

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.