

Welcome

Week 7 –Module 3 (Part 2)

Aims of Today

- **Recap of week 6 – What do you remember?**
- **‘Mind the Gap’**
- **Core Beliefs & The E.S.C.A.P.E. Method**
- **‘Do want’ - ‘Don’t want’ & exercises** (Filling the gap - looking for core beliefs)
- **Creating Hand-crafted Affirmations/Suggestions/Mantras** using **Compounding suggestions & Loops** (Practice)

RECAP from Week 6 - What do you remember?

- TFB Loops
- Identifying **Stimulus/Triggers & Responses/ Symptoms**
- **Different layers** of the **initial surface level symptoms & secondary symptoms.**
- **Starting, Stopping & Reducing.**
- **DWDW** (Do Want, Don't Want)

Mind the Gap

When people state what they **Don't Want**, and what they **Do Want** ... there is also often a **gap** in the middle, i.e. they are not necessarily opposites, and **some other condition may need to be fulfilled first**. e.g. They Say, *I Don't Want [x] I Do Want [z]* But they are not quite opposites, or they are **resistant to the opposite**.

Don't Want		Do Want
Rejected		Loved

What they really **need** is [y] in the middle which will then allow them to **feel** [z].

Don't Want	Real Want	Which Means That
Rejected	Accepted	I Can Feel Loved

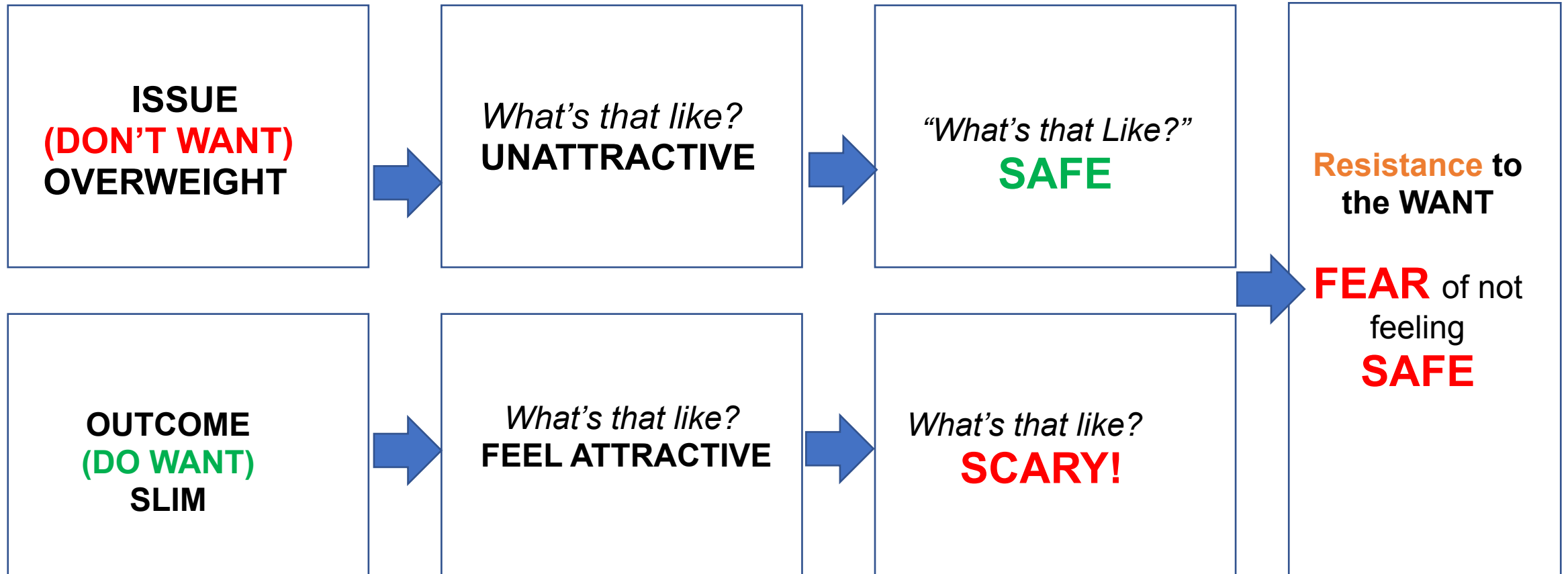
Rejected => **accepted** => **loved**.

*And that missing element is, more often than not a **Core Belief**.*

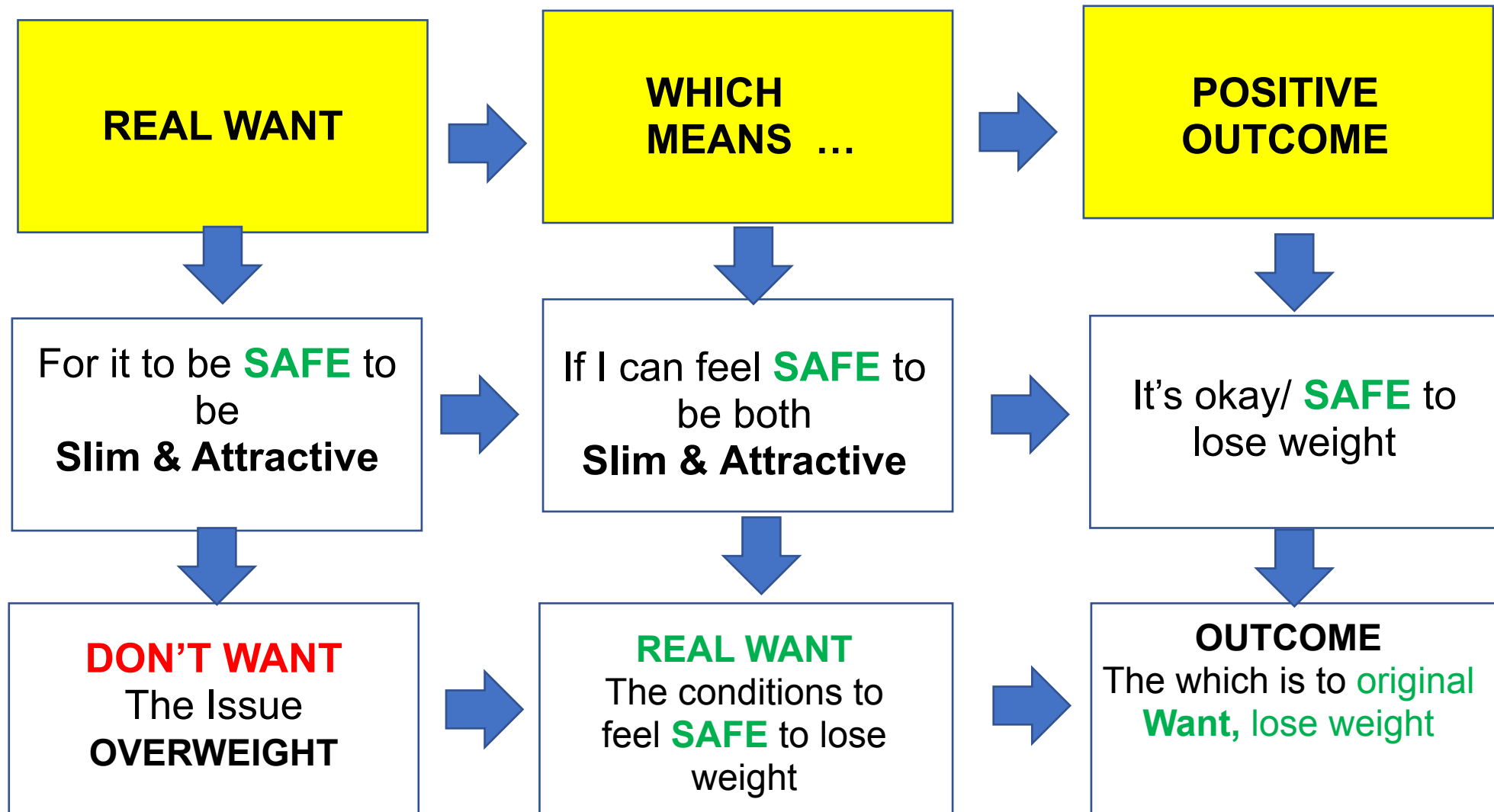
Example of 'Mind the Gap'



Example of 'Mind the Gap'



The Real Want – Which means ...



The Missing Element (GAP)

Core Beliefs

- Challenges some conventional thinking/ therapy training but make a lot of sense.
- “Core Beliefs” underpin everything else.
- The **vital element** to help **unlock** someone’s **fears or limitations** in some way.
- It is **words and phrases** that allude to these **core beliefs**, that we look out for when working with clients, whether conversationally, or within an inwardly focused trance state.
- The threat to any of these that will be triggering the **threat response** that creates the surface level symptoms.

PRACTICAL TIP

Amongst all the words and phrases someone is saying to you, **pay more, or closer, attention** to anything relating to a Core Belief. There will usually be something of value in it.

CORE BELIEF 1 - Enoughness

Negative	Positive
<p data-bbox="519 582 1011 644"><u>I am not enough</u></p> <p data-bbox="333 694 1195 868">(good enough, worthy enough, [...] enough, etc.)</p>	<p data-bbox="1592 582 1972 644"><u>I am enough</u></p> <p data-bbox="1352 694 2214 868">(good enough, worthy enough, [...] enough, etc.)</p>

CORE BELIEF 2 - Safeness

Negative	Positive
<p data-bbox="532 606 924 664"><u>I am not safe</u></p> <p data-bbox="196 714 1268 992">(The world is not safe for me, I cannot relax, I must be on guard, protect myself, etc)</p>	<p data-bbox="1699 606 1977 664"><u>I am safe</u></p> <p data-bbox="1299 714 2379 885">(The world is safe for me, I can relax, I can let go, I can be myself, etc)</p>

CORE BELIEF 3 - Control

Negative	Positive
<p data-bbox="445 535 1001 592"><u>I am not in control</u></p> <p data-bbox="198 646 1248 925">(I feel stuck, trapped, weak, helpless, powerless, nothing I can do, out of control, etc.)</p>	<p data-bbox="1605 535 2040 592"><u>I am in control</u></p> <p data-bbox="1332 646 2318 925">(I am strong, powerful, in control of myself, able to adapt to whatever happens, etc.)</p>

CORE BELIEF 4 - Acceptance

Negative	Positive
<p data-bbox="466 529 1006 589"><u>I am not accepted</u></p> <p data-bbox="231 639 1243 918">(I feel different, separate, unwanted, excluded, judged, alone, detached, disconnected, etc.)</p>	<p data-bbox="1597 529 2018 589"><u>I am accepted</u></p> <p data-bbox="1296 639 2316 918">I fit in, I belong, I have a place in the world, I am accepted, included, I am wanted, I am connected, etc.)</p>

CORE BELIEF 5: LOVE = PAIN/PLEASURE

Negative	Positive
<p data-bbox="473 515 996 572"><u>Love equals pain</u></p> <p data-bbox="219 625 1251 1115">(Love hurts, relationships are difficult or unsafe, <u>I can't trust</u>, men/women are [something negative!], I'll never be with someone, I have to sacrifice who I am, etc.</p>	<p data-bbox="1485 515 2135 572"><u>Love equals pleasure</u></p> <p data-bbox="1294 625 2326 1115">Love equals happiness, enjoyment, satisfaction, relationships are good, I can feel safe, I can trust the right people, I can be myself, I can feel equal, loved, etc.</p>

CORE BELIEFS

- If you can identify which of the **core beliefs** are at play in any issue ... and then help the client to bring about a transformation at *that* level ... you will help to create a deeper and more lasting transformation in the way they **think, feel and behave** with respect to their **Surface Level Symptoms**.
- And as a result, the client will usually say that they feel **lighter, and free.**

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

If you list out the **Core Beliefs**, they form a handy acronym ...

- **E**noughness
- **S**afeness
- **C**ontrol
- **A**cceptance
- **P**leasure
- **E**nlightenment

PRACTICAL TIP

Remember ...

When people tell you what they “**Do Want**” pay close attention to what they “**Don’t Want**”, as that is often where there is a **Core Belief** they are trying to get away from.

And, if they are eager to reveal what they “**Don’t Want**” pay close attention to what they “**Do Want**”, because that is often where the **resistance** to accepting a more positive core belief will be for them.

EXERCISE: Core Beliefs & Don't Want Do Want.

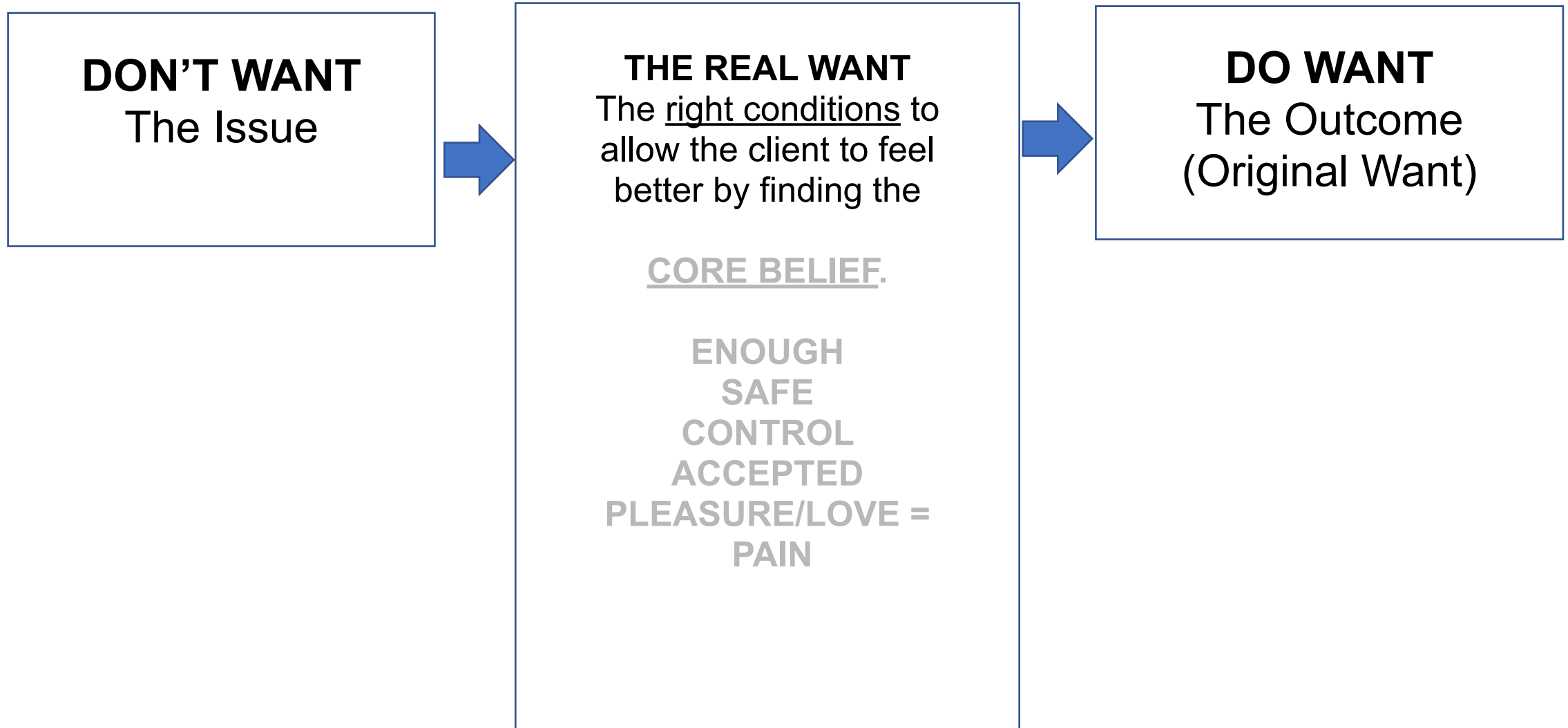
Background

- In the basic DWDW exercise, we asked questions around a particular topic, found a list of **negative statements** and converted them to **positives**.
- Or if the positive came first, we found the equivalent negative.
- Now we are going to **probe a little deeper**, to see if we can begin to identify and fill in the “gaps”.
- Our aim is to find out what it is the client **really doesn't want**, and what it is they **really do want**, by looking out for the gap, the **real want**, = Core Beliefs.

Instructions

- (1) Take turns playing the role of **therapist, observer and client**.
- (2) When you are the therapist, ask your client to talk about an **area/topic/issue** they would like some help with. [If you are the client, choose something real – the more you do this for yourself, the more you will learn].
- (3) Get the client to **talk about their issue** and see if you can begin to ‘jot’ down initial **Don’t Wants** and **Do Wants**.
- (4) Once you have a list of **Don’t Wants**, get the client to chat in a little more detail about why they don’t want that. See if you can get them to explain what it feels like, the thing they are trying to reduce or stop.
- (5) And then, for each and every **Don’t Want**, have them create an equal and opposite **Do Want**.
- (6) Ask them to explain or clarify why they want that new thing, whatever it is they want to get, have, start or increase, etc. What do they think it will enable them to feel?
- (7) Use questions such as “**What’s that like?**” or “**In what way?**” to help elicit more information.

Exercise: Finding the **Core Belief** – Do Want, Don't Want



Don't Want	Real Want/Need	Do Want
<p>Fail Driving Test</p> <p>Scared of making a mistake & driving badly</p> <p>↓</p> <p><i>Think about what this feels like</i></p> <p>↓</p> <p>Get nervous and unable to concentrate</p> <p>↓</p> <p><i>What's that like? In what way ?</i></p>	<p>CORE BELIEF</p> <p>Conditions that allow them to get what they do want.</p>	<p>Pass Driving Test</p> <p>Remember I can do it and drive well</p> <p>↓</p> <p><i>Think about what that would be like?</i></p> <p>↓</p> <p>Stay calm, and focus</p> <p>↓</p> <p><i>What would that be like?</i></p> <p><i>In what way ...</i></p>

PRACTICE TIP

Very often, what the client **really wants** will be a **core belief** – and is what they need focus on, in order to get what they think they want ...