

POD 9 TOC Technique Training Exercise:

Demonstration

This part of the assignment is about your own self-discovery and clearing of your old beliefs and programs. So be sure to work with your Practice Buddy on this part. Switch roles and you take your partner through the same process.

What role did you play in your family? (i.e. black sheep, golden child, peacekeeper, invisible child, rebel)

What patterns, habits, beliefs or programs did you learn from your family? (What decisions did you make about yourself and life?) List at least 3 of them here.

- 1.
- 2.
- 3.

Where in your life do you continue to play those out?

How would you like that to be different?

Make at least 3 Commands to change those programs right now.

- 1.
- 2.
- 3.

What did you discover about yourself from this exercise?

Questions

Use your student manual to help you with this part of the assignment. Practice talking this through with your Practice Buddy and answer here as well.

1. Explain your understanding of the 'filters of reality are internal' and why that is important to know when working with a client.
2. Explain the process of how a child internalizes her/his experience and then makes a decision about reality. (pages 4-6 of the student manual)
3. What happens if those programs/beliefs remain unchanged?
4. Explain the father program and how you are affected by it.
5. Explain the mother program and how you are affected by it.

What is it that you would like to change in your old idea of your inner parents? Remember—you are only changing your internal ideas of your inner parents—the mother and father that live within you. You are not commanding to change your parents.

Make a list and form your One Commands to make the changes.

- 1.
- 2.
- 3.