
FACILITATION GUIDE

Use the following four questions and sub-questions to investigate a stressful belief. (Some of the sub-questions will not apply.)

1. Is it true?

Close your eyes, be very still, go deeply as you contemplate an answer. If your answer is no, continue to question 3.

2. Can you absolutely know that it's true?

Possible follow-ups (use only if appropriate)

- Can you absolutely know it's true, in this moment now?
- Can you really know what's best in the long run for his/her/your own path?

3. How do you react when you believe that thought? What happens?

Possible follow-ups (use only if appropriate)

- Where does the feeling hit you in your body? Where does the feeling travel? Describe it.
- What images do you see when you think that thought? Watch, be still, notice. Describe them.
- Where and when did that thought first occur to you?
- How have you treated that person, the situation and others when you believed that thought? What do you say to them? What do you do?
- How do you treat yourself when you believe that thought?
- How have you lived your life because you believed that thought? Be specific.
- Where does your mind travel when you believe that thought? (List any underlying beliefs, and question them later.)
- Whose business are you in mentally when you think that thought?
- Does this thought bring peace or stress into your life?

4. Who would you be without the thought?

Possible follow-ups (use only if appropriate)

- How would you have lived your life differently if you didn't believe that thought?
- How would you react to others if you did not believe that thought?
- Close your eyes, picture that person doing what they do, drop your story, period. Look at their eyes, their face, look closely. What do you see?
- Who would you be right now if you didn't believe that thought?

Turn the thought around.

Statements can be turned around to yourself, to the other, to the opposite (twice – "I am ugly" becomes "I am not ugly" and "I am beautiful"), and to "my thinking," wherever it applies. Find a minimum of three genuine examples in your life where the turnaround is as true as or truer than your original statement.

- If you lived this turnaround, what would you do, or how would you live your life, differently?
- Do you see any other turnarounds that are as true or truer?