

EXCAVATING YOUR THOUGHTS

What happened to create a negative reaction or emotional response? (Ex: Perhaps your mother or mother-in-law invited you to dinner over the holidays, perhaps a “friend” is encouraging you to go to an event, perhaps you have to travel which means a long road trip or airplane ride, perhaps your partner or spouse did not do something you asked them to do)

What is the thought that created a negative reaction?

What is the thought that you had to invoke this reaction? (Ex: maybe you feel you weren't being respected, your time is valuable, you feel you can't be yourself in certain situations)

Going backward in time, what situation created this same reaction and emotion?

How did you respond and how did that response feel?

Are you the same person you were back then? YES NO
(clue....the answer is NO) You are older and wiser and understand that you may want to respond differently now)

Since you are NOT the same person as who you were in the Past, how would you like to change your thought about the situation today?

What can you change to reinforce your new reaction?

Are you willing to make this change? YES NO

What thought would feel better?

How does this feel and where in your body do you notice it?

Close your eyes and anchor this thought in that area of your body. You can bring your attention here during the process of being in a similar situation until your subconscious understanding this NEW thought is replacing the old thought. Feel how good it feels to update your Self.