

Welcome

Week 7 –Module 3 (Part 2)
PRACTICE SESSION

PRACTICE: Don't Want – Do Want Template

Don't Want	Gap? (Real Want)	Do Want (Which means)	Affirmative (I can)
[x] Overweight	[y] To feel safe to be Slimmer and Attractive	[z] Slimmer	“I am/I can/ I will” Now that I can feel it's safe for me to be slim and attractive, and I can/will be able to lose weight.

The E.S.C.A.P.E. Method

Find their Core Beliefs

- **E**nough
- **S**afeness
- **C**ontrol
- **A**cceptance
- **P**leasure/ Pain
- **E**nlightenment

REMEMBER

1. Keep 'digging' down through the layers, keep asking "*Whats that like?*", "*In what way?*".
2. *Don't be tempted to finish their sentences, or help them out by suggesting....*
3. *Keep 'prodding' them to finish any unfinished sentences.*

Creating hand-crafted Mantras/ Suggestions

Very often, the most powerfully transformative suggestions and mantras will come from the ideas in the “Gap”.

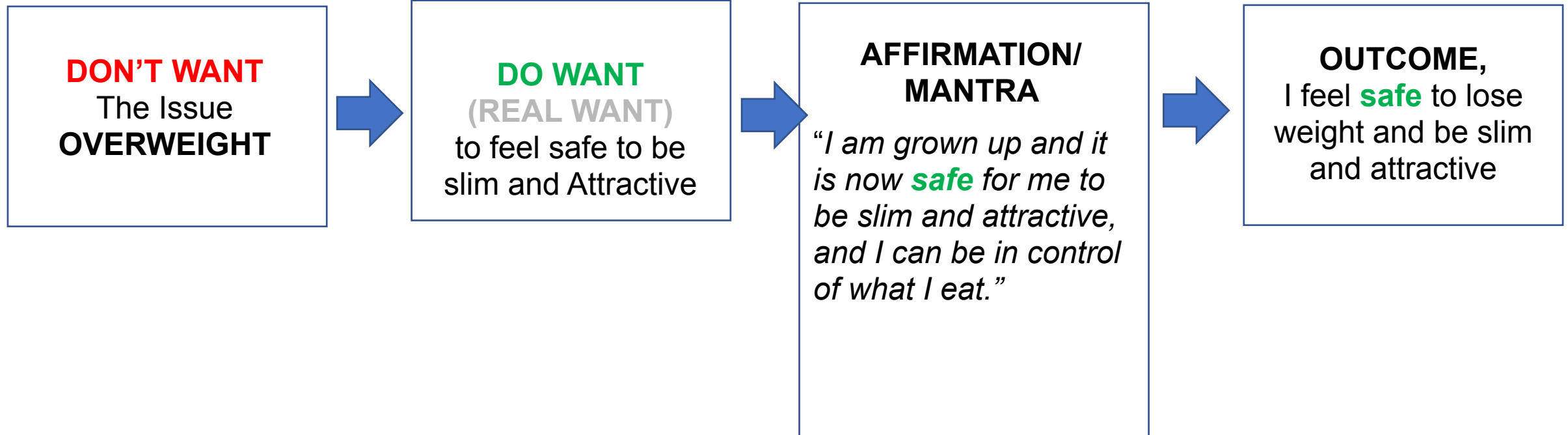
The “Affirmative”

The “affirmative” column is more the **positive affirmation/mantra/new belief** that the client can take away.

*“Every day, in every way you can allow yourself to feel more and more **accepted**, not only by others but also **accepting of yourself**, and, as you allow your mind to show you more and more all the ways that **you are accepted**, in turn you can feel more and **more loved**. Which is Ok”*

- There will often also need to be fine tuning of the ideas around this.
- *In the example, what does the person **need to know/feel/believe**, in order to **feel accepted?***

DWDW with Affirmations



Creating Mantras and Suggestions

Very often, the most powerfully transformative suggestions and mantras will come from the ideas in the “Gap”.

PRACTICE SESSION EXERCISE

DWDW finding the **core belief**, creating **affirmations/mantras**.

Tip - Try the the phrases...

- **I am - (As if you could say to yourself/ Allow my words to become your words...)**
- **You are - (Imagining now that you are...)**