

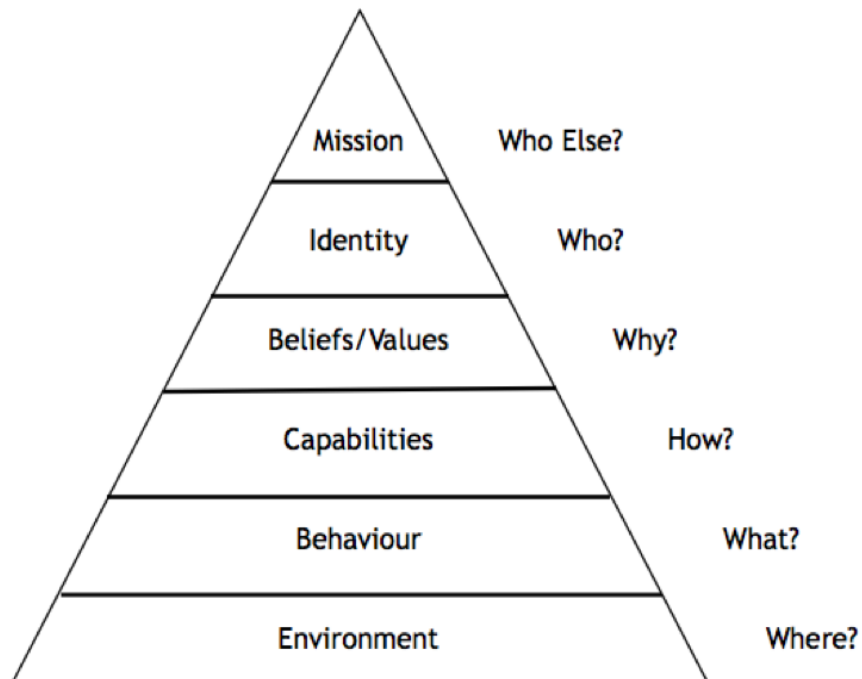
<b>Beliefs and blocks that can be blocking change –</b>
1- Is the cause related to an <b>IMPRINT</b> from an <b>AUTHORITY</b> figure of past or present?
2 - Is the cause related to a current <b>UNRESOLVED ISSUE</b> ?
3 – Has your subconscious caused that problem because you have something else to <b>GAIN</b> ?
4 – Are you <b>IDENTIFYING</b> with someone else?
5 – Are you feeling <b>INNER CONFLICT</b> , or two conflicted desires?
6 – Was the problem caused by a <b>PAST EVENT</b> ?
7 – Are you <b>PUNISHING</b> yourself or someone else for something?
8- Are you <b>rebelli</b> ng?
9- <b>REFUSE</b> to allow someone to help me
10- I don't <b>DESERVE</b> to get over this issue
11- I <b>WANT</b> to get over this issue
12- <b>SAFE</b> to get over this issue
13- I can keep my <b>IDENTITY</b> if I get over this issue
14- I know how to <b>BEHAVE</b> if I change
15- if I change, I can stay true to my <b>PURPOSE</b> and higher mission
16- I am <b>CAPABLE</b> of this change
17 - the places/ people/ <b>environment</b> around me will accept my change
18- I will <b>like</b> myself if I change
19 - I am patient enough to accept the <b>transition</b> of change

Sources include:

The Energy of Belief. Bender & Sise

The Art of Hypnotherapy. Hunter

Inspire 360 NLP training



Uncovering duality and conflict of beliefs	Current situation	Desired situation	Worse situation
Summary			
Advantages / Wants / benefits / emotions / what can I avoid / what do I have to not think about			
Disadvantages / don't want / drawbacks / emotions / what can I not avoid / what do I have to worry about			