

(Form #CX-2)

Past Life Negative Thought Process

Most Negative Thought Technique

Write down the 10 most negative thoughts

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Client to choose the one that has the most "charge".

Stem Question

- a. "The reason why I think / feel" . (Insert thought with most charge) is _____
- b. Keep asking the stem question, with what the client says added on, until you and they feel they have reached the most negative thought they hold at this moment.
- c. Write down this thought for later reference.

Most Negative Thought is . _____