

Mindwork Facilitator Scripts – RELATIONSHIPS

*Each Step is a single 20 minute session 12-15 minutes Breathwork approx. 10-20 minutes Reprogramming.
Remember to pause 10-15 seconds after each question you ask, visualize asking yourself the same question.*

Session 1- Identify The Challenge

STEP 1: Isolate the Challenge / Blockage

1) Awareness (3-5 Min)

- Bring some awareness to negative feelings or emotions you have recently experienced in a meaningful relationship in your life (a parent, child, lover, friend, sibling). Maybe even a feeling of numbness or difficulty to feel emotions toward someone you care about.
- Once you have identified the person think of the issue or thing that happened that is blocking or hurting your relationship.
- Try to identify the feeling? Where do you feel it?

2) Root Cause (3-5 Min)

- Can you identify the root cause of this problem / feeling? (make suggestions based on topic) do you believe.... Was there a miscommunication? Were you not understood? Do you have an unmet need? Do you feel disconnected? Do you feel unsupported? Do you feel unloved? Do you feel guilt that is unresolved? Is this person crossing your boundaries.
- Can you identify where this feeling is coming from? When was the first time you remember feeling this way?
- When was the last time you felt this way.
- Can you see any recognizable patterns?
- Continue to focus on the feeling. What can this feeling be trying to reveal to you? Is there a deeper level of communication?
- Is this person reflecting back at you a quality or behaviour you express to them or anyone else in your life?

3) Action – (3-5 Min)

- What insights or lessons can you take away from this? What is it showing you about yourself and your own pattern. What may need to change in you (or in relation to other topic specific). What did you need at the time that something happened you couldn't get? Can you give yourself that now?

Session 2 Identify and Feel the Change

This session includes Steps 2 and 3 you can also do a single session for each step. Always start with review and recap of last session and anything that came up since.

STEP 2: Identify what you need to change (approx. 2 min each):

- 1) Identify What you need to break through (make suggestions specific to topic)**
identify limiting belief More communication? Better boundaries? Forgiveness? Compassion? Self Awareness? Creating Space? Giving yourself permission to step away from something that's not working. Expressing your needs. Sharing desires.
- 2) In order to experience change what would need to happen?** More vulnerable? Open Up more? Was there something I was afraid to say? More boundaries? Express myself? Share how I was feeling? Show more affection? Is there something you need to take accountability for? Do you need to show up better for yourself? Are you being authentic or trying to be someone you're not to maintain your relationship. Give yourself permission to stop seeking approval.
- 3) What potential changes or action steps come up when you ask yourself these questions?**
Do you need to communicate your needs more? Do you need to make a plan? Do you need to validate and encourage yourself more? Do you need to speak up for your needs more? Are you believing a limiting or negative belief that may not be true?

STEP 3: Feel the Change / Breakthrough (approx. 2 min each):

- 1) What would it feel like to be free of this problem or no longer feel this way?** (free, relieved, empowered, recognized, loved, supported, acknowledged, protected).
- 2) Are your limiting beliefs, fears or worries true?** Is this person the only one who can make you feel this way? Are you sure that's true? Can you make yourself feel this way?
- 3) What can you do?** How can you do something different or change the pattern?
- 4) How Do you want to feel?** Can you embody or feel the way you want to in relation to your situation. (recognized, valued, heard, respected, understood, appreciated, loved)
- 5) Self Empowerment / Gratitude.** Give yourself permission to feel this way. Have gratitude for this feeling.

What would it feel like to feel fulfilled in your relationship. Be aware of these feelings. Feel it in your body.

Session 3 Take Action & Anchor

This session includes Steps 2 and 3 you can also do a single session for each step. Always start with review and recap of last session and anything that came up since.

STEP 4: What actions can you take to make this happen? (approx. 2 Min each)

- 1) What's The First Step?** What's the first thing that comes to mind you can implement or work on? Can you think of one small change or the first step? A phone call? A letter? Making a change? Setting an example? Forgiving someone? Yourself? Setting a boundary? How can you take accountability for your role in the relationship?
- 2) What's the Cost of Inaction.** Have you ever asked yourself: What is the cost of not taking action? How much has it cost me so far?
- 3) What's your level of Commitment?** What's your level of commitment to try 1 new thing this week
- 4) Visualize your first steps.** What does it look like to do these things? Be affectionate? BE kinder? Sharing? Being open? Be vulnerable? Break out of your shell? Express yourself? Have the conversations you've been avoiding. What can you do to really create change to feel like this more often? Do you need to set boundaries? Speak up? Take Action? Be proactive

STEP 5: Anchor in the new you. Repetition plus emotion. (approx. 2min each)

- 1) Envision** yourself in the fullest expression of this relationship. Detach yourself from expectation of how the other should be act and respond. How can you set yourself free?
- 2) How does it feel?** Embody the feeling of you doing these new things, changing patterns, feeling better etc.
- 3) Create a mantra.** How can you verbalize this into an I am statement about yourself? How do you feel when you say it?

Affirmations: *I am respected, I am passionate, I am powerful, I am recognized, I am fulfilled, I am loved, I am supported, I am trusted, I am safe*

- As you say the statement also feel the feelings associated
- Remember to have compassion and gratitude for yourself.
- Imagine feeling the relief of solving this problem
- (Emphasize feeling the feeling)

Anchoring Visualization - imagine yourself connecting, feeling loved, feeling a sense of safety and trust, laughter, fun, things going smoothly, feeling understood etc.

Journal, what came up, what stood out, where did you feel resistance?
What mantra sums up the result you are looking to achieve?