

# Activate DNA 3 Exercise

## Formatting a Command

### Simple method

I don't know how I (**State what you want**) I only know it is so now and I am fulfilled.

### The Simple Flip

Example: I *never* get what I want      The Flip: I *always* get what I want

### Command:

I don't know how I always get what I want I only know I do now and I am fulfilled!

### Exercise: Ask your client

What is something you would like to change but haven't been able to until now?

What is the opposite of this experience to you?

Now make the new statement out loud and ask does that feel true?

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### Now create your command:

I don't know how I \_\_\_\_\_, I only know I do now /it is so now and I am fulfilled.

### Now Let's Go Deeper

When you think about being afraid (or the situation you want to change), what feelings or emotions are you aware of? Think in terms of *how* you feel it, For example jittery, constricted, heavy weight, blank, tiny, pressure in chest, etc.

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What would you like to feel instead? Ex. Light, strong, comfortable, big, expansive

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Now state your command using the feeling you do want instead

I don't know how I am \_\_\_\_\_ I only know I am now and I am fulfilled.

**Now go back and check on the limiting emotion. How does it feel now?**

**Get information and make another command until all negatives change to positive or neutral.**

Forming the Right Command Exercise 1-4.

Partner Exercise Creating Contrast (The Flip) Format

1. What are you experiencing now & what do you want instead?
2. As you identify the negative simply write the opposite in the positive column.
3. Once you have “run to the end” of the negative statements form your commands based on the positive column.
4. Repeat this exercise 4 times
  - i. 1<sup>st</sup> time with word descriptions of their experience
  - ii. 2<sup>nd</sup> time with feeling descriptions (tight, hard, heavy)
  - iii. 3<sup>rd</sup> time with what they can’t have as a result of the problem vs what they will get as a result of the change
  - iv. 4<sup>th</sup> time with only colors (*I’m having a blue experience but I want a green one instead*)
5. In each section and form a Command
6. Using the short cut take your client through the six steps process

### Words

+ Positive	-Negative

**I don’t know how \_\_\_\_\_**

**I only know it is so now and I am fulfilled!**

## Feelings

+ Positive	-Negative

**I don't know how \_\_\_\_\_**

**I only know it is so now and I am fulfilled!**

### **Desired Results or Change**

<b>+ Positive</b>	<b>-Negative</b>

**I don't know how \_\_\_\_\_**

**I only know it is so now and I am fulfilled!**

**Desired Results or Change – only with colors**

**What color is your experience and what color do you want instead.**

<b>+ Positive</b>	<b>-Negative</b>

**I don't know how \_\_\_\_\_**

**I only know it is so now and I am fulfilled!**