



THE 5-STEP MIND DETOX METHOD

DISCOVER THE ROOT-CAUSE REASON:

1. FIND ROOT-CAUSE EVENT (**WHEN** IT STARTED?)

THE SET UP: With your permission, let's find out when the problem started so that you can move on and stop it being a problem now. Trust your first answer to all of the following questions.

ASK: What event in your life is the cause of the problem, the first event which when resolved will cause the problem to disappear? If you were to know, what age were you?

2. CLARIFY THE CONTEXT (**WHAT** HAPPENED?)

ASK: When you think of that time, what's the first person, place, event or thing to come to mind?

Digging deeper questions: Who was there? Where were you? What was happening? Like an artist painting a picture, let the details form to create a memory of a specific event that could have been a problem.

3. DISCOVER ROOT-CAUSE REASON (**WHY** WAS IT A PROBLEM?)

Remember the root-cause reason is: "Emotion(s) + Reason".

3.1 For emotion ASK: What is it about what happened that was a problem for you?

Digging deeper question for 3.1: "How did it make you feel?"

3.2 For reason ASK: Ultimately, what was it about what happened that caused you to feel that way?

Digging deeper question for 3.2: "If X happened, what might happen?" or "What was it about X that was a problem for you?" Repeat these questions substituting X with the previous answer until you find the reason why they felt that way.

3.3 Rate root-cause reason ASK: On a scale of 0 to 10, with 10 being very high emotion and feels true, how would you rate (state root-cause reason)?

RESOLVE THE ROOT-CAUSE REASON (**WHY NOT** A PROBLEM NOW?)

4. COME TO NEW CONCLUSIONS WITH NEW INFORMATION

4.1 Learn from past - ASK: What can you know now, that if you had known it in the past, you would have never felt (state root-cause reason) in the first place?

4.2 Learn from future - ASK: Is it possible that you can be at peace when you think about this old event at some point in your life? OK, let's go and speak to the future you that is at peace with it. What will you know at that point in the future that will enable you to feel at peace then?

4.3 Learn from blindspot - ASK: For this to have been a problem, what did you need to not know? Digging deeper question: "For it to be a problem then, what did you need to believe?" (Helps finds incorrect conclusion)

Use *Installing the Knowing Exercise* when you discover a positive and loving learning that makes it impossible for them to have negative emotions associated with the RCE or RCR.

TEST THE WORK

5. TEST RCR IS RESOLVED (**ACKNOWLEDGE BENEFITS AND SATISFY CONVINCER**)

5.1 Test RCR: "On a scale of 10 to 0 with 0 being the emotion is completely gone and you feel neutral now, how would you rate the old root-cause reason?"

5.2 Test the past: "When you think about the original event you might find the memory is there but the emotion is gone and you feel more neutral now?"

5.3 Test the future: "Think of a time in the future when something like this could happen, but this time, notice how differently you respond, ok?"



GETTING TO ZERO

INSTALL THE KNOWING INSTRUCTIONS:

STEP 1) Get positive learning(s) using MDM Questions 4.1, 4.2 and/or 4.3.

STEP 2) ASK: *“Where do you know that in your body?”* (Whilst circling your hand around your own heart, chest, solar plexus and stomach – to give them an idea of what you are asking them.)

STEP 3) ASK: *“Great, if that knowing had a colour, what colour would it be?”*

STEP 4) SAY: *“Perfect, so keep that knowing there now, ok?”*

STEP 5) Invite them to close their eyes and then guide them through installation visualisation by

SAYING: *“Now, go to the past, with that knowing, and play the movie of the old memory from start to finish, but this time, with the (state colour) knowing in your (state location and learnings)”*

(For example – *‘The red knowing in your heart that I am loved’*. Repeat above phrase 2 or 3 times as they do it so there is absolute clarity as to what they are being asked to do and to make sure they do it.)

STEP 6) After a few seconds, SAY: *“When you are done, bring the knowing(s) all the way back to now by opening your eyes.”* (When they open their eyes, take their attention away from the problem for a moment by distracting them.)

STEP 7) TEST: Using questions 5.1, 5.2 and 5.3 from the 5-Step Mind Detox Method.

IF SCORES FROM QUESTIONS 5.1 OR 5.2 ARE ABOVE 0 THEN CHECK:

1) Antidote Learning: *Does the learning you’ve installed unjustify the negative emotion?*

2) Root-Cause Reason: *What else about what happened was a problem for you?*

3) Root-Cause Event: *What other event in your life is the cause of the problem...*

4) Parts Conflict – SAY: *“I would like to invite out onto the palm of one of your hands the part that wants to hold onto the problem. Now invite out the part that wants to let go of the problem onto the palm of your other hand.”* Starting with the negative part, ASK: *“For what purpose does this part exist?”* Keep asking: *“For what purpose... (Including previous answer in question)”* until you find positive intention. Do the same with positive part until you find SAME highest intention. Place integrated highest intention back into the body and install with deep breath. RE-TEST the work.