



ELEMENTAL RHYTHM

Core Wounds & Beliefs Processing

Below is a list of beliefs commonly held by human beings from all walks of life. These beliefs are painful imprints/interpretations of previous traumas and painful experiences. These beliefs become the basis for the stories we tell ourselves at a subconscious level. They are the lenses we see our lives through.

I am rejected	I am misunderstood	I am stupid
I am bad	I am unseen/ I'm unheard	I am disliked
I am weak	I am abandoned/I'm alone	I am disrespected
I am unsafe	I don't matter/I'm unimportant	I am helpless
I am excluded	I am powerless/I have no control	I am unloved
I don't belong	Something is wrong with me	I am unworthy
I am not enough	I am trapped/I am stuck	I am disconnected

The Process- Finding the Core Wound

Once you Identify a negative emotion or situation with your client, we can trace this emotion back to a core wound or belief. Show them the list of core wounds or read the list to see if they resonate. Keep asking the following until you get to the core wound. Repeat if necessary.

- *What meaning are you giving this situation?*
- *What are you afraid will happen?*
- *Why is that bad?*
- *Use the five why's. Ask why until they come up with one of the core wounds.*

Confront the Belief with Truth

Support your client by challenging this core wound. Help the client to see there are many potential reasons the situation occurred that are not related to their core wound.

Either use a current situation they are working through or allow them to select a new scenario to work through.

- *Call to mind a time when you felt (insert core wound).*
- *Did this situation prove that you are _____ (insert core wound)?*
- *What other things could have contributed to this situation that are not because you are (insert core wound)?*
- *Confront your beliefs about the situation at hand. Is it true? Do you know this for sure?*

Use examples from your session to customize the experience. This might sound like,

Could your separation from your husband be happening for any reasons other than because you are an unlovable person? Is it possible you are at a different place in your life? Perhaps the relationship isn't making either of you happy

Oppositional Truth

Help your client find proof that the opposite is true. For example, if they believe they are unloved, help them find proof of love. Start small. Remind them their dog loves them, their family loves them, their kids and friends love them. Help the client brainstorm characteristics that make them worthy of love.

Integration

Help your client integrate reprogramming the core wound into a daily practice. Remind them to confront the belief with truth when they notice this core wound come up.

Encourage your client to write in journal proof that the opposite of their core wound is true.

The following week you can utilize one of the Subconscious Reprogramming scripts to help the client reprogram this old belief. Record this session so they can listen to it over and over again. Over time, repetition will create new neural pathways in the brain allowing the wound to heal over time.

You may still not like a certain experience or event that was triggering in the past but won't affect you in the same way.