

Start Here

What's the challenge or stuckness?

What do I really want?

What are the thoughts/objections that come up when I tune into what I want?

How does my body respond to those thoughts? (Physical sensations)

What emotions are connected to those thoughts and feelings in my body?

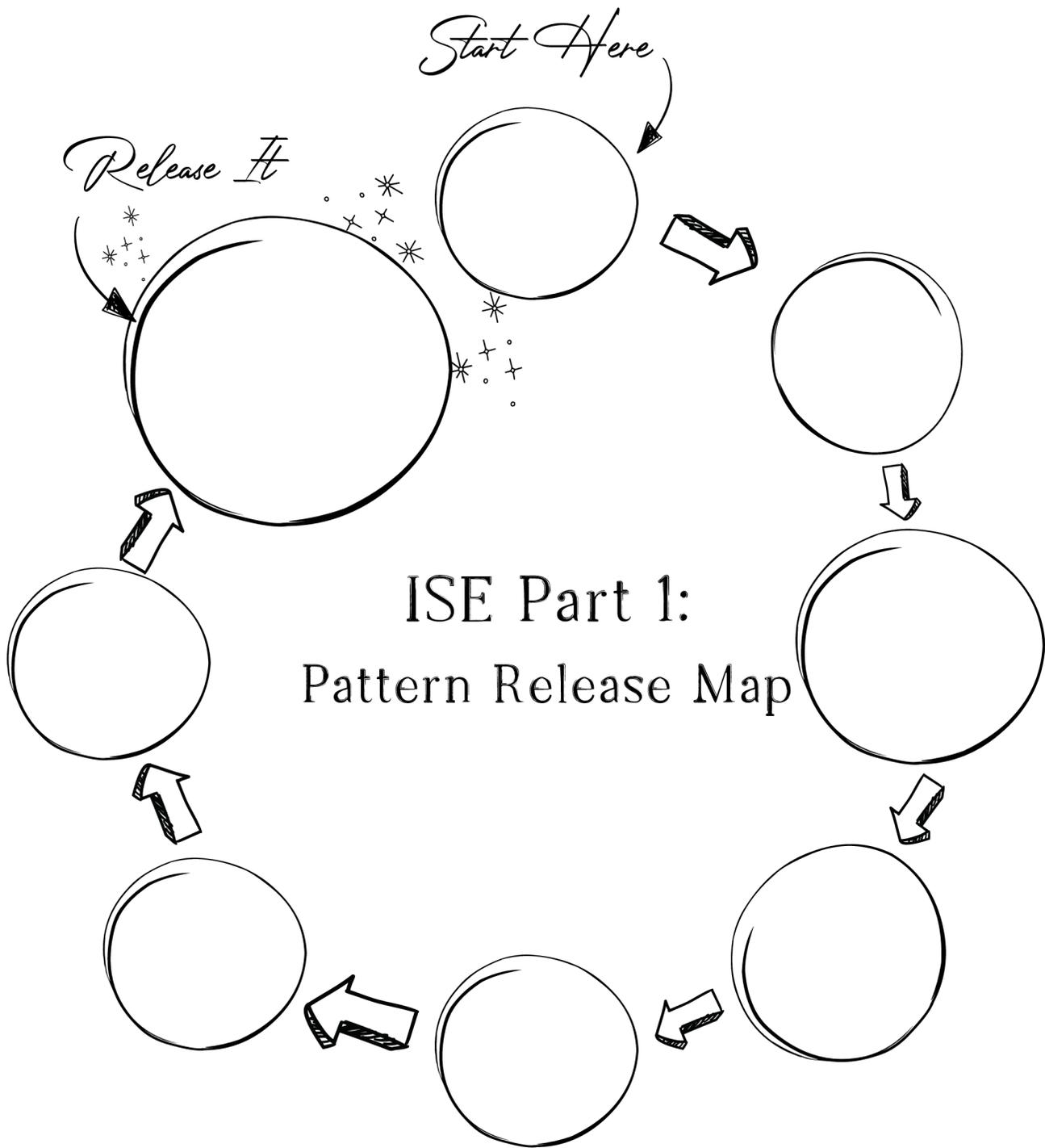
What beliefs are connected to those thoughts, sensations and emotions?

What fears are feeding those beliefs?

Create your symbol to represent this whole pattern.
Connect to your breath and heart space.
Do the neurovascular hold.

Release It

ISE Part 1: Pattern Release Map



Start Here

Anchor in the New Story

What's the new story of possibility that now wants to emerge?

Create a symbol to represent this new story pattern (an image, a color, a character).

Connect to your breath, tap your heart and forehead and really FEEL yourself in this new story.

Create a mental movie, allowing my imagination to play this new possibility out.

What does this version of me know & trust?

ISE Part 2: Pattern Re-Storying Map

What new thoughts does this version of me think?

What new beliefs are connected to those thoughts, sensations and emotions?

How does my body respond to this mental movie?
What do I experience -in all five senses- in this mental movie?

What new emotions does this version of me experience?

