



Replace a belief that is no longer considered to be useful (i.e., it is considered to be limiting) by a belief that is considered to be giving more choice

Belief Change

Intention

Basic Process:

1. Eliminate limiting belief by imposing on it the sub modality structure of a past belief that is now known not to be true

2. Establish the new belief by imposing on it the sub modality structure of something known to be true

Process

1. From first, elicit sub modalities of the belief intended to "go out" (limiting belief)

Break State!

2. From first, elicit sub modalities of the past belief that is known now to not be true

Break State!

3. Map Across: Map the sub modalities of the past belief on the limiting belief, thus invalidating the limiting belief. Do this a couple of time and test.

4. From first, elicit the sub modalities of the new belief that's to "come in" (giving more choice)

Break State!

5. From first, elicit sub modalities of something client believes to be certain

Break State!

6. Map Across: Map the sub modalities of the certain belief on the new belief, thus confirming the validity of the new belief. Do this a couple of times and test.

Flip Chart

1. Get Sub Mods of Limiting Belief

2. Get Sub Mods of Belief known to be untrue

3. Map Across Sub Mods from 2 to 1

4. Get Sub Mods from new Belief

5. Get Sub Mods from Belief known to be true

6. Map Across Sub Mods from 5 to 4