



End of Words Sample Script
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Identify the problem, situation, decision, belief, goal, distorted thinking pattern.
Direct awareness to body.

How does your body respond as you think about that situation? What rating would you give it on a scale of 0 – 10, with 10 as the worst?

Thank you.

Would you like to know what we are going to do first or just dive in?

If they prefer an explanation:

There's good and bad in everything. We are going to rock between good and bad, at some point, it will feel like there's just nothing left to say. There's no thought, image, emotion or sensation. It will feel like you are reaching for something. You may also feel a little more openness inside.

I'm going to ask you to FEEL ... What I mean is to sense it, experience it, feel it as fully as you can. Oscillating between opposite energetic content while FEELING the content takes this far beyond a familiar pro/con list. Just let yourself accept what comes up, you don't have to like it. Just accept what arises and be an honest reporter of your experience.

- 1. Feel ... what's bad about ...?*
- 2. Feel ... what's good about ...?*
- 3. Feel ... what else is (or could be) bad about ...?*
- 4. Feel ... what else is (or could be) good about ...?*

REPEAT Steps 3 and 4 they have reach end of words. Validate as you go. If there is no change after ten minutes, skip to troubleshooting.

Verify and Stabilize

Bring that situation to mind. How does your body respond as you consider the problem now?
If the body is at ease, give them a little time here. Invite them to relax into that ease.

What rating would you give the problem now? _____

*How likely is it that this same problem will impose itself on you in the future **against your will**? If it is likely, continue with troubleshooting.*

Embody new knowledge and true self.

What do you know now that maybe you didn't before? How will knowing that change things for you? Take a moment and rest in that knowing.

Troubleshooting:

- Opposition – sometimes we have an internal opposition to being free of tension associated with a particular situation or problem. Exploring the idea of being free of the problem with End of Words will help clarify and resolve this opposition. *Feel the possibility of being free of this ... what could be bad about that? Feel the possibility of being free of this ... what could be good about that?* Etcetera.
- Other Points of View (POV) – when tension is not resolving, exploring related points of view can be particularly useful. Intentionally consider the situation from their POV, as if you were them? What do they think, feel, want in relation to you and this situation? If there is anything less than good will, resolve that tension from their POV, continue with EoW as if you were them. Then intentionally return to your own POV.
- It is ESSENTIAL to FEEL the content as you swing between explorations of the good and bad. This begins loosening and neutralizing the energetic charge of the content.
- Complete emptiness is essential to FULLY neutralize the charge and make gains towards disrupting charged mental and emotional energy. This means there is no thought, image, emotion, or body sensation other than being present. It starts to feel like you are reaching.

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