to tap something IN.

What will you tap IN?

The NEW.

- New ideas
- New understandings
- New insights

8. Tap IN The New

While tapping IN, instead of taking your attention AWAY FROM what you are saying, you put your attention ON what you are affirming:

The NEW ideas, understandings and insights that you are tapping IN.

This is *Choose Your Life* Tapping...

...and we will do a lot of it together.

WHY we do *Choose Your Life* work

1 - Deal With IT

- If you are alive on planet earth, you have an IT... or two.
- There is no shame in having an IT.
- Dealing with an IT is a fantastic way to grow, evolve and flourish!

→ *We are here together doing this work to... deal with IT.*

2 - Address Lack

- Lack is a feeling of any one of or a combination of these experiences...

**Rejected - Denied - Insecure - Jealous
Unloved - Unlovable - Lost - Aimless
Abandoned - Stuck - Overwhelmed**

Lack harms us by creating a negative **expectancy loop** - making it so that what we *expect* in the future is going to be just like *the past*.

We expect IT over and over again.

→ *It's possible to interrupt 'negative expectancy' and put an end to an unwanted 'loop of lack.'*

3 - RE-Story Our Stories

RE-Story (v.) - *to look at the memories that inspired the disempowering stories you're telling yourself about yourself, but this time with **intention**... with **new information**... and with your **best interest** at heart.*

- We want to RE-Story the stories that have the experience of lack in them.
- When we RE-Story the stories we tell ourselves about what happened THEN - and what it meant - we effectively RE-Story the stories we tell ourselves NOW about 'who we are' and 'how the world gets to be for us.'

→ *When we RE-Story THEN, we RE-Story NOW*

4 - Get Our Needs Met

- As human beings, we have very real needs that must be met.
- As human beings, we also have very real *powers* that make it possible for us to get those needs met.

→ *We are learning how to use our **Core Human Powers** to get our **Core Human Needs** met.*

The Truth About Our Stories

*"We mistake ourselves for our stories.
We have stories, but we are not our stories."
- Mark Matousek*

Our memories are the building blocks of Our Stories

It usually goes this way...

- First... an experience from our life becomes a memory.
- Then... we *preserve* the memory in a way that feels final.
- Until finally... the memory feels like "the Story of who we ARE."

Our Stories are the result of perspective

The memories Our Stories are built upon should be questioned.

Or rather, the *accuracy* of the memories Our Stories are built upon should be questioned.

The memories Our Stories are built upon should be questioning for all kinds of reasons. One reason being perspective.

Perspective (n.) - a particular attitude toward or way of regarding something; the way you look at things; a point of view

The nature of remembering

Two people can live through the same event and remember it quite differently. This is because...

- They had different *filters* through which they perceived that same event.
- Their nervous systems, neural pathways, brains etc. do not work exactly and precisely the same as each other's.
- The experiences the two people go on to have in their lives *further* inform how they recall the event.
- Every time you visit the memory - when you're done with the memory - the brain rewrites the memory.
- The brain will update the memory - add things to it or take things out informed by how you *felt* as you were revisiting the memory.

Fun Fact

- The memories Our Stories are based upon are neither accurate nor permanent.

Not-So-Fun Fact

- We tell Our Stories *as though they are* accurate and permanent...
...*even when those stories are not serving us!*

RE-Storying is allowed

Fortunately, it is possible and 100% OK to RE-Story those Stories that are not serving us (the ones that have the experience of lack in them).

YES, what happened 'back then' is OVER and we cannot make what happened UNhappen.

But we CAN use our Core Human Powers

(*i.e. the power to imagine, clarify, choose, want, create, express*)

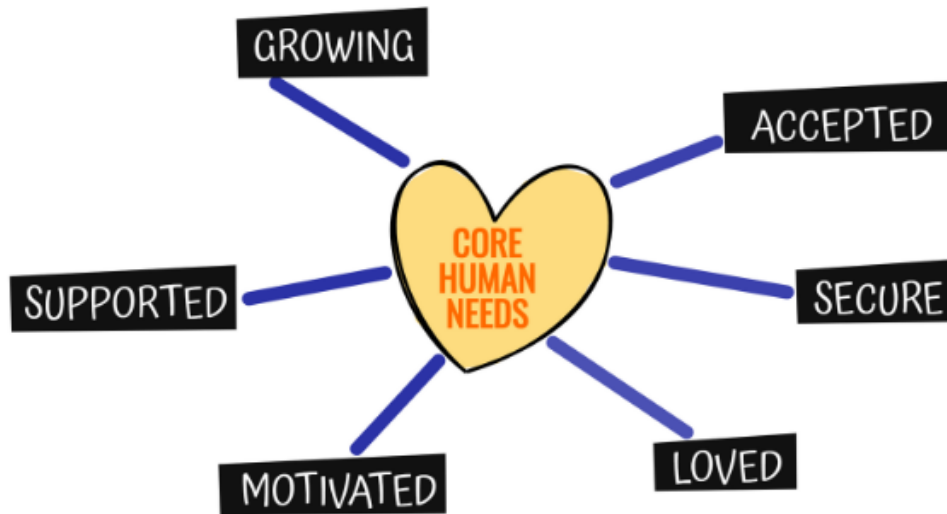
to RE-Story the stories that are not serving us...

...so that they *are* serving us!

RE-Story (v.) - *to look at the memories that inspired the disempowering stories you're telling yourself about yourself, but this time with **intention**... with **new information**... and with your **best interest** at heart*

Core Human Needs & Powers

Core Human Needs

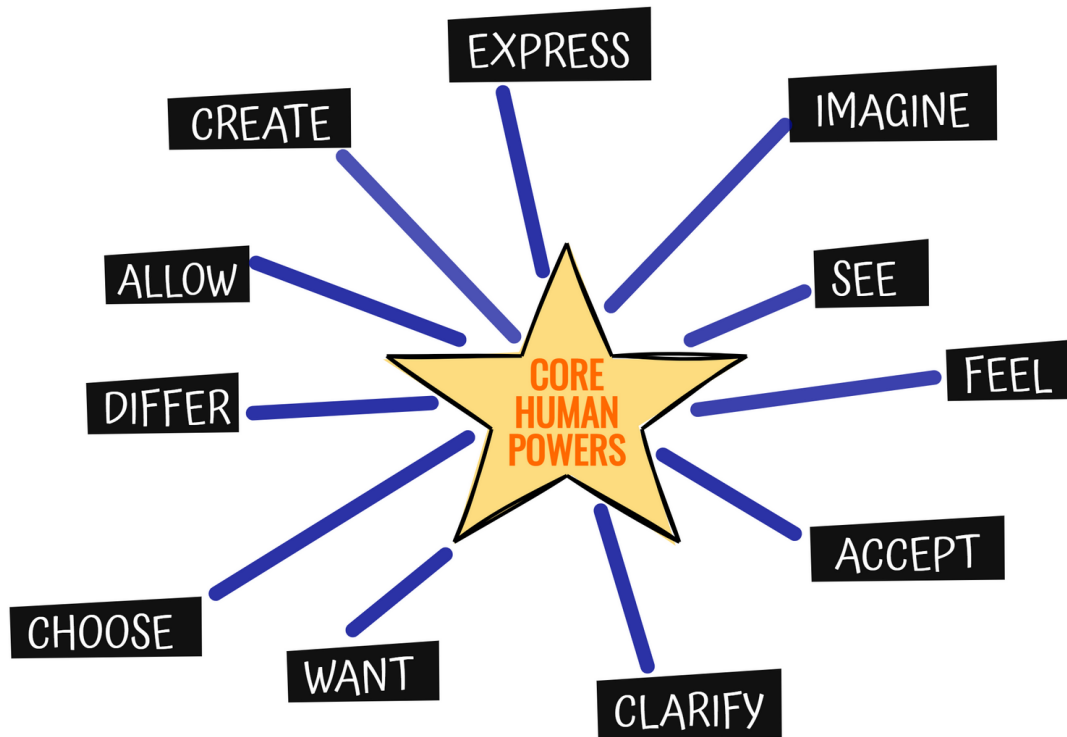


Our **Core Human Needs** are the need for...

Acceptance - Security - Love
Motivation - Support - Growth

You can go into memories for the purpose of changing them in such a way that the Past You gets every single one of your Core Human Needs met within that memory.

Core Human Powers



Our **Core Human Powers** are the power to...

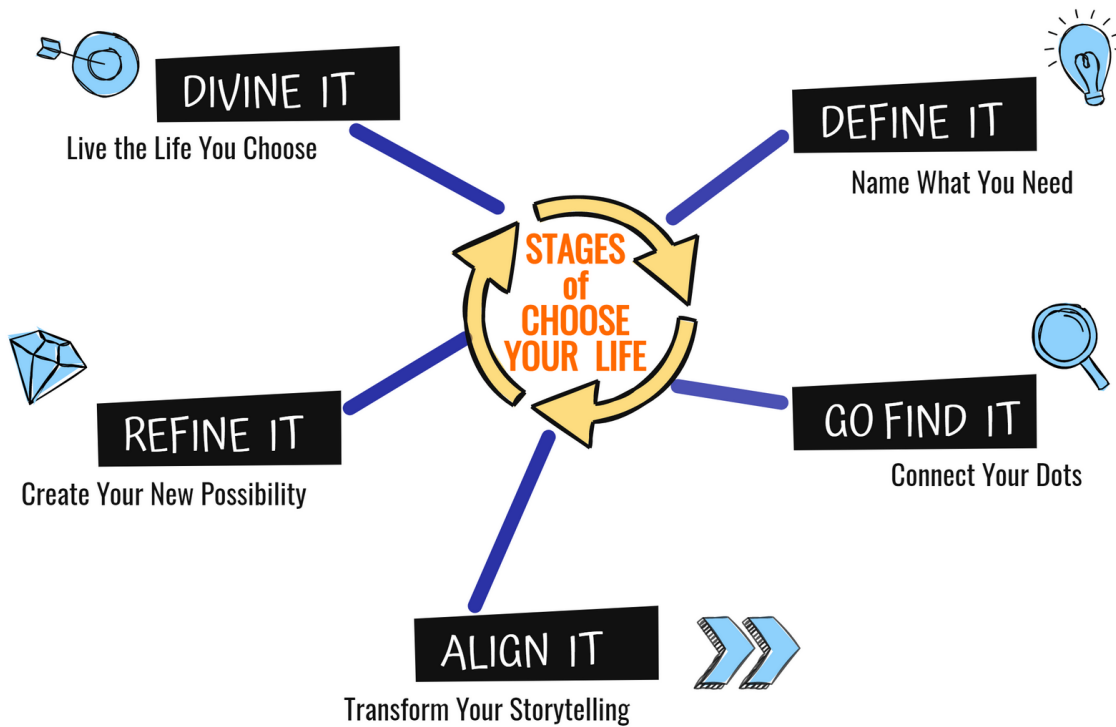
Express - Imagine - See - Feel - Accept - Clarify - Want - Choose - Differ - Allow - Create

It is possible to use our Core Human Powers to affect the way we hold a memory. We can pause the memory and redirect the flow of energy within the memory toward meeting our Core Human Needs.

Stages of The *Choose Your Life* Method

Stages of The *Choose Your Life* Method

Name What You Need	DEFINE IT
Connect Your Dots	GO FIND IT
Transform Your Storytelling	ALIGN IT
Create Your New Possibility	REFINE IT
Live the Life You Choose	DIVINE IT



The easy-to-remember shorthand names...

1 - DEFINE IT - Name What You Need

At this Stage you get clear about...

- What you want and what you need NOW
- *What is in the way of what you want and need and want*

2 - GO FIND IT - Connect Your Dots

At this Stage you look very specifically for *memories* that support what is in the way of what you want and need now.

3 - ALIGN IT - Transform Your Storytelling

At this Stage you organize the memories you have gathered into chronological order.

4 - REFINE IT - Create Your New Possibility

At this Stage you RE-Story the portions of the memories that need an update so that they are "a match" for the life you choose to live.

5 - DIVINE IT - Live the Life You Choose

At this Stage you reinforce the changes you've made so that the new way of thinking and feeling happens all on its own.

How the Basics of Critical Thinking align with the Stages

Overview

The five Stages allow you to get really good at...

1. Putting yourself back in your power
2. Thinking critically

"Critical Thinking is self-guided, self-disciplined thinking which attempts to reason at the highest level in a fair-minded way. Critical thinkers strive never to think simplistically about complicated issues. Critical thinkers commit themselves to practice toward self-improvement."

- Linda Elder

Raise A Vital Question	DEFINE IT
Gather Information	GO FIND IT
Remain Open Minded	ALIGN IT
Explore with Abstract Ideas	REFINE IT
Test and Find Solutions	DIVINE IT

1 - DEFINE IT - Raise A Vital Question & Name What You Need

Raise A Vital Question

We raise lots of vital questions at this stage, the first two being:

- *What do you WANT NOW?*
- *What is IN THE WAY of what you want now?*

To gain even more clarity, we can ask ourselves other vital questions such as:

- "WHAT do I know?"
- "HOW do I know it?"
 - "If I know I have a problem, HOW do I *know* I have a problem?"
 - "HOW do I *know* something is lacking?"

By asking these kinds of (vital) questions, your internal compass is going to point you to the feelings, self-talk, phrases, and flashes of memories that "define" the problem.

2 - GO FIND IT - Gather Information & Connect Your Dots

Gather Information

The information we are gathering has to do with "what supports the problem."

We look very specifically for *memories* because...

- Memories are the "building blocks" of the story that's holding the problem in place
- Memories *act as proof, as evidence*, that the story that is holding the problem in place *is true*

This is why we GO FIND *all the memories* that support our old, unhelpful story - and get them onto the page.

3 - ALIGN IT - Remain Open Minded & Transform Your Storytelling

Remain Open Minded

In order to work with all that you've gathered, you must remain open. Not just open-minded, but open-hearted as well. Openness to what you've found is what is going to allow you to stay with it as you organize it.

Organizing the memories chronologically helps you to...

1. See where the impact point(s) that caused the ripples of problematic beliefs and behaviors first occurred
2. Detect mismatches between what you hold in your unconscious mind as a result of back THEN (in some cases a disempowered version of yourself) and who you are NOW

4 - REFINE IT - Explore with Abstract Ideas and Create Your Possibilities

Explore with Abstract Ideas

Abstract thinking is playful thinking. Time traveling - being physically here now and exploring back then - is abstract thinking. So is using your imagination to perceive it differently.

We shine light on the aspects that bother us so we can:

- Identify whichever needs haven't been met yet
- RE-Story the portions of the memories that need an update

We use Tapping to:

- Reduce the intensity of the challenging feelings *within the body* - feelings such as anger, sadness, anxiety, resistance
- Create space for more positive, useful, supportive feeling like peace, acceptance, joy, empowerment, freedom

5 - DIVINE IT - Test & Find Solutions & Live The Life You Choose

Test & Find Solutions

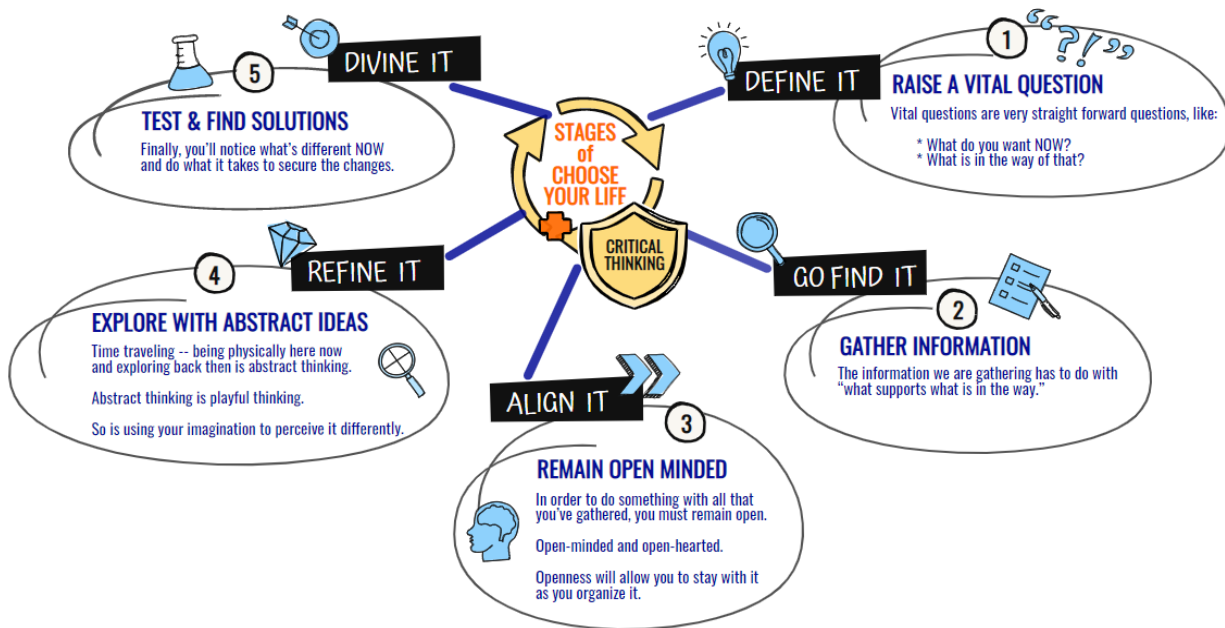
Noticing what's different now and doing what it takes to secure the changes.

We want to make the changes so strong that the new-and-improved way of thinking and feeling is able to happen all on its own... **unconscious competence!**

The secret to creating lasting change is repetition - replaying and rehearsing the changes.

We are laying down new tracks in the brain. Creating new grooves. Allowing the old neural pathways you're not using anymore to wither and die.

You should think of these 5 Stages not as a formula, but as 'components' to be used in any order, as needed.



The Building Blocks of Beliefs

Presupposition (n.) - something that is assumed in advance.

*"Often we hold varying degrees of beliefs. We believe some things strongly, other things not as strongly. Beliefs that we hold very dear and drive our thoughts and actions we call **core beliefs**. We use them as our presuppositions."*

- Bob G Bodenhamer and L. Michael Hall

What is a belief?

A belief = 1) what we remember and, as a result, 2) what we perceive to be true about our world.

Whatever we currently believe about ourselves - our family, love, relationships, bodies, capabilities, wealth, and the world around us - is a result of experiences that have since turned into memories.

When we believe something to be true it's because we remembered the way we experienced it *through the senses of our bodies...*

...that's what makes the experience *feel* true.

Stated simply, memories are *ideas* that we believe to be true based on or about our past experiences.

We experience memories, the building blocks of beliefs, in different ways.

Let me explain...

What is a memory?

1) What we remember

- a mental picture or movie, sound, thought, emotion, sensation, touch, smell, and taste related to a past experience

2) What we perceive to be true about our world

- the ideas, choices, processes, and outcomes as a result of or about past experiences.

Now that we are aware what makes memories the building blocks of beliefs...

we can draw a *new, life-changing conclusion* about getting what we want in life now.

When we work with memories, we have the power to **change what feels true** when we change our focus.

Why we work with memories

Since memories...

- create the structure for what we believe is true
- “tell” the story of “who we believe we are,” or our perspective...

...they serve as the foundation for what we believe will likely happen in the future.

Remember a time you felt bad or sad.

- Notice the sensations, see the pictures, or hear the sounds you recognize as bad or sad.
- What you notice is *your* 'map' for how to feel bad or sad on demand.
- The map is the structure of 1) what you remembered and 2) what you perceived to be true about *your* world.

Said another way, you *imagined and* felt bad or sad.

To *imagine* is one of your Core Human Powers. And it is possible to use your power of *imagination* SO THAT what you are mapping internally is better. If you choose something better like accepted, supported and secure... you then feel and believe yourself to be those things.

Now you may say, “But that’s not what happened.”

To which we say, “*That*, whatever *that* is... is over. You’re CHOOSING from your internal map of what you remembered. You’re choosing from memories which are only ideas.”

How we make... and can change memories

Memories change

Remember the Precept, "Memories are allowed to be upgraded?" It's 'allowed', yes.

But how is it done?

When we understand *how we make memories*, THEN we can change the content and context of a memory.

Let's gain an understanding of what 'memory consolidation' and 'memory reconsolidation' is.

Consolidation is how we make memories - we create the memory by living through the experience AND doing that through our senses. It is in the present.

Reconsolidation is what happens after that *when we remember*.

Our brain consolidates/reconsolidates naturally. It reorganizes what matters about an experience we remember.

You can choose something else

SINCE consolidation/reconsolidation is what happens naturally, THEN we can work with this naturally occurring process TO OUR ADVANTAGE.

According to Virginia Satir, you have the freedom to:

- see and hear what is here, instead of what should be, was, or will be.
- say what you feel and think, instead of what you should.
- feel what you feel, instead of what you ought.
- ask for what you want, instead of always waiting for permission.

And lastly, and most importantly, to:

- take risks on one's own behalf, instead of choosing to be only "secure" and not rocking the boat.

We work with memory because we have the freedom and the power to *choose* what feels true.

When we remember, what we actually have is a map. The memory can serve as a map of how or when to feel happy. Or, the memory can serve as a problem with specific conditions and outcomes.

What if I told you...

The specifics of the problem are the opportunity

This is OUR strategy when it comes to working with memories:

- to accept what happened
- just long enough to clarify
- what I do and don't want,
- and ultimately choose
- to differ

To differ is really important because "to differ" says "I can choose something else. I have that freedom now." It allows us to identify and then *get* what we actually want.

What's so transformative about the CYL Method is that we make it possible to...

1) Have clarity around how we hold an old story

Which puts us in a position to...

2) RE-story that old story

In such a way that we can....

3) Accept the new and improved idea of ourselves

To accept a new idea of one's self is akin to 'receiving.'

You receive something new, something different - an improvement in how you feel about yourself and the world around you.

This is huge. This is empowering.

Smartphone Analogy

What do Consolidation and Reconsolidation look like?

When we use traditional EFT, we harness the brain's natural process of consolidation and reconsolidation. But what does that look like?

Think about life with a smartphone for a moment. It looks a lot like that.

What do you do when you go to a new place or want to remember a special event?

For most of us, we take photos or videos with a smartphone. Then, we delete the pictures we dislike, edit the pictures or videos we do like, and share that experience with loved ones and friends.

Every photo, video, snapshot, meme, quote in your photos aligns with what you're about (or not), your perspective.

Like what gets captured with your smartphone, a memory is a representation of past occurrences that can be watched like a movie or looked at like a picture. Maybe you hear a voice, dialogue or music. Additionally, memories can also have smell and taste, and trigger sensations in the body.

Think about your first home... The nicest gesture you received from another, or that you did for someone else. Notice that what you notice changes based on the call to attention and your shifting focus.

A memory is much like a place we visit. In those places we can remember how we felt just by focusing on a specific time or place.

Memories are beliefs that affirm those ideas about ourselves and what we knew to be true of ourselves and the world around us.

But what if what you believe about yourself feels bad, mismatched from what you want, or you have a long history of LACK that feels impossible to overcome?

Then it is because we strayed off course, and must course correct.

In order to understand how we veer off course, we must understand **flooding**.

Flooding and Stuck

Overview

When we feel overwhelmed, ineffective, sad, and frustrated on a regular basis, we're stuck in a cycle. A cycle we wish we knew how to resolve and turned to a modality like tapping as a last resort.

To (re)cycle means to **flood** the images, sounds, sensations, that make up memory or memories that affirm a story. When people flood and decide to stop working on change, it's often because they don't know how to resolve aspects that relate to their:

- Process
- Identity
- Outcome

The root cause of flooding often includes:

- Confusion between **Process** and **Identity**
- Maintaining an unmotivating **Identity**
- Expectation that past **Outcomes** will equal future **Outcomes**

Recognizing these issues helps us better resolve larger or long term issues.

We make flooding recovery more manageable when we know where to look and why.

Process Issues

Overview

- A **Process** is a series of actions or steps that achieve a particular outcome.
- A **Process Issue** occurs when a step (or the ideas that support the steps) in the **Process** cause different and even undesired outcomes.

The structure of a process from beginning to end includes:

- What we think
- When and what decide
- What we act on
- What the outcome is
- How we react to the outcome

We often confuse process issues with outcome and identity issues. What that means is we recognize the old story in terms of “what we remember”.

In other words, how the story ended (outcome) and what we concluded about ourselves, our capability, or worth (identity) *becomes the story*.

When we feel stuck with a BIG problem, we feel resistant to breaking it down into parts that make change manageable.

With flooding, what we've done is taken those parts that stack together like Russian dolls and looked at it as a whole, rather than individual parts.

One inside the other, each doll “builds”. It's the same for the parts of a process influencing what we believe to be true and what's possible for ourselves.

Processes work the same way:

- **Ideas** accumulate to become **Choices** >>
- **Choices** turn into **Actions** >>
- **Actions** are enacted within **Relationships** where **Understandings** are formed >>
- Our **Understandings** are cultivated as a result of **Skills**

This “build” demonstrates the snowball effect of an idea turned into a skill - an *Unconscious Competency*. When that Unconscious Competency (habit of mind) is activated, it leaves you feeling either in your power OR all twisted up inside.

We take the ideas, choices, and actions and turn them into larger things that we can't act on - relationships and abstract understandings. So, if we can't move the needle forward because there's nothing to act on, we stay the same.

We're STUCK.

When we stay the same, we flood the same images, conversations, feelings, sensations in our nervous systems. Our problem then becomes identic or related to a past outcome.

We change what we supply our nervous system (our processes), and then our whole perspective of the world changes.

We'll learn about what and how we can change what we supply our nervous system in the "Tools" section.

Identity Issues

Overview

- An **Identity** is the framework of memories, experiences, relationships, and values that are unique to an individual's sense of self.
- An **Identity Issue** is a conflict between any of those parts of an individual's sense of self.

We believe who we are today because we have proof - we have memories in which we remember experiences, relationships, and prioritize ideas that support our ideas of ourselves.

The proof that we treat as *objective reality* is really **subjective reality**.

As we accumulate experiences, we arrive at conclusions of "I am", "I can", "I can't". These become the map in which we experience the world around us.

Sometimes what we conclude conflicts with what we would rather choose for ourselves. These conflicting conclusions are **Identity Issues** in which we:

- Confuse subjective perspective with objective reality
- Confuse Process Issues with Identity
- Expect past Outcomes = future Identity
- Prioritize a codependent perspective of "we," "us," or "he/she, they, them" rather than "I"

When we flood, we do so because we feel challenged, frustrated, unsafe, uncertain, or insecure.

- We think in terms of "have/have not" rather than *becoming*
- We notice our neediness for outside validation
- We feel frustrated over a lack of instant results
- We feel dissatisfied with our current lifestyle, perpetually
- We feel trapped in the blame cycle.
- We expect our future endeavors to fail based on past experience

The reality is that we have the power to create the skills that teach us how to:

- generate the ideas
- make the choices
- perform the actions
- cultivate the relationships

...THAT teach us how to receive exactly what we want from the world around us.

As we start to become aware of what makes habits automatic, we begin to separate Identity from Process and Outcome Issues.

Outcome Issues

Overview

- An **Outcome** is a product of a Process.
- An **Outcome** is a result, consequence, or effect.
- An **Outcome Issue** is a problem we experience with either a past outcome, or in relating to a future outcome.

We expect outcomes. Our ideas of outcomes are usually based on the amount of proof that something will stay the same or close to our original conclusion.

Our ideas, choices, actions, relationships, understandings, and skills are the building blocks of what we imagined, and virtually projected into future outcomes.

These representations either match or mismatch the content of our memories.

We tend to flood negatively when we experience a mismatch between:

- the memories about ourselves
- the LACK of what we want presently
- the idea that it may be absent from our future

Using the past as a way to connect to future outcomes creates an "expectancy loop".

I expect _____ based on the past outcomes.

We habituate expectancy loops through the recycling of ideas, choices, actions, relationships, understandings, and skills that align with our past outcomes - *our memories of them*.

Our brains and nervous systems prioritize order even when it leads to bad habits and feeling unfulfilled. We (re)create what we know.

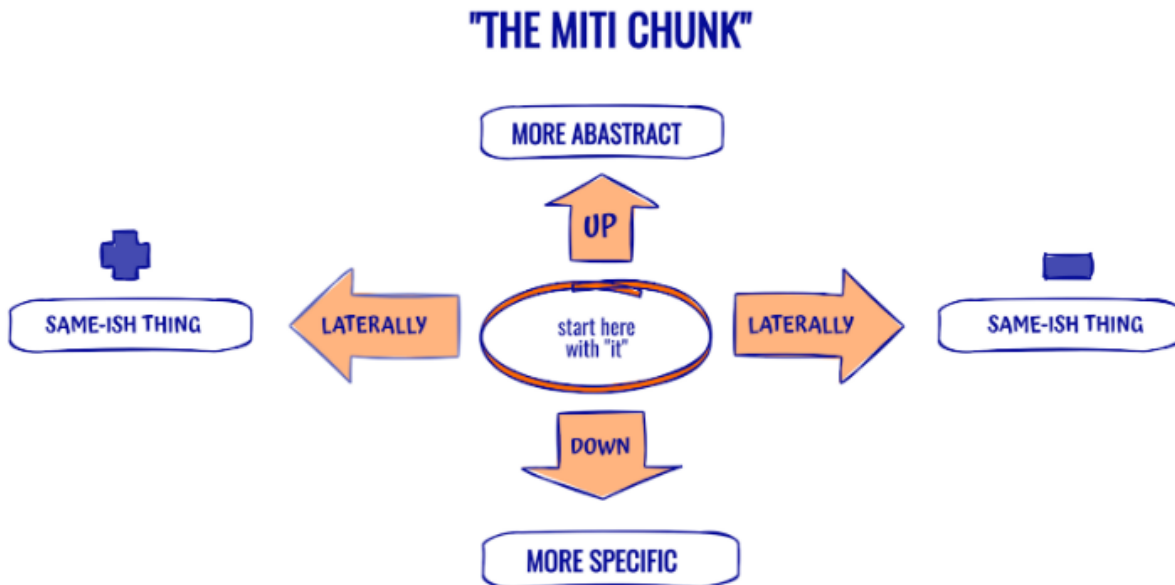
In a world filled with uncertainties, "knowing" an outcome can inspire feelings of security, certainty, and control. And in the event we recognize an outcome as disappointing, we create or habituate coping skills.

We'll learn strategies to close out the old loops and create flexible loops aligned with what we want instead.

Chunking

Overview

Just as Mind Mapping is a way to get what is mapped internally out onto the page so we can see it and work with it, so is Chunking.



What is Chunking?

Chunking is a way to organize ideas hierarchically.

It is an NLP-based questioning technique that takes into account the way we naturally organize information. (Chunking happens naturally when Mind Mapping.)

When you look at ideas through the lens of chunking they will fall "above," "below," or "at the same level" of each other, like rungs of a ladder. That's what it means to be hierarchical.

Chunking is a way to organize the elements of our stories (that feel true) into groupings that are more specific, or more abstract, or more similar.

Knowing how to intentionally chunk and organize ideas is a great life skill. It creates *flexibility* in thinking and allows you to find solutions.

Why We Chunk

We use chunking for different reasons, depending on what the situation calls for.

1. When we feel stuck our story tends to be very specific, fixated on aspects we couldn't control or change at a certain time and place. In order to understand more about what we need to resolve, it helps to have a way to get a bird's eye view of the issue and get a *new* context. We do this by chunking UP.
2. Or, maybe we feel overwhelmed by the scope of a problem. It feels too big and we can't seem to pinpoint a place to begin. We're unable to "get clear" about what we mean. This is when you bring in the skill that is Chunking DOWN.
3. And then sometimes it's a matter of figuring out a new context. This can be done from a bird's eye view by going just two steps to the left or right from our center focus. This is what it is to chunk LATERALLY.

To make chunking more clear, let's use an example.

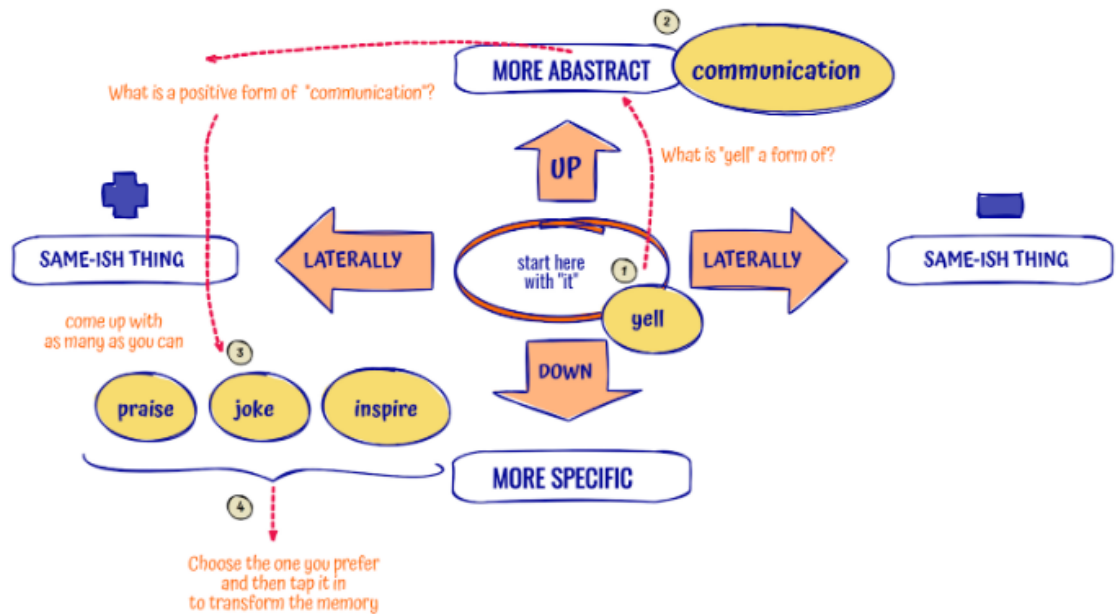
Chunking: Communication

Overview

Example: Communication

WHAT WE DO WITH "THE MITI CHUNK"

- 1 We define what it feels like NOW
- 2 We go UP - to gain perspective and find out what we are really dealing with here
- 3 We go OVER in the positive direction - to see what is possible over there
- 4 We then go DOWN to find the exact for on it that we want



Let's imagine you are dealing with a memory where miscommunication took place and it still bothers you to this day.

That is why you want to work on this memory.

But even though you know how to work on memories, when you go to work on *this* memory, you feel stuck.

This could be because the way you are holding the memory is either too specific (fixated) or too general (overwhelmed, unclear).

In either case, it results in feeling like you are unable to change what is happening in the memory in a way that allows you to take a more appropriate action and move forward from where you are (then and now).

To create some flexibility in your thinking and be able to find a solution you would bring in Chunking.

Your starting point is COMMUNICATED BADLY.

The first question to ask yourself is

- What is miscommunication/communicated badly a form of?

Communication

Communication is abstract, so you will next ask yourself questions that help you to get more specific.

- What type of communication was it?
 - Was it positive or negative communication?
 - Was it verbal or nonverbal communication?

It was negative and verbal communication.

- What type of negative, verbal communication was it?

Yell. Insult.

This is what it is to chunk DOWN to get the specifics of the "miscommunication."

In order to find a solution - we will chunk UP, then LATERALLY and then DOWN.

"Yell" is our starting point.

To chunk UP, we ask:

- What type of action is this?
- What is "yell" a form of?

We know...

- **Chunking UP:** Shifting from a specific thing, action, place, or small scale idea toward more general, larger ones

Chunked UP to the idea of “*communication*”, you are now in a position to find other examples of communication.

You do this by chunking LATERALLY: traveling sideways from the idea of *undesirable communication* to the idea of *desirable communication*.

- **Chunking laterally:** The process of chunking up *and then looking for other examples*

This is how we use chunking to move from what we don't want to what we do want. You are creating flexibility. You have put yourself in a position to find a solution.

While over on the *desirable communication* side of things, you can chunk DOWN to a form of communication you'd rather experience.

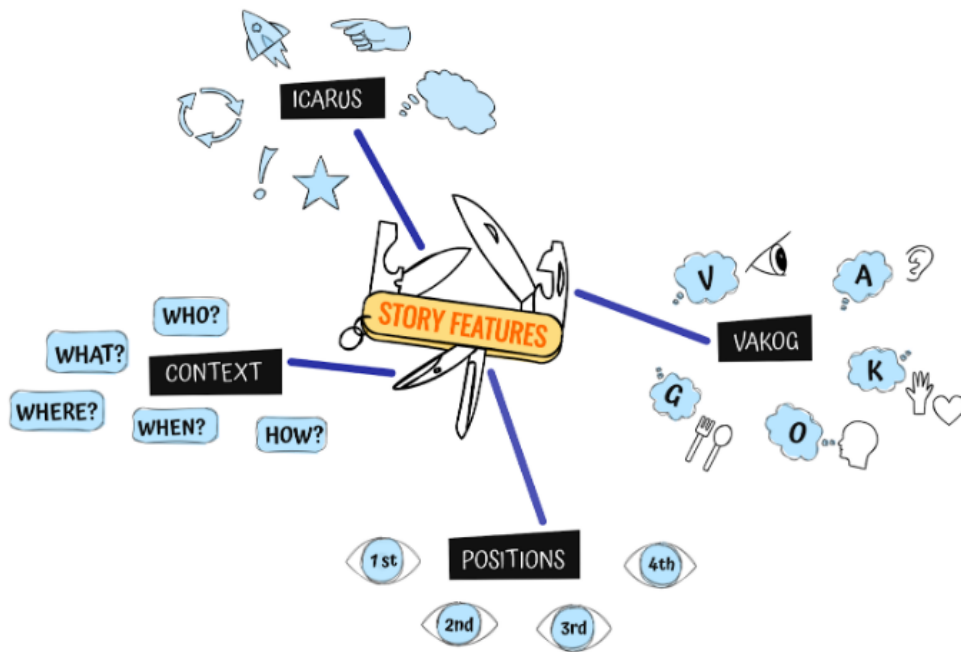
- **Chunking down:** Shifting from an abstract idea toward a more specific, smaller one

You may do this by asking yourself, “What kind of communication would I have preferred in this memory?”

Praise? Talk? Smile? Nod?

Choose the one you want... and apply it to the memory.

STORY FEATURES



Overview

All those past experiences from our lives - that exist now as memories - they are not who we ARE. Rather, they are something we HAVE.

And each one of those memories is an ecosystem with thousands of pieces of information - many of which we are unaware of. And impacting our life today in both positive and negative ways. Depending.

So we get investigative about it - we look at the nature of our mind and of our memories. And in investigating it, we get to find out that even though we may not be able to do one single thing about what transpired back then - because it's over and we have no ability to make what happened UNhappen - we do have the ability to heal the stories we're telling ourselves about what happened.

How?

We RE them. We RE-Story them. Which is to look at the memories that inspired the disempowering stories you're telling yourself about yourself, but this time with intention... with new information... and with your best interest at heart.

That's how it starts. You take that kind of a look at the memories that create your stories. And then, through the use of our Core Human Powers - like the power to imagine, to differ, to clarify, to choose, to want, to create, to express - those kinds of powers - you change them.

We're allowed to change what's in our minds. We are. 100%.

Knowing that we DO have this ability - that we CAN use our powers to get our needs met within any of the stories/memories that we are carrying around with us - is a game changer.

And when we actually do what it takes to get the needs that were not met then, met NOW - right inside of ourselves, by ourselves - we are effectively re-storying the stories we tell ourselves about who we are and how the world is.

Like Tapping, Mapping, Chunking, our Core Human Needs and Powers, Story Features is a mighty tool.

Very much like a Swiss Army knife, Story Features is the ultimate *multi-tool*. Applicable to more or less any scenario at hand.

Once you know what they all are and how to use them, you can call on whichever feature you need. It might be VAKOG, or Perceptual Positions, or Context, or the ICARUS Framework. Being equipped with all of the Story Features gives you a great deal of versatility when working on memories.

We will go into each one of them - one at a time, but before we go there, let's first tap these understandings in...

Tap & Teach

Overview

For the *Story Features* portion of this text, we'll use Tapping to teach ourselves the most transformative perspective changing aspects of memory.

These **Tap & Teach** scripts, or T&T's, will help us learn the context and content within which we can change our perspective.

Simply tap through the points while reading the **T&T Scripts** in the next few sections.

- Go as slowly or as quickly you'd like - reading and tapping..
- Bonus points for tapping in the scripts two or three times.

And remember, each round is a step in creating a conscious competence.

**T&T Script:
I Am Not My Stories**

I have stories. . . But I am not my stories

I knew myself as "my story" of my past
Me and my story felt one and the same.

I experienced myself AS my memories
Accumulated and storied into my personal history

But I am not my stories
I have stories
But I am not my stories

I can WORK WITH my stories
I can work with HOW I TELL my stories
I can SHIFT my stories

Because I am not my stories
I have stories
But I am not my stories

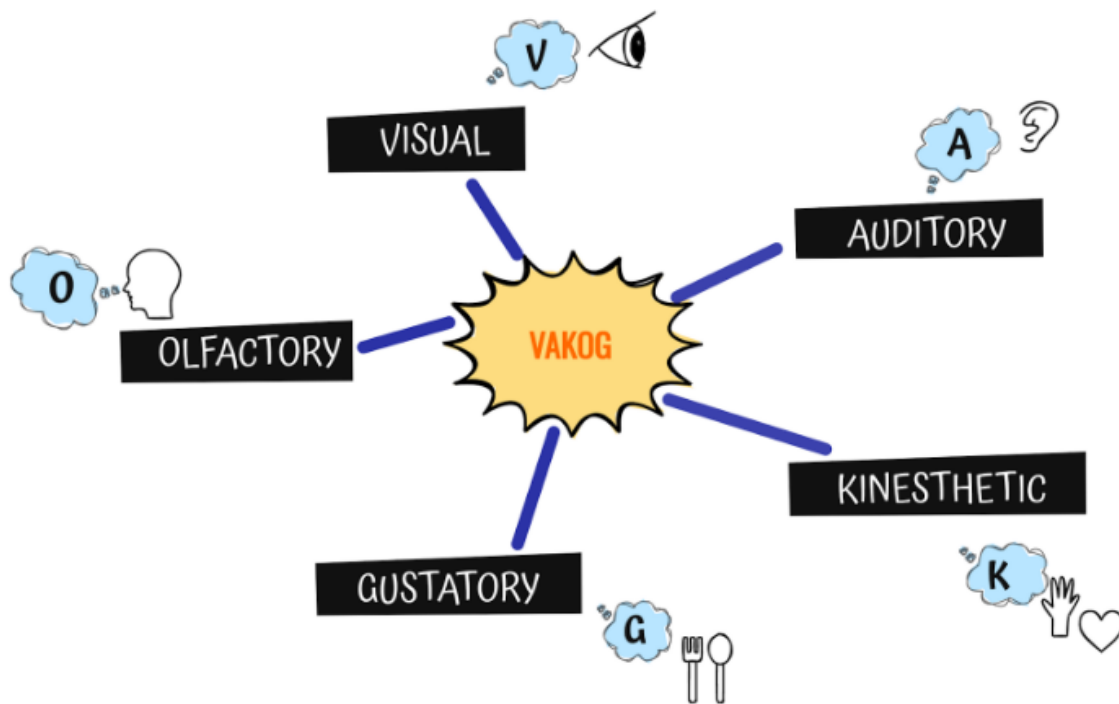
As I work with the memories that are
the building blocks of my stories
I tap

I tap to reduce stress
I tap to interrupt triggers
I tap to reach my subconscious
I tap to SHIFT
Feelings of LACK and struggle
I tap to introduce NEW ideas,
New choices, actions and relationships
I tap to receive more of what I want

I tap so that my stories
can support the whole of who I really am

*Grab your wrist.
Take a deep breath in for a count of 4.
Exhale for a count of 4.
And Release your wrist.*

F1. VAKOG - Visual, Auditory, Kinesthetic, Olfactory, Gustatory



Overview

When we tell our story, we often do so out of habit. We use the **same** VAKOG from the *same* point of view, with the *same* contexts... **over and over again**.

It's a process we've done since we were children. We feel comfortable telling "our story."

But what if "our story" isn't serving us? Is there a way to loosen up "our story"?

There is. This is where the Story Features tools come in.

And the great news is that Story Features are wonderfully straightforward and easy to use because we actually use them all the time in our day-to-day life. They are already unconscious competencies.

Now we're going to bring them to our conscious attention so we can learn how to harness them and apply them to memory work.

The first is **VAKOG**.

VAKOG is an acronym for our five senses.

- 1 - Visual - see, sights
- 2 - Auditory - hear, sounds
- 3 - Kinesthetic - feel, touch, emotions, sensations
- 4 - Olfactory - smell
- 5 - Gustatory - taste

It is through our five senses that we become aware of our memories.

VAKOG creates a framework for what we "know."

We "know" through lived experience, and we experience life *through our bodies*. Our bodies are rich with sensual information.

Since VAKOG creates a framework for what we "know," it is the starting point to work forwards and backwards within memories.

When we harness our VAKOG, we influence our perception of reality, and as we all know, "change your perception, change your world."

Let's do a T&T to anchor just how significant VAKOG is in relation to our memories.

**T&T Script:
VAKOG**

We "know" through lived experience
We live through our bodies
We experience life through our senses.

VAKOG, our five senses

V is for Visual - I'm seeing, I see, I saw.

A is for Auditory - I'm hearing, I hear, I heard.

A is also for Audio Digital - I'm thinking, I think, I thought.

K is for Kinesthetic - emotions and sensations.

Emotions - I'm feeling, I feel, I felt.

Sensations- I'm sensing, I sense, I sensed.

O is for Olfactory - I'm smelling, I smell, I smelled.

G is for Gustatory - I'm tasting, I taste, I tasted.

When we harness our VAKOG,
we influence
our perception of reality,
and our whole world changes.

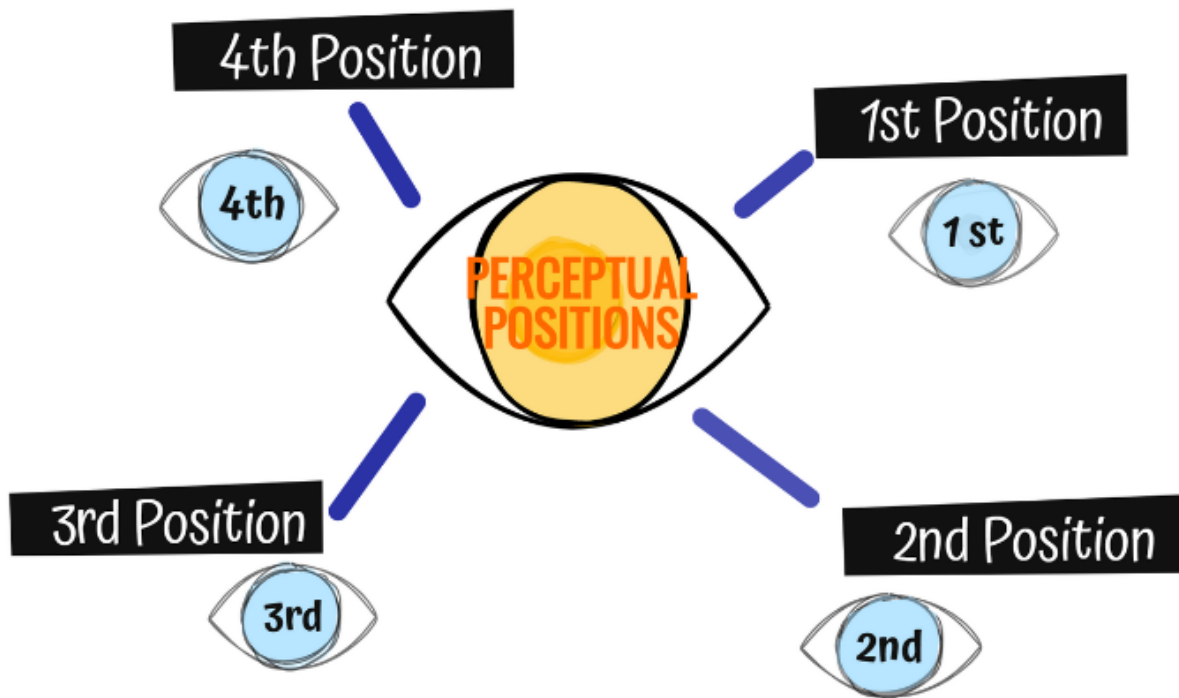
Grab your wrist.

Take a deep breath in for a count of 4.

Exhale for a count of 4.

And Release your wrist.

F2. PERCEPTUAL POSITIONS - 1st, 2nd, 3rd and 4th



Overview

Next up we have the extremely powerful Perceptual Positions that make it possible to shift your perception, our vantage point, on demand.

When they created NLP in the 1970's, Richard Bandler and John Grinder created the *Perceptual Positions Process*. Were you to Google these tools, you might come across it as:

- Triple Positions
- Aligning Perceptual Positions
- Perceptual Coaching
- Perception Strategies

They all deal with the three major perspectives from which things can be viewed.

- **Self**
- **Other**
- **Observer**

By discussing them, Bandler and Grinder's aim was to enhance in a person - across a lifetime of self-discovery - flexibility, wisdom and resourcefulness.

Here are the four Perceptual Positions in a nutshell...

1 - 1st Position - Self

1st Position is when our point of view in the memory is happening TO us.

What we **see, feel, hear, taste, touch,** and **smell** is being experienced through our own senses.

1st Position is considered an *associated position* because you're experiencing your senses within the memory. The more you sense your body - its tactile awareness and inner sensations - the purer the first position.

You will experience 1st Position as:

- Your personal experience
- You know you're in your own body
- You know exactly how you feel
- You know what you want
- It is the position of authenticity
- It is the position we had as babies

Strong examples of 1st Position:

High performance sports or anything that requires intense levels of focus like "problem" states. When in 1st Position you are not worried about being "objective" or about another's perspective. You are able to be "in the zone."

2 - 2nd Position - Other

2nd Position is when our point of view in the memory is being seen through someone else's eye.

What we **see, feel, hear, taste, touch,** and **smell** is being experienced through the viewpoint of another's senses. Family members, friends, colleagues, whoever it is.

Like the 1st Position, the **2nd Position** is considered an *associated position* because it is happening through the senses of our bodies. However, IT IS FROM THE OUTSIDE, LOOKING IN.

You will experience 2nd Position as:

- You feel someone else's pain or joy
- A position of great solicitation and understanding
- you anticipate others needs before they even know they needs
- Whatever someone else outside of might need, you have a sense of it
- When we go too far with second position, we tend to be OVER solicitous, OVER dependent, COdependent.

Strong examples of 2nd Position:

Good salespeople, negotiators and therapists are usually highly effective at 2nd Position. They call this process seeing and hearing the world through the eyes and ears of another. A person does this to create empathy, as well as how to sense how the other person "builds their map."

3 - 3rd Position - Observer

3rd Position is when our point of view in the memory is as though we are a "fly on the wall" and we are observing what's going on. Or said another way, you see and hear yourself and others outside of you as if on a cinema screen.

UNlike 1st Position and 2nd Position, **3rd Position** is considered a *disassociated position* because we do not experience it through the senses of our body.

You will experience 3rd Position as:

- assuming an objective observer position
- the observer position
- seeing what's going completely outside yourself
- outside a situation
- potentially detached/disassociated
- recording what's happening

Strong examples of 3rd Position:

3rd Position is useful when you want to shift from emotionally charged experiences to get an objective view.

3rd Position is useful for stepping back and getting insights into situations and seeing and hearing "the bigger picture."

4 - 4th Position - All

4th Position is when our point of view in the memory is commonly referred to as "The World View" because it is used as a standard of "what ALL others think."

Like 3rd Position, **4th Position** is considered a *disassociated position* because we do not experience "what ALL others think" through the senses of our body.

Though it is used infrequently, it is worth a mention when performing an ecology of the memory so we can make sure each perceptual position aligns for an empowering story.

Strong examples of 4th Position:

Seeing a situation from a universal and all-encompassing viewpoint, or as if you know what they all think.

**T&T Script:
Perceptual Positions**

I learned to story out of habit.
The same VAKOG
in the same way
with the same contexts
on repeat.

I felt comforted
knowing "my" practiced story.
The feelings, the judgements
I had THEN
affirmed my truth
How I **felt** in my body THEN.

What I didn't know then
that I do know now, is that..
I DEFINE truth through

VAKOG and **Perceptual Positions**

So let's anchor our understanding of Perceptual Positions...

1st Position

Is when the memory happens to me.
It is my point of view **in** the memory,
It is when and where
I **see, feel, hear, taste, touch,** and **smell.**

In 1st Position
within the memory,
I'm associated to my senses.

That is 1st Position.

2nd Position

Just like in 1st,
I'm also associated to the senses of my bodies.
Except I'm "being"
through someone else's body.
I **see, feel, hear, taste, touch,** and **smell** through THEIR senses.
Family, friends, colleagues,
Whoever it is or was.

I project me
in whatever they
see, feel, hear or experience.

That is 2nd Position.

3rd Position

Is DISassociated.
Dissociated means
Not experienced
through my eyes
Not even experienced through
the "other person's" eyes.
3rd Position is observed.
I am completely outside myself, looking in.
As though I am watching a movie
And can see myself and others.

That is 3rd Position.

4th Position

Is also DISassociated.
It is through the eyes of
"what ALLLL others think."
It is seeing a situation as if I know what they ALL think.

"The World View" is 4th Position.

*Grab your wrist.
Take a deep breath in for a count of 4.
Exhale for a count of 4.
And Release your wrist.*

As I tap,
I practice a memory ecology.
I tap
through each perceptual position TO...
align and refine
what happens within a memory:

ideas, choice, and actions
I tap
through each perceptual position TO...
embody my most empowering story.

*Grab your wrist.
Take a deep breath in for a count of 4.
Exhale for a count of 4.
And Release your wrist.*

F3. CONTEXT - Who, What, Where, When, How

Overview

Since a memory is an ecosystem with thousands of pieces of information (most of which we are unaware of), we can discover more about those pieces of information with questions that elicit context.

Who, What, Where, When, How are questions whose answers are considered basic in gathering information or problem solving. None of these questions can be answered with a simple "yes" or "no", and each question should have a factual answer.

You may have heard memory described as the Metaphoric Mind. This is because a metaphor is "something used to represent something else." And that is what a memory does.

A memory *represents* what happened.

When you ask a Who, What, Where, When, How question - like "Who?" for example - and you think of someone, it is not the person themselves who appears. It's your internal *representation* of them.

Your mind might represent the answers to Who, What, Where, When, How questions in any number of metaphoric forms. It may show up as a picture, a sound, a thought, a smell, a taste, a reaction in the body such as a feeling or an emotion.

However it shows up, that will be the answer to the Who, What, Where, When, How question you are asking in that moment. Trust what shows up for you - even if it doesn't make logical sense.

The questions are..

1 - WHO?

Who is Somebody in the form of You, or Them

Who was there with me when that happened?

2 - WHAT?

What are Things in the form of resources.

External resources are objects.

Internal resources are your Core Human Powers, Core Human Needs, and your Energy (emotions, sensations, skills/accumulated knowings).

What did I need that I didn't have then?

3 - WHERE?

Where is Place in the form of the location that the memory takes place.

Where was I when that happened?

4 - WHEN?

When is Time in the form of a date or time that the memory takes place.

When is it happening?

How old was I?

5 - HOW?

How is the Method for an event taking place.

How did that occur?

How did things work together to create the problem and then the resolution?

So let's T&T these understandings in...

T&T Script:

Context

A memory is an ecosystem
with thousands of pieces
of sensual & contextual information,
Metaphoric relationships
to ideas, feelings, processes
and outcomes
then/at that time
Reinforced by judgments
and Evolved by projections
of different perceptual positions

Memory represents:
whatever picture, sound,
thought, emotion, feeling,
touch, smell, and taste
reacted in the body
to the who, what, when,
where, and how
that creates the why
I recycle all over again

WHO is me
including how I represent
"Them" inside of me

WHAT is my resources,
My Core Human Powers,
My Core Human Needs
My Energy - my emotions, sensations, skills
my accumulated knowings.
Less or more accumulated knowings
allow me to introduce
new resources outside of time.

WHERE is Place
Where was I when that happened?

WHEN is Time

My age, the date and time THEN
the difference in who and how I became me to date

HOW is understanding

Conception of the Problem,
Knowing of the Problem,
Resolution of the Problem

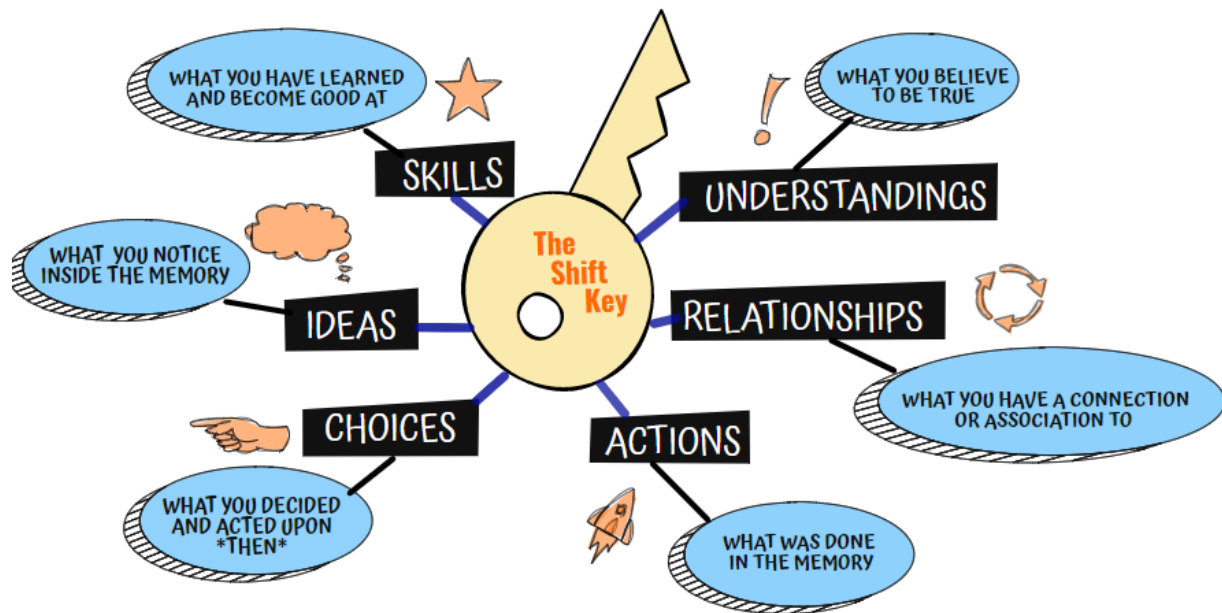
Grab your wrist.

Take a deep breath in for a count of 4.

Exhale for a count of 4.

And Release your wrist.

F4. The Shift Key (ICARUS)



Overview

ICARUS is an acronym for
 Ideas | Choices | Actions | Relationships | Understandings | Skills

These are the key to shifting our inner resources and our perception of reality.

We use the The Shift Key when reviewing a memory because these are the elements we want to focus on *shifting* when we tap.

Working with The Shift Key has the effect of giving us more positive resources.

Before we go into the specifics of The Shift Key, let's tap in these understandings that will allow us to see differently.

**T&T Script:
Now and Then**

I allow myself to see that
any time before now is an **idea**
the **choice** made THEN I accept as behavior or habit
the **action** THEN - theirs or mine - is a teaching moment
the **relationship** are the ways we relate to
the **understanding** is an all encompassing perception of
what I believed to be true
the **skills** I have now
are better coping skills than I had then
Shifting these key elements
Allows me to layer in more positive resources.
This is how I move toward a new, better feeling story.

Grab your wrist.

Take a deep breath in for a count of 4.

Exhale for a count of 4.

And Release your wrist.

The Shift Key Overview

Overview

Layering in more positive resources (and focusing on them) is what narrows the gap between the issue we're having and what we actually want.

If a memory is an ecosystem with thousands of pieces of information (most of which we are unaware of), we can discover more about those pieces of information *by asking better questions*.

The Shift Key questions are among the best.

We can ask:

Which one of these aspects from The Shift Key bothers me inside this memory?

- Is it an **idea** (as in, a judgment or an assumption)?
- Is it a **choice** (either one I made or someone else made)?
- Is it an **action** (as in, something that was done - either by me or someone else)?
- Is it a **relationship** (either with myself or others or things)?
- Is it an **understanding** (that I either had or didn't have)?
- Is it a **skill** (or lack of skill)?

Be like a detective as you determine which ones bother you. It will most likely be because one or more of your Core Human Needs are not being met in relation to that particular element within that memory.

1 - Ideas

Ideas are that which you notice in the memory (often in the same way) each time you go to that memory.

When you revisit a memory, that memory, itself, is an idea... made up of smaller ideas. Meaning, every aspect of the memory is also an idea.

Let's think of Ideas as representations of thoughts that show up as either:

- Descriptions
- or
- Conclusions

Descriptive ideas in memories orient our bodies to what is unfolding in the memory as:

- **VAKOG** - what you see, hear, feel, smell, taste
- **Perceptual Positions** - the position from which you are seeing-feeling-hearing things
- **Context** - the who, what, where, when, how of the memory

Conclusion ideas in memories create the rules, framework, or norms of our reality and come in the form of:

- **absolutes** like good/bad, right/wrong, all/nothing, have/have not
- criteria that eliminates large groups of information to focus efficiently

We work on the various kinds of ideas in memories because they influence your current experiences in little and big ways. Working with a problem as an idea empowers you to loosen the reasoning to reference new ideas instead.

2 - Choices

Choices are that which you decided and acted upon THEN and that influence NOW as behaviors, habits and thinking

Let's think of Choices as representations of decisions made in the past that were made either:

- Consciously

or

- Unconsciously

Conscious Choices in memories are felt as *responsiveness* and are experienced as:

- We respond
- We are active in creation through intending
- We are aware a choice needs to be made
- We choose what's best for us based on the best options available to us
- We have options

Unconscious Choices in memories are felt as *reactivity* and are experienced as:

- We are unaware a choice was made
- We are helpless
- We have no choice in the matter
- We react - there is no thinking before an action
- We are passive in creation
- What happens is unintentional

The purpose of bringing awareness to "choice" (or the lack of it), is to reconsolidate memories by redefining what we made those choices mean. It is possible to return to a time we felt we were helpless *in memory* and...

- Reframe the idea
- Recreate or differ from what was chosen then
- Choose to "delete" any negative influence that distracts you from the opportunity to empower yourself with better, more informed choices
- Select your focus to feel better, happier, wealthier
- Create a new map for response
- Shift from "needing" whoever, whatever, whenever *then* to fulfilling your Core Human Needs for healthy new coping skills *now*.
- Choose feelings and ideas that empower the version of yourself that needed it most.

3 - A ctions

Actions are that which was done physically in the memory and your reaction to it

When working with Actions in a memory we are on the lookout for the following:

- **Feelings** - How do you feel about what happened?
- **Responses** - What did you do in response to what happened?
- **Tensing** - Which tense is the verb in?

When dealing with actions, being aware of verbiage (tensing) is of great importance!

Ideally, the actions are put in the past tense. This allows us to focus on how we *felt* and/or what we *did* as a result. It's also the acknowledgement that the event is over.

Very often, however, without even realizing it, we are not using past tense on ourselves. Instead, we say and think it in a way that is known as a "nominalization."

This is when a verb is turned into a noun. The problem with turning a verb into a noun is that it creates a stuck state.

Since turning verbs into nouns is very common and happens without us even realizing we are doing it, let's get very clear about it.

You don't have to have a PhD in grammar to work with actions, you just need to know some of the basic rules of thumb and what to have an ear out for.

Nominalizations can be recognized as:

- **"...ion"** verbs - verbs as a process
"rejected" becomes "rejection"
- **"-ing"** verbs - verbs that gets perpetuated, loop
"rejected" becomes "rejecting"
- **"I am..."** verbs - verbs as a state of being
"rejected" becomes "I am/was rejected"

The problem with **nominalizations** is they represent:

- A stuck state
- Being identified with the action
- Non-actionable, frozen states

We work on Actions in memories by putting them in the past tense because while you can't address an abstract process like "rejection" in tapping, you can address, "She didn't take my call" and the resulting "I felt powerless to do anything about it." When we put the action in the past tense we can use tapping to neutralize and update the experience.

Verbs that represent negative actions should be shifted into the past tense and then focus on how you felt as a result because that is what needs the resolution.

Let's use the example of the feeling of being rejected.

"I was rejected."

The verb is in the past tense, yes, but it is paired with "a state of being" verb, and the action and reaction are not clearly defined.

Better would be "I felt rejected *when she forgot to call me.*"

Why? Because it is easier to work with what was felt and what was done (by whom) than to work with something you've taken on as a negative identity.

Or

"There was so much rejection in my growing up years."

It seems like it's in the past tense because it is in the context of your growing up years, but "rejection" is "a process verb."

Better would be "I felt rejected a lot as a kid *and sad as result* when ___ or how ____."

Why? Because you are creating specificity and ultimately actionable steps to take.

Or

"My siblings are always rejecting me."

"...ing" is a verb that perpetuates a feeling, and is doubly reinforced with an absolute like "always". It is like it is still going on now. We want to put it in the past where it happened and neutralize it.

Chunking is a great way to work with actions and we will go into this in greater detail later.

4 - Relationships

Relationships are that which you have some kind of a connection or association to

We often think of “relationships” as being with the people, places, or things *outside* of ourselves. This is because we live in a world where the outside of life gets a great deal of attention, and the inside of life, not much at all.

And yet, our inner life is the place where we spend so much time. It is actually the place where - from layers of ideas, choices, and actions made in the different eras of our lives - we end up with relationships to what's in both our inner and outer world.

This is what makes how we relate to ideas, choices and actions *inside memories* such an important area of exploration.

We bring awareness to relationships within all of the various Facets of Story inside our memories in order to create opportunities to:

- Release whatever isn't working for us
- Focus instead on what's helpful and important
- Actively choose the meaning we give our relationships

5 - Understandings

Understandings are that which you believe to be true

An Understanding is a conclusion we have arrived at and believe to be true. It is formed about ourselves in relation to the world around us without knowing specifically why or what to act upon in order to shift it somehow.

The difference between relationship and understanding is that we recognize dynamics involved in relationships, while an understanding is an overarching theme we struggle with.

On the surface, an understanding seems like "it's always been that way, without origin."

We may notice the absence of whatever we're searching for, feel unsure about how and why it started, but we are unable to tie it to a specific person, place, or event.

6 - S kills

Skills are that which you have learned and become good at

Skills are:

- the competencies we create to better cope or manage
- the competencies we create consciously through trial and error, and turn into an unconscious competence
- a specific combination of ideas, choices, and actions that influence what we create, when we create, and who we create it with under specific conditions
- often confused with experiences we accumulate (Successes) and build into "have" vs "have not" states. Change the way you represent skills, and you change the results

Meet Your Coaches

WHO we are

WHY we do this & WHAT qualifies us to be here

Natalie

- Co-Creator of the *Choose Your Life* Method
- Lost 100 lbs leveraging NLP, Mapping & Tapping
- Overcame addiction/obsession behaviors by leveraging NLP, Mapping & Tapping
- I enjoy science fiction & Sarasota, FL

Jeanne

- Co-Creator of the the *Choose Your Life* Method
- Co-author and illustrator of *FLAWD - How To Stop Hating On The Things That Make You Who You Are*
- Certified as a *Tapping Into Wealth* Coach - to overcome my own money blocks and help others to do the same
- Was a member of an off-Broadway classical repertory theater company in NYC

Why we created the the Choose Your Life Method

To provide a pathway OUT OF repeating negative patterns that keep you in the same circumstances SO THAT you are getting the kind of huge wins that are a match for WHO YOU CHOOSE TO BE in this lifetime.

***Choose Your Life* gives you Tools of Change...**

Change how you feel, perceive, think...
and you change how you behave.

Change how you behave...
and you change what you create and receive in life.