

Exercise: Changing a belief / program / idea through the 6 - Structures of Belief

DIRECTIONS. Guide and Partner going through process

Layout in front of you the 6 - Structures of Belief papers one ahead of the other (not sideways). You will Guide your partner through the process and ask them with their **EYES CLOSED - INTERNALLY** to go through changing a program through the 6 - Structures of Belief.

As the guide ask your partner to think about **the idea / program / belief** they wish to improve, remove or change. CALIBRATE Once that has been determined ask them to -

Now close your eyes and step on the first paper **Environment**.

1. Ask them to now experience everything in their **environment** from the perspective of the current state of their belief. Talk about it and see what is happening that is negatively affecting them. Once that is defined ask them what do they want instead and form a Command. Now take them through the 6-Step change process and issue the Command while in theta come back unwind and rewind.
2. When the client indicates they are ready have them move forward to **Behavior**. Ask them to now experience everything in their **Behavior** from the perspective of the current state of their belief. Talk about it and see what is happening that is negatively affecting them. Once that is defined ask them what do they want instead and form a Command. Now take them through the 6-Step change process and issue the command while in theta come back unwind and rewind.
3. Continue on through each step in this same manner: **Environment, Behavior, Capabilities, Values & Beliefs, Identity, Spirituality**.
4. Have them step off the paper at the end - open their eyes and share their experience for a few moments of what they now think is possible with what they want instead.
5. **IMPORTANT** -Now have them step backwards onto Spirituality - backwards onto Identity - backwards onto - Values & Beliefs - backwards onto Capabilities - backwards onto Behaviors - backwards onto Environment and off the paper.

6. Tell them - while Keeping your eyes close allow yourself to experience integration of all this new knowledge and information.

Then share your experience for a few moments CALIBRATE and change roles.

Helpful guidelines what to mention - prompt at each step

With your belief of what you would like to change, improve or remove in your life in mind, step into

Environment As you bring to mind your idea of what you want instead....
I invite you to step into...

the environment that you find yourself in....

Where and when is this happening?

How has your environment changed after TOC?

Behavior And when you 're ready, step forward....
Into the kinds of behavior

Notice how your actions are now

**Notice what seems to be possible after
TOC - what are you doing/saying?**

Capabilities And when you are ready, step forward....
Into Capabilities and Skills.

Where are you now what isn ' t flowing - working

**Notice how you have changed your qualities, your skills and
competencies, your possibilities with TOC.**

Beliefs & Values And when you are ready, step forward....
affecting Into Beliefs and Values. How is your current belief
your stress, joy or abilities now?

**After making TOC notice how this new belief influences the
other beliefs and values that you carry....**

What does it add to them?

Identity And when you are ready, step forward....Into Identity

Who are you now? How are you identified with your problem who
would you be without it?

Do TOC. Notice how your new understanding adds value to your
sense of yourself, your mission and purpose

How is this an expression of you?
Make any necessary adjustments as you.....

Spirituality

Step forward into the bigger systems you are a part of....

What is your idea of who you are as a spiritual being
now?

What do you want instead - Command!

And as you carry this new idea of what is possible - your
increased good and spiritual connection forward notice how this
enhances how you connect and co-operate with others, and how this
adds value to the other systems that you are a part of

ENVIRONMENT

BEHAVIOR

CAPABILITIES

BELIEFS & VALUES

IDENTITY

SPIRITUALITY