

## (Form #CW2-1)

### NOTE:

A stem sentence is the leading words of a statement to be followed by a part you fill in with the first spontaneous thought without editing. Sometimes the thought may seem shocking, ludicrous or non-sensical, which is part of the process. Editing out apparent unrelated spontaneous thoughts has a tendency to make this process less effective.

The part you fill in is called THE FLOWER

This Process requires COMMITMENT

With the dominant hand (the one that you use the most), write this stem sentence:

The biggest problem I have right now is \_\_\_\_\_ then write event or situation. (THE FLOWER)

[Problem is the issue. You can use the same issue each time – but word it differently]

The most negative thought I have with this problem is \_\_\_\_\_.write the thought that you spontaneously think. The first thought without editing by the judgmental part of your mind. (THE FLOWER)

How I feel about all this is \_\_\_\_\_.(write the feeling/emotion) THE FLOWER

Close your eyes and immediately focus on your body. Take notice of any feelings, sensations or physical pain, even the desire to move, or other irritation, mental or physical. In fact anything at all.

Take notice of anything that grabs your attention on any level. It all means something. Now focus your attention on the part of your physical body where the sensation is strongest. Rest your attention (consciousness) like a butterfly on the skin above where this body sensation is. Imagine, visualize, feel, see, think, hear (whatever works best for you) your skin is permeable to air (will let air through) and breathe right into the sensation. Relax into this. Close eyes; breathe right into the feeling/sensation. Connect your breath as in 20 connected breaths.

Breathe right into the sensation. Breathe connectedly, as in 20 Connected Breaths, gently into the sensation. This sensation is the physical component of suppressed emotional tension brought to your attention by your willingness to focus on your feelings. Continue to breathe connectedly, very gently, as in 20 Connected Breaths, into the sensation until it dissolves. If the sensation moves to the other part of your body – move your attention (consciousness) with it.

Because you have stimulated feelings you may (this does not have to happen for it to work) have an emotional reaction. When this happens keep breathing gently until you feel completely relaxed, calm and at peace.

Write step 1 – 3 once and if nothing is stimulated do step 1 – 3 again using the most “charged” or negative self related problem that you can think of.

It is important to do the breathing until you are completely relaxed before leaving the room. This can take different amounts of time. Set aside ½ to 1 hour for your CMR Exercise. The more days consecutively you do this the more you will benefit. You are also learning to take time for you. This is a very effective tool to get out of co-dependency and addictions.

Give this questionnaire to your client at the end of the consultation to take home. If their mother is unavailable, ask them to answer the questions intuitively.