

6 Structures of Belief Process Guide

At first using these 6 Structures of Belief may feel awkward. Just follow the process and soon it will flow easily for you.

Go through each of the six life areas and start investigating what, when, where, how and what you would like instead.

Form Commands for each section – at the end you will take them up to theta and give them linked Commands, one after the other for each of the areas. This is very powerful as the subconscious mind takes over because the conscious mind has too much information to follow.

We want the client to open to understanding at the deep levels of the subconscious – and it does.

Trust that it does because it does.

Have fun investigating the power of making congruent change in your life and your client's life.

Using what you have learned so far, here is the flow of how a practice session using the Six Structures of Belief should go.

- Introduce yourself
- Explain about The One Command
- Tell me a little bit about your circumstances
- What would you like to focus on for your session?
- Calibrate
- Ask question through the Six Structures of Belief
- Form commands
- Command process
- Recalibrate
- Future pace
- What to expect after the session

Client Worksheet

Name:

Date:

Outcome:

What do you want to change, remove or improve?

What do you want instead?

What will be lost?

What will be gained?

Skills you used

Ex. Empathic and Reflective Listening Representational Systems, etc.

Notes

Your notes to self:

Six Structures of Belief

Structure of Belief

Observations and Questions

ENVIRONMENT

What is the environment that you find yourself in?

Where and when is this happening?

BEHAVIOR

Notice what you are doing and saying ...

Notice how your actions are a reflection of what you are doing/saying ...

CAPABILITIES

Capabilities and skills ...

Notice how this structure of belief enhances your qualities, your

skills and competencies ...

BELIEFS AND VALUES

Beliefs and values ...

Notice how this structure of belief influences the other beliefs and values that you carry ...

What does it add to them?

IDENTITY

Identity ...

Notice how this structure of belief adds value to your sense of self, your mission and purpose ...

How is this an expression of you?

SPIRITUALIT Y

Notice the bigger systems you are a part of ...

As you carry this structure of belief forward, notice how this enhances how you connect/co-operate, and how this adds value to the other systems that you are a part of.

ENVIRONMENT

Tell me when and where this happened. Where are you?

Specific place and time

Location of event

Location of feeling state in body

Energy, atmosphere or mood of the place or situation

Specifics – where people were located in relation to you

Time

Temperature - hot cold warm etc.

Repeat what you are told. (If you need to take notes while you are listening, remember what you are being told, then use that as a client session tool.)

Usually your client will give you more information or express a sense of relief that they are being heard and seen.

Ask the client to Close his or her eyes

What do you tell yourself?

What images do you see or colors?

How does it make you feel about yourself?

Where do you feel this is your body?

What would you like instead – Form the command(s)

BEHAVIOR

And when you have this feeling of for example: I am afraid of speaking in front of a group, how are you different from when you don't have this feeling?

For example: I get tense and constricted. I start to sweat and feel nausea and I lose my voice.

Close your eyes

What do you tell yourself?

What images do you see or colors?

How does it make you feel about yourself?

Where do you feel this is your body?

Repeat what you are told. (If you need to take notes while you are listening, remember what you are being told, then use that as a client session tool.) For example: You get tense and constricted, you start to sweat and feel nausea and lose your voice. You tell yourself while seeing yourself as ... and you feel ... (Only some or all of these will be easily accessible to your client).

Close your eyes

What do you tell yourself?

What images do you see or colors?

How does it make you feel about yourself?

Where do you feel this is your body?

What would you like instead – Form the command(s)

CAPABILITIES

Are you capable of changing this situation?

Do you have the authority

Do you have the skill and knowledge or would you have to study or go back to school?

Are you physically capable to do what you want to do?

How has your lack of capability affected you in your environment –say at work or in relationship or with your finances?

Close your eyes

What do you tell yourself?

What images do you see or colors?

How does it make you feel about yourself?

Where do you feel this is your body?

What would you like instead – Form the command(s)

BELIEFS AND VALUES

What do you believe is holding you back, what do you see as not possible or what do you hear in your inner voice that tells you you can't in this situation that you would like to change?

This is where you are discovering their deep-seated core beliefs that will be changed when you make the command. The unconscious thoughts that hold them back.

Beliefs that commonly arrive:

I'm not smart enough

The world has other plans for me

I am not supported (or smart enough or ha enough education)

I 'm afraid I'll fail

My family will disapprove

Ask you client to close their eyes and go back to an earlier time when they had this same feeling, or heard these words or saw their limitations when they were a child.

Now identify who told them or made them feel this way – mom or dad or who raised them.

What would you like instead? Speak about their right to make a belief change about their mom and dad. How would they like to be loved, praised and supported by their parents?

Form new – good parent commands.

What values do you hold that support or oppose these changes?

- Sacrifice vs. Allowing my own success
- Freedom vs. Commitment
- Please others to be safe – mom/dad
- Money vs. being loved and liked or even good – poverty is better than riches
- Loyalty to my family, devotion, responsibility supersedes my success What would you like instead – Form the command(s) The One Command ® Executive Success Coach Certification copyright by Asara Lovejoy

IDENTITY

Who will you be in this new expression of yourself? What is the new image that you will have?

How would you see yourself? Close your eyes and just let whatever you imagine to come to the surface.

- What would you say to yourself?
- What would others say?
- How would you feel being successful in front of people?
- How would you see yourself differently then you do now?
- How would you see your circumstances differently then now?

Some ideas of the new you

- Really brilliant
- Capable
- Honest – getting what I want with ease and grace
- Deserving
- Loving and loved
- Helping others while succeeding
- What would you have to give up to have our new identity (for example) a

victim, depressed, a loser, not good enough?

Form the command(s) based on their description of the qualities they want and also that they successfully give up their negative limitations.

For example: I don't know how I am a success, peaceful and loving. I only know that I am now and I am fulfilled.

I don't know how I close the door to being a victim. I only know that I do now and I am fulfilled.

These commands reach throughout the neurology in a transderivational search to eliminate old circuits and establish new ones.

SPIRITUALITY

This aspect is generally the most pleasing to the client and they almost see a higher ideal and opportunity for themselves by the time you reach here. For some folks, they open to a greater connection to their personal God ideal and for others they feel they can make a greater impact on the world.

Ask: How would you be different in the larger world with this new experience of yourself?

Close your eyes and tell me what you notice.

Write down their new feelings, words and vision of themselves and form the Command(s).

Now Review the Commands that you are going to give them while in theta with them. This is a powerful moment in your session as when you say the command in concert all together – they are all ready making a change.

Go through the six steps and one command process and link all the commands by saying them one after the other.

Let them be in silence until they want to speak –unless you run out of time them gently ask them. (Sometimes as long as 5 minutes-they are integrating.)

How was that? What did you notice (Notice is a neutral question not directing them in any way.)

Great – **now recalibrate** their original condition or situation.

Close with what to expect after the session.

Congratulations – job well done!