



SIX STEPS TO RE-WIRING UNHELPFUL BELIEFS OR NEGATIVE THOUGHT PATTERNS

Step 1: Identify the unhelpful thought

In order to shift an unhelpful thought, it first needs to be identified.

The best way to help a client identify the unhelpful thought is to ask good questions to co-create awareness:

- What's the belief that's holding you back right now?
- What's the belief underneath the fear you're experiencing?
- What's the story you're telling yourself about this situation?
- What's the thought that is stopping you in your tracks right now?

You can also co-create awareness by sharing with your client your sense of what they might be believing.

Step 2: Have compassion for the part of yourself that holds the thought

For anything to be willing to change, shift, or soften, it must feel seen, heard and loved. While it is not as helpful to "love" on the unhelpful belief itself, it IS helpful to see, hear and love the part of you that is holding the belief.

This is where you will want to begin to lead your client into the somatic part of the process. You can help them have compassion for the part of themselves that holds the thought by sharing:

- If it's comfortable for you, close your eyes, and if not, keep your eyes open and go inwards
- Connect in with the part of you that believes the belief, and bring it down in front of you in human or animal form
- Connect, hold space, have compassion for . . . not for the belief, but for the part of you that believes it
- If you are able to see it, see this part of you as you hold space for this part of you . . . and take in its details. Notice what it looks like. Notice the expression on its face and how it holds its body. Notice its energy.
- (Note: Some clients are not able to visualize. This is more than OK! Normalize it and guide them to connect in with the energy)
- Continue to have compassion for this part of you that has been believing this unhelpful belief.

Step 3: Understand where the thought is coming from and why

It can often be very helpful for a client to make connections, connect dots, and see where a particular belief originated. As the client connects with the part of themselves that holds the belief, you can ask questions like:

- What purpose have you served in my life?
- How long have you been with me?
- What event or series of events brought you into being?
- Is there someone whom you've modeled yourself on?
- What are you protecting me from?

Throughout, reflect back.

Step 4: Identify a more helpful thought

This is the heart of the process. This is the beginning of paving a NEW neural pathway. You can ask:

- From your highest wisdom, what is a more helpful belief that you would like to believe?

Step 5: Anchor the new thought in the neural pathways and in the feeling body

Now that the new belief has been identified, make time and space for your client to really anchor it in on the neural pathway level and the body memory level:

- Take it slow, let it drop in. Lean into this belief. Where in your body does this more helpful belief live? What does it feel like?
- What more does this new belief want you to know?
- Continue to lean in . . .
- Let this new, more helpful belief show you what actions are possible for you to take in your life when you believe it . . . if you can visualize, SEE yourself taking this action AS YOU BELIEVE this new BELIEF . . .
- . . . Notice what it feels like in your body as you take this action . . .
- Make a body memory of what this feels like . . .
- Come back to the part that was holding the old belief, ask it if there is anything it needs from you right now. If there is something it needs, and you're willing to do it, let it know. If you're not willing, negotiate something else. And then thank the part of you for showing up.

Step 6: Take easy action + continue to pave neural pathways and new body memory

- After the somatic process, take a few minutes to discuss with client what felt most important.
- And then strategize with them on what action steps they would take + what belief homework they would like to do.