



## The 4 Steps Protocol

1. Where is a place right now where you sense (or know!) you are holding yourself back or sabotaging or anxious (even if you're doing the action) because of **thinking based in fear**?

NOTE: In a client session, you wouldn't ask this, it would come up naturally and organically as you were discussing a goal or moving towards it, but for our practice I asked this

2. **Ask Client to Tell You More**

3. **Ask Client:** What's the Worst Case Scenario that you're anticipating?

- Where else in your life do you know this line of thinking from?
- Where did this line of thinking originate from?

4. **Ask Client:** How would you like to feel and what would you like to be doing differently in this situation?

5. **Share:** We're going to say #1 is where you are right now and #4 is where you'd like to be

- **Share:** Step 4 is a general sense – be open to where we get to by the end, we're going to get to exactly where you need to be
- Ask Client to lay the pieces of paper out on the floor in a pathway, about a foot or so away from each other
- Note: When client steps onto the paper, they should be facing in the direction of #4 (versus looking out sideways)

- (Remember to MAKE NOTES for EACH STEP so you can share each Mini Belief with your client afterwards)

#### 6. Ask Client to Step onto paper #1:

- **Share with client:** LIGHTLY notice how this belief feels inside of you. How do you feel when you're believing this belief? What actions does this lead to?
- If client is able to visualize, you might want to also ask what the belief looks like inside of them
- **Share with client:** Hold the fear and thoughts with loving compassion, No need to change or fix. Just hold space for it. Be with it.
- **Ask Client** to tap into the Higher Wisdom of the belief and ask the higher wisdom what it wants you to know.

Note - this is where things can be flexible as you facilitate – other pieces may come up; you generally want to steer things towards the thoughts and how the thoughts feel

- **Ask Client:** Feel into your body: What is the next baby thought towards your goal that's emerging? What next baby step do you *want* to believe next?

#### 7. Tell Client: That baby thought is at #2. Step there and with it into that Energy of that Belief and Truth.

- If client is hesitant: "Even if you don't fully believe it, there is a PART of you that does or else you wouldn't have come up with it....stick with that"
- **Ask Client:** Where in your body do you know this belief is true?
  - Be with it. Lean into it.
  - How does this belief feel inside of you? Let yourself have this. Be with it.
- NOW – as client continues to lean into this new belief and be with this new belief, **add in to their new belief statement "Even if X happens"**
  - The "X" is the Even If (worst case or not-so-great scenario that could possible happen)

- You will feed this language to your client to test out for themselves
  - This is a VERY IMPORTANT part of the process so that the client can pave the new neural pathway of the new belief IN THE FACE of the reality that one of their worries might come true.
- **Optional ADD:** What else do you know from this place?
  - **Invite client:** Make a body memory of this belief.
  - **Optional:** What is a movement or stance that represents this belief?
  - **Ask Client:** Feel into your body: What is the next baby thought towards your goal that's emerging? What next baby step do you *want* to believe next?
8. **Share: That baby thought is at Step #3. Step there and with it into that Energy of that Belief and Truth**
- Repeat entire Step #2
9. **Share: That baby thought is at Step #4. Step there and with it into that Energy of that Belief and Truth**
- **If Client is Hesitant:** Even if you don't fully believe it, there is a PART of you that does or else you wouldn't have come up with it....stick with that)
  - **Ask:** Where in your body do you know this belief is true?
    - Be with it. Lean into it.
    - How does this belief feel inside of you? Let yourself have this. Be with it.
    - What is a movement or stance that represents this belief?
  - **Ask:** If you were to believe this fully, what would you do next?
  - **Ask:** If there's an action that's feeling doable with a stretch for you from this place, what would it be?
10. Bring client off of paper pathways and out of somatic process

11. Ask Client what is feeling important and what they are seeing and how they are feeling
12. Ask Client what is feeling important and what they are seeing and how they are feeling
13. Share with client the 3 new baby beliefs
14. Give Client Homework for Persistent and Consistent work on the beliefs
15. Strategize on next outer action step
16. Optional: Create Ritual Action to Seal in the Session