

(Form #CW4-6)

A Guided Self Analysis Technique to Determine the Personal Law of a client in relationship to a particular personal problem.

This guided Self Analysis Technique is very effective for particular personal problems. It is similar to personal law and drills down to base line thoughts a client might hold. It is the Personal Law of that particular problem i.e. weight, relationships, money, etc.

Step 1. For brevity - A quick Personal Law check.

Client reads the following list of Personal Laws and intuits which one is their Personal Law

1. I'm not good enough
2. I'm not OK
3. I'm bad
4. I'm evil
5. I'm worthless/Unworthy
6. I'm wrong
7. There's something wrong with me
8. I'm incapable
9. I'm inadequate
10. People hurt me / I hurt people { These two abstract up to the above and are included because }
11. I am not wanted { the client may not be willing to go past this point }

Step 2. Client writes the 10 most negative thoughts they hold about their particular personal problem i.e. weight, money, relationships, etc. etc.

Step 3. Client chooses one thought from their list of 10. The thought that holds the most "charge," suppression and emotions.

Step 4. Using the stem sentence... The reason I feel/think..... (in here the Rebirther inserts the statement the client has chosen from the list of 10 most negative thoughts about their particular problem.)

For example -The client has relationship issues and they have chosen out of their 10 issues on relationships - "Men always leave me for someone else."

The statement the Rebirther would then say to the client - and have the client repeat it - is "The reason I feel I don't deserve to have a committed long term relationship"(maybe adding "and men always leave me is...") or the Rebirther repeats the full actual statement of the client which would read "The reason why men always leave me for someone else is....." This is deemed the Stem Sentence and the additional answer added to the stem is deemed The Flower.

Step 5. Using whatever the client said when they have repeated the above statement, the Rebirther says - the stem sentence .. and adds whatever the client said in relationship above.

Step 6. The format continues until the client has stated all their make wrongs/ negative thoughts about relationships.

The purpose of this exercise is to gently and firmly guide the client deeper and deeper into their feelings and higher up the hierarchy of their negative thoughts about that particular issue until the client has a "breakthrough." The protocol for the consultant is to allow the client the space to expand until the "breakthrough" occurs. This "breakthrough" is a palatable, visible sense of relief and relaxation of body and mind. The client knows they have "hit the spot" sometimes saying "I feel my mind is clearer/ my body is relaxed/ my mind is empty/ or similar statements.

During the process the client may have childhood/ or other memories. A short time talking about these memories during the steps 1 - 6 is effective.

Step 7. What to do about the most negative thought the client has discovered for themselves. That's a conundrum. I have always found the most effective for the client is to ask them what they think is best for them self. In this case, the old saying "the customer is always right" works. They know how they arrived at the problem; they also know how to integrate it. A little gentle guidance can be useful if they ask for it - just being there in silence and trusting the client has always worked for me.

Of course there are affirmations, etc., etc., etc. and more etc.'s. In my experience, if the client doesn't come up with an answer for themselves, then they haven't come up with the most negative part of their mind and experiences which led them into the problem in the first place. People are sophisticated and smart. Their mind and emotions driving the issue, once removed, leaves space for them to clearly see and think their way out of the issue. Trust them. It's the Loving way to set them free.

You will notice that the first repeat with the additional added statement "The reason why I feel I don't deserve a committed long term relationship and men always leave me" has added value because it delegates the responsibility back to the client.

If you, the consultant, feel they are not ready for that, you use only their original statement.