

A Revolutionary New Way to Eliminate Your Discomforts

By Larry P. Nims, Ph.D. and Joan Sotkin

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Foreword

By Larry Nims, Ph.D.

For the first twenty-five years of my clinical practice, I learned and used many different counseling and therapy methods in order to help my clients and myself find relief from emotional discomforts. The techniques, for the most part, were helpful, but they did not offer permanent freedom from psychological distress, which was the major objective of the counseling I offered. Ultimately, it seemed that the most I could do for my clients was to provide emotional support and teach them new and better coping skills.

I realized that in order to help clients eliminate the thought patterns that create deep psychological pain and suffering, I would have to look beyond the boundaries of traditional psychotherapy. I searched for effective techniques that people could use on their own and that would allow them to be free of any dependency on a counselor in order to function well. Once again, I learned and tried a number of methods, each of which offered some help to my clients, but I was not satisfied with the overall results.

In 1989, I was introduced to an early version of Thought Field Therapy, which was developed by Dr. Roger Callahan. (You will learn more about some of his work in Chapter 1 of this book.) From this base, and with a new understanding of the subconscious mind and how it works, I was able to develop the technique called BE SET FREE FASTTM (BSFF), which is actually an acronym for Behavioral and Emotional Symptom Elimination Training for Resolving Excess Emotion, Fear, Anger, Sadness and Trauma.

The technique that you will learn in this book is the result of years of research and experimentation as I continue to pursue my goal of offering a method that can efficiently and effectively free people from long-standing psychological distress. Thanks to the work of numerous professional and paraprofessional counselors worldwide who have been willing to try innovative, non-traditional techniques in order to help their clients, thousands of people have now benefited from Be Set Free Fast.

I am especially grateful to Gary Craig, the developer of Emotional Freedom Techniques (EFT), another offshoot of Thought Field Therapy. Gary graciously invited me to present BSFF to the professional community at a seminar that he gave in February 1998 and soon I was giving seminars around the United States, Canada,

Australia and England. Because of the demand for a guidebook for professionals, I wrote the BSFF Manual, which is now used in over thirty-five countries.

I have been thrilled by the wide acceptance of BSFF and the positive results that people share with me through letters and emails. Now, thanks to the efforts of Joan Sotkin, the work can reach an even larger group of people who are searching for relief from their emotional discomforts.

Joan is a creative personal coach who specializes in helping people deal with financial issues. Her approach is holistic, and much of her focus is on clearing out the family-of-origin and inner child issues that affect a person's relationship with money. I believe that Joan and I met through "divine appointment," and I am gratified by our collaboration on this book. Our individual talents and expertise complement each other, and the result of our efforts will offer widespread relief for people all over the world.

This book is intended to provide a solid introduction to BSFF, with a focus on self-application and the treatment of basic, virtually universal issues with which a majority of people struggle. The goal is to help you eliminate emotional distress and limiting thought patterns and to provide you with a tool that can help you live more successfully and effectively.

The issues that we address in this book operate subconsciously, or automatically, and can keep you from fully realizing and expressing your individuality, talents and rich potential. By following the instructions provided here, you will be able to "deprogram" yourself at your own pace and without having to re-experience past distress and trauma. If you have had any kind of traditional therapy, you will appreciate not having to work long and hard to gain deep insights or to go through a lot of unpleasant emotional releases in order to free yourself of psychological problems.

BSFF is easy to learn and use. You are likely to be amazed at how quickly you can help yourself resolve internal distresses, conflicts and limitations. By following the instructions, you can find a new freedom in creating a fulfilling life.

I am thrilled that Joan and I have partnered to present BSFF to you. We are both eager to hear of your success in applying BSFF and how it has set you free.

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Introduction By Joan Sotkin

For as long as she could remember, Janet W. suffered from anxiety, depression and feelings of low self-esteem. At 38, unhappy with her job and a series of failed relationships, she started therapy. Through the therapeutic process, Janet came to understand that emotional abuse from her father and lack of any kind of support from her mother was at the root of her emotional problems. Although she could identify the underlying dynamics of her problems, after two years in therapy, Janet felt stuck.

What Janet was experiencing was the limitation of traditional therapies. Although these therapies can result in learning and growth, a patient's emotional distress is often only partially or temporarily erased. It is not unusual, despite many hours and dollars spent on therapy, for a patient to fail to eliminate the troublesome thoughts, emotions and behaviors that first drove her to therapy.

The biggest limitation of traditional therapy is the way that it deals with subconscious resistances, or internal blocks. Because beliefs and emotions that relate to the underlying problem are rarely eliminated permanently, the symptoms continue, undermining a person's emotional well-being.

Fortunately, there is a growing body of knowledge that has contributed to the development of a number of techniques that fall under the umbrella of what is now called Energy Therapy or Energy Psychology. These therapies allow one to treat and eliminate, at a core level, the emotional stressors that interfere with the enjoyment of a comfortable, creative, fulfilling life. Be Set Free FastTM (BSFF) is classified as one of these innovative therapies.

Janet's story has a happy ending. After finding a therapist who used BSFF in her practice and who taught Janet to do BSFF for herself, she was able to eliminate the old beliefs and emotions that were interfering with her ability to create a comfortable life. Now, Janet feels much better about herself; she no longer carries a lot of resentment and anger about her past, and her life reflects these changes. She has a new job, better relationships with others and a new-found sense of inner peace.

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A Quick Look at Energy Therapies

Be Set Free Fast is a relatively easy-to-learn technique that can help you let go of whatever emotions and beliefs are limiting you and causing discomfort in any area of your life. As part of this introduction to BSFF, we would like to give you some background about Energy Therapy and how BSFF evolved.

It all started with Roger Callahan, Ph.D., a clinical psychologist who discovered some elegant methods for eliminating psychological pain. In the early 1980s, Dr. Callahan started exploring new treatment methods that would shorten the usual length of therapy and produce deeper and more lasting results.

Adapting principles from the field of Applied Kinesiology, Dr. Callahan theorized that our psychological problems are controlled and maintained by energy pathways (acupuncture meridians) that are found in our bodies. He developed a technique called Thought Field Therapy (TFT), that involved tapping on various acupuncture points in order to obtain relief from a host of physical and emotional problems.

Dr. Callahan was especially successful with people who had long-standing phobias, an area in which traditional therapies do not have an outstanding record of success. Among his contributions was the concept of Psychological Reversal, which you will learn about in Chapter 1. Psychological Reversal is at work when a person wants to lose weight, but just cannot say, "No," to one more piece of cake. Dr. Callahan showed how Psychological Reversal can be treated and eliminated, thus opening the way for much more effective relief from many chronic psychological problems.

One of Dr. Callahan's most enthusiastic students was Gary Craig, who simplified Dr. Callahan's protocols and created Emotional Freedom TechniquesTM (EFT). EFT, like TFT, uses tapping on acupuncture points to relieve a wide range of emotional and physical disorders.

The Need to Go Further

Although Larry Nims happily used Dr. Callahan's techniques for over two years in his clinical practice, he was never comfortable with Dr. Callahan's explanation of how and why his treatments worked. Larry began to develop a more functional theory of the underlying mechanisms behind the results. This new understanding led him to develop a simpler and remarkably effective treatment method called Be Set Free FastTM (BSFF), which you are going to learn in this book.

BSFF is not specifically an Energy Therapy in the sense that TFT and EFT are. Although it evolved from TFT, the theoretical basis and treatment orientation are quite different from the Energy Therapies. BSFF, like the Energy Therapies, keeps evolving. Although BSFF originally employed tapping methods that were similar to those used in TFT and EFT, it has become apparent that tapping and attention to the meridians are not necessary for effective treatment at the deepest levels of the psyche. Instead, BSFF goes right to the real command and control system—the subconscious mind.

Although we provide enough information for you to understand the dynamics behind BSFF, we will not spend a lot of time giving a detailed, technical explanation about how and why this technique works. Even if we did, the explanation would probably become obsolete as a greater understanding of the psyche unfolds through ongoing research. However, we can assure you that if you are willing to follow our step-by-step instructions, you will most likely experience a genuine positive shift in your thoughts, feelings and behaviors as they relate to the problems you treat with BSFF. You will know it works because you will be able to see measurable changes in your life.

How We Came to Write This Book

I first came upon BSFF in 2002. For twenty years, I had been exploring the psychology of money and developing techniques to help people improve their finances by understanding the emotional base of their financial dysfunction. During the late 1990s, I tried doing personal and financial coaching, but was frustrated because even though I could easily identify the beliefs and emotions behind financial problems, I had no way to help people except to send them to therapy. This was not a viable solution, especially since most psychologists do not address the role of emotions in financial behavior, and most of my clients were not open to the idea of therapy.

In 2001, while surfing the Internet, I came across a teleclass on EFT that looked intriguing. After taking the course, I knew that EFT could be used to clear up the emotional discomforts and limiting beliefs that cause financial discomforts. I quickly built a thriving coaching practice and offered information and teleclasses about EFT through my Website, ProsperityPlace.com, which already had a large following.

While I was learning EFT, I had seen Larry Nims do a presentation on one of Gary Craig's videos and felt it was time to explore BSFF. I bought Larry's manual, and made an appointment to do a session with him. I knew immediately that his technique allowed for shifts on a deep core level and could take me well beyond what I had accomplished with EFT, both personally and professionally.

I developed the greatest respect for Larry, a clinical psychologist who was willing and able to go outside of the bounds of traditional teachings to create a technique that could help millions of people. Over the years, he had tested BSFF on many clients and had seen observable changes in their lives. He also taught BSFF to hundreds of people around the world.

I started using BSFF with my clients and found it to be the perfect adjunct to the intuitive techniques and inner-child work that I had developed on my own and use with my clients. The depth of the results amazed me. I wanted to share the technique with my Web site audience, as I had done with EFT, but I felt that the manual that Larry had written needed to be simplified in order for BSFF to be understood by laypeople. He agreed to let me rearrange, simplify and, in some cases, rewrite the material. We also agreed to work together to create an easy-to-use protocol for defining and treating problems that could be utilized by both laypeople and professionals. The result is this book.

Larry is the one responsible for creating and developing BSFF. I'm here to make the technique easier to use by providing practical instructions and psychological insights.

Disclaimer

Laypeople and professionals can use this book as a guide for learning the BSFF Treatment Procedure. If you have serious, ongoing emotional problems, we urge you to work with a trained practitioner. If you are a practitioner who is not trained in the field of psychology, it is important that you be aware of the limitations of your training when working with clients. You may need to bring in someone with more formal training to guide you or work with you and your clients.

Neither Larry Nims nor Joan Sotkin can be responsible for the results you achieve with the technique presented here. Although uncomfortable reactions are rare, be aware that you are dealing with deep issues and you may need professional help. Although we cannot guarantee any specific psychological results, we can assure you

that a great number of counselors and individuals have reported excellent results with BSFF. It has been used worldwide by people of all ages.

Some conditions, such as long-term addictions and chronic pain, can be resistant to rapid treatment and should be addressed by a professional therapist.. If you find that BSFF does not work for you, there are probably buried issues that a trained BSFF practitioner can uncover.

Chapter 1. A Simple, Effective Technique

You are about to embark on a journey into your subconscious, the part of you that silently directs and creates your life. By traveling into your subconscious, you will be able to clean out a lot of old destructive programs that are playing in the background of your life and creating havoc with your performance and ability to live your life to its fullest.

If you are reading this book you are probably looking for a way to eliminate uncomfortable feelings or situations that keep you from being the best you can be. If that is indeed the case, then Be Set Free Fast, which we will refer to as BSFF, can help you. BSFF is a remarkably simple technique that can assist you in treating some of your most complex problems.

The technique is so simple that many people wonder how it could possibly treat such a wide range of discomforts and dysfunctions. Even when people get consistent and reliable results, they may think it is too good to be true or that the effect will not last. Fortunately, you do not have to believe that BSFF will work. All you need to do is treat a discomfort with BSFF and then see for yourself how effective it is.

This is a list of some of the emotions and situations that have been effectively addressed with BSFF.

- Low self-esteem, self-confidence, feeling unworthy or undeserving
- Confusion, indecisiveness, self-distrust, self-doubt
- Self-judgment, self-criticism, self-rejection, blame
- Reduced mental, emotional, physical and social skills, and talents
- Poor personal effectiveness and weak ego strength
- Dysfunctional and unsatisfying relationships, distrust, inability to experience intimacy or to connect with others
- Lack of personal fulfillment or satisfaction, boredom
- Excessive need to control people and situations
- Poor business and financial decisions and self-limiting income, striving but not achieving at work or school

 Psychological aspects of poor health and physical functioning; low energy, fatigue, body pains, allergies, rashes, infections, low immunity

- Lack of zest for living; inability to embrace and enjoy life, emotional, numbness
- Phobias, anxieties, insecurity, procrastination, immobilization
- Loneliness; feelings of abandonment, isolation, emptiness
- Depression, despair, discouragement, disappointment
- Guilt, shame, embarrassment, self-consciousness, shyness
- Anger, rage, resentment, bitterness, lack of forgiveness toward self and others
- Sadness, grief, helplessness, hopelessness, discouragement, despair, heartache, heartbreak, remorse
- Loss of love and fear of the pain of loss of love
- Underachieving sports performance and physical skills and ability
- Addictions; inability to control emotions, thoughts, or behaviors (weight, smoking, drugs, gambling, sexuality)
- Poor sexual performance and satisfaction, sexual dysfunction
- Inability to follow medical or nutritional directions; medication noncompliance, chronic physical symptoms and complaints
- Inability to trust, connect or commune with, or receive from God (whatever your concept of God might be)

Each of these discomforts can potentially be eliminated quickly and easily. However, as you will learn, very few problems exist in a vacuum and to experience complete relief often requires a series of treatments that address both the immediate problem as well as underlying beliefs and related problems. (On the other hand, many treatments can be done in one session.) You will learn more about this in the next chapter.

What BSFF Is

In a nutshell, Be Set Free Fast[™] is a highly focused method for treating virtually any kind of discomfort. This is done by eliminating from the subconscious both self-limiting beliefs and the emotional roots of the discomforts.

Your subconscious mind is a faithful servant. It does whatever you tell it. And what you are going to tell it is to use a simple cue word, of your choosing, to eliminate all of the roots of whatever problem you ask it to treat. BSFF is that simple. But, it does take some finesse to recognize and eliminate all of the roots of your problems. That is what we are going to show you how to do for yourself.

The Basic Theories behind Be Set Free Fast

BSFF is based on a number of principles that can be summed up as follows:

- Problems and issues are caused by unresolved negative emotions and beliefs.
- Thoughts, emotions and behaviors are controlled and limited by subconscious programming.
- Our beliefs determine the purpose, timing, duration and frequency of psychological symptoms and behaviors.
- Dysfunctional belief systems and emotional roots must be completely eliminated in order to achieve lasting psychological freedom.
- A complete history of all psychological issues is recorded in the subconscious mind.
- Conscious identification or understanding of a presenting problem is not necessary for effective treatment.
- Each specific problem can be eliminated instantly with a single procedure.
- BSFF can effectively treat any physical, psychological or spiritual problem or issue that has emotional roots.

Is Be Set Free Fast Scientific?

There are four criteria that determine if a concept, principle, process, or technique can be called scientific. These are:

- 1) It must be *knowable*. There must be a sufficient body of knowledge about it to be understood and communicated.
- 2) It must be *observable or measurable*. There must be a way to operationally define it, that is, to detect or measure the effects of the phenomenon, so that other people can observe the results.

3) It must be <u>orderly</u>. The events have to occur in a consistent and systematic manner

4) It must be *repeatable*. Anyone using exactly the same procedures under similar, controlled, conditions can get similar, reliable results.

In the laboratory of life where it really counts, Be Set Free Fast meets all of these criteria. Anyone can know and use BSFF, anyone can directly observe from personal experience, the results of the treatments and can see the method working in an orderly and reliable fashion for a wide variety of human problems. Finally, anyone can repeat the treatment process and get desirable results consistently.

For many years, BSFF has been used around the world by thousands people of all ages in many cultures with gratifying results. Larry is a trained behavioral scientist and can attest to the fact that the treatment procedures you will learn here meet all of these scientific criteria. And, they work.

An Action-Oriented Approach

This book contains a great deal more than simply theory. Here you will find exercises designed to help you develop an awareness of what is going on inside of you so you can identify your problems and treat them. You will also learn exactly how to do a BSFF treatment session for yourself.

Both of us know what it is like to be emotional repressors (that's Larry's word) who did not know a feeling from a brick. We can therefore assure you that even the most emotionally blocked among you can learn to recognize and release the hidden feelings that are acting themselves out through your life stories.

We understand that facing your emotions might be a frightening thing, especially if you experienced any type of abuse as a child or if you came from a highly dysfunctional family. It is not unusual for people to be afraid to let their feelings out because they think that if they do, they will never be able to stop them. For example, people are often afraid to get in touch with repressed anger because they fear it will come out as violent rage. The fact is that BSFF does not trigger or require you to relive or recreate uncomfortable memories or feelings. All you need is an awareness that you are not comfortable or that your life seems stuck.

Does Be Set Free Fast Work for Everyone?

BSFF is not something that is done to you. It is a process in which you are an active participant. If you approach it with a defiant, show-me attitude and insist that your life magically change without any effort on your part, you will not experience the full benefits of BSFF. However, if you are willing to be open and to follow the instructions in this book, you will see surprisingly effective results—and you will be creating these results yourself.

You probably have felt resistance whenever you tried to do something new to help yourself. So built into the BSFF Treatment Procedure is a technique for dealing with your internal resistance and disbelief. It helps if you are willing to go through the process of allowing your life to change. For some people, making life changes can be uncomfortable (although even that discomfort can easily be treated with BSFF). It's like moving into a new house. You really want to be there, but it usually takes some time to adapt to your new surroundings.

There are also some common fears that can keep you from moving forward. These usually relate to your place in your social structure and how that might change as you change. Even though some aspects of your life may be uncomfortable now, you have perfected a certain set of behaviors that allow you to continue to play the character you have developed. Changing your life means developing new, more effective habits and behaviors, and the anticipation of unknown results may block you from doing so. As strange as it may seem, the fear of success often interferes with a person's progress. In order to help you through this, we offer some treatment suggestions that you can use.

Does BSFF work for everyone? The answer is that it can. The only thing that will keep you from experiencing freedom from your discomforts is your own reluctance to create and enjoy positive change. Also, as explained above in the Introduction, if you have serious, long-standing emotional problems, chronic pain, or addictions and/or are totally out of touch with or fearful of your emotions, we suggest that you contact a psychologist who uses BSFF rather than working on your own.

In the next chapter, we are going to look at the subconscious mind and how it works to create your life stories. Then we are going to help you define problems and issues that can be treated with BSFF.

Chapter 2. The Subconscious: Your Faithful Servant

From the moment we are born, subconscious programs are created that determine the outcome of our lives. By learning to recognize these programs and the role they play in our life dramas, we can treat and eliminate those elements that cause discomfort and block our progress.

The subconscious mind can be considered a faithful servant because it does whatever it is told. It does not judge the messages it receives as good or bad, it just follows orders that are created by underlying beliefs. For example, if you have a belief that you never do anything right, your subconscious mind will lead you through life dramas that allow you to live out and validate that belief over and over again. You may want to break the pattern, but no matter what you do, nothing seems to work the way it should. The result is that you feel frustrated, disappointed with yourself and stuck. This in turn often leads to your creating many limiting and painful experiences that involve self-blame, self-criticism and self-rejection, guilt, shame and hopelessness.

Your inner dialogue might sound something like this: "What's the matter with me? I never do anything right. How can I be such a dork? I'll never get anywhere in life if this is how I do things. I must be stupid or something. With the way things are going, I'm going to be stuck here forever. I'm really miserable."

The subconscious mind hears: We are stupid and dorky and can't do anything right. We feel miserable and trapped.

Because it is your faithful servant, your subconscious mind will do a stellar job of making sure your life stories prove that you are stupid and dorky and can't do anything right. Your life dramas will allow you to feel miserable and trapped. As a result, you will probably continue to criticize yourself—reinforcing the conviction that you are stupid, dorky, and can't do anything right.

Your World According to Your Subconscious

Everyone has beliefs, usually learned early in life, that create the programs the subconscious uses to guide and control perceptions, thoughts, choices, decisions, feelings and actions. It is these beliefs, working through the subconscious, that

determine your worldview—how the world works, your place in it, and your relationships with others. More specifically, your subconscious creates your understanding of:

- Who you are, what you are capable of and what you deserve to have or to experience in life—mentally, emotionally, physically, spiritually, financially, socially and domestically. This is your personal identity or self-image.
- How easy or difficult things are going to be in your life (your work ethic, perfectionism, self-confidence, and self-image).
- What you can expect or deserve from yourself, from other people, from the world, and from God/Higher Power
- What kind of limitations you face regarding what you can give to or receive from others, and where you stand with God/Higher Power.

Your subconscious mind, in short, has been conditioned to cause you to conform exactly how life is supposed to be for you. And, it does so with very high reliability.

Problems keep recurring. This is not because you consciously desire or intend to repeat them, but because your subconscious mind—your faithful servant—has been programmed to respond in specific ways to specific stimuli, or triggers. This programming started long before you had the ability to recognize it, usually when you were a young child. It was not done consciously, but was the result of your life experiences.

Using conscious focus and effort, you may feel better and be in control of a situation for a short time. However, your subconscious eventually takes over. As a result, buried emotions and beliefs repeatedly stimulate troublesome habits, reactions, or thoughts. These then stimulate additional uncomfortable thoughts and feelings, which in turn create new difficulties. And no matter what kind of traditional treatment is used, there can be no permanent relief because relief is blocked on a subconscious level. This cycle of unresolved emotions and beliefs and their resulting interference in your life can be endless.

BSFF is an effective tool for reprogramming your subconscious and eliminating the destructive programs that determine the outcome of your life. BSFF makes use of the faithful-servant characteristic of the subconscious to effectively neutralize the emotional energy in any problem that you treat. The belief system that triggered that problem is dismantled at the root level.

As a result, the program that guides your subconscious is dismantled. You are free to choose responses to a stimulus rather than reacting automatically. Strong, disabling emotions disappear along with the underlying limiting belief system.

You can Be Set Free—and Fast!

Psychological Reversal: The Benevolent Dictator

In most of the Energy Therapies, subconscious limits are called Psychological Reversals. Dr. Roger Callahan coined this term to describe the difference between what we consciously want and what we actually do or allow ourselves to experience. It is Psychological Reversal that is behind all self-sabotage.

You are probably experiencing a Psychological Reversal if you:

- Keep putting off something you really want to do
- Do things that get you in trouble at work or at home
- Do not do things that you know could be beneficial
- Let people take advantage of you
- Do things that go against your own wishes or values in order to avoid a perceived negative outcome
- Feel stuck

The Saboteur Within

Whenever a Psychological Reversal is present, no significant or permanent progress will be made in eliminating the associated experience, emotional distress, thought, symptom, or behavior.

When a Psychological Reversal is in place we keep doing what we do not want to do and not doing what we want to do. As a result, we never get what we really want or need to be happy and content. This often leaves us with feelings of isolation, self-blame, guilt, self-rejection, self-judgment, self-condemnation, and shame.

Our Psychological Reversals cause us to unconsciously limit our own progress towards positive growth and personal freedom. Because, at a deep level, we believe that we don't deserve or can't have what we consciously want, we punish or deny ourselves, which makes us feel even worse.

We repeatedly limit ourselves, although consciously we do not want to. This self-limiting mechanism runs on automatic pilot built by years of subconscious learning and conditioning. All of this takes its cumulative toll on us, both psychologically and physically.

How Does It Affect You?

No matter how much you consciously want something to happen, a Psychological Reversal will always stop you cold in your tracks. Whether you are using a traditional type of therapy or your own conscious will power and determined personal effort, you will not achieve your goal of permanent relief from your distress because you are subconsciously (unknowingly) blocking it.

You can be fairly sure that you have a Psychological Reversal if you experience:

- Any kind of procrastination, addiction, and/or chronic stress
- Repetitive blocks to progress in any area of living
- Slow or blocked psychological or physical healing
- An inability to find full enjoyment, peace and fulfillment in life
- Chronic physical symptoms, prolonged illness, or delayed healing and recovery

Psychological Reversals can limit you in virtually any area of your life—mental, emotional, physical, or spiritual.

Consciously, you may sincerely want to change something in your life. Subconsciously, however, you probably have highly programmed limits as to how much improvement you can achieve or accept. This internal self-sabotage means that you may say, "I want this or that," or, "I believe this or that," but your subconscious mind has a different agenda and automatically undermines the conscious mind's plan, intention, or desire.

For example, you may say, "I want to earn a lot of money." But you may have a series of beliefs operating on a subconscious level such as:

- I don't deserve good things in life.
- I'm not worth much.
- It would be disloyal to my parents to earn a lot of money
- If I earn a lot of money, my friends won't talk to me any more.

- If I have a lot of money, people will use me.
- I won't know if people love me for my money or myself.

Even if you have the basic talent or capacity and a strong desire to make a lot of money, your subconscious programming will stop you. This blockage can leave you feeling frustrated, disappointed, or angry with yourself. You may criticize or judge yourself, which only makes the Psychological Reversal worse.

The ultimate and painful result of all Psychological Reversals is that we end up settling for much less than a truly rich and effective life of full self-expression and enjoyment. We carry on, with the best coping skills we can muster, but we do not experience much of the victorious life that we were designed for, and that we really need in order to thrive as human beings.

With Be Set Free Fast, you can easily eliminate the subconscious programs that limit you. Psychological Reversals can be corrected quickly and easily. Then, you can be free to find your true creative expression and live a much fuller life.

In BSFF, we do not focus on Psychological Reversals. These subconscious limits are classified as *problems*, although not all problems are Psychological Reversals. We will define problems, as we use the term, in the next chapter.

Even if you are undergoing some kind of psychological counseling now, you can use BSFF as an adjunct and speed up your treatment. This means that you will spend a lot less time and suffering in working through your issues.

What You Can Expect

Correcting all of your Psychological Reversals—and problems—will not automatically make you healthy and wealthy, nor will it automatically make you love and accept yourself. In fact, correcting your Psychological Reversals and other problems does not cause you to do anything. Rather, it opens the way for you to make new choices and establish new, more adaptive behaviors.

You will no longer merely cope with the painful memories and programming that seem to be indelibly etched into your emotional body. You will eliminate the roots of the beliefs and emotions that lead you to sabotage yourself. Old programs will no longer automatically rule your life and cause emotional pain.

Exercises

We have prepared a series of exercises to help you understand how to recognize and state the problems that you will treat with BSFF. You will find these exercises useful when you want to treat issues that are not addressed in this book. It is not necessary to do the exercises now, but we suggest that you read through them. Reference is made to some of the statements from the exercises here and in later chapters when we walk you through various parts of the BSFF Treatment Procedure.

Exercise 2.1

We suggest that you get a notebook to use as a journal for the exercises that you will find throughout this book. It can be a lined notebook or an unlined sketch book that offers more freedom of expression.

During the day, when you are doing relatively automatic tasks like washing the dishes, walking, or driving, watch your thoughts. Become aware of what you are saying to yourself.

- Are you critical of yourself?
- Do you assume a negative result from your efforts?
- What are your expectations of yourself and those around you?

As you become aware of your self-talk, write down what you are hearing. Date each entry so that you can follow your progress.

Exercise 2.2

Part 1.

Identify the areas where you seem to have most resistance or where you sabotage yourself and write them down in your journal. Here are some examples:

- I want to lose weight, but can't stop eating.
- I want to do well in school, but I can't get myself to study.
- I know I should balance my checkbook, but I keep putting it off.
- Every time I get bills, I just put them in a pile and forget to pay them.
- The garage needs cleaning but I don't feel like dealing with it.
- I want to be a good worker, but I keep goofing off.
- I can't stand all of the clutter that's around me, but I never get around to cleaning it up.

Part 2.

Identify the self-talk that you hear in relation to the issue or issues you recognized in Part 1.

For example, if you wrote, *I want to lose weight, but can't stop eating*, your self-talk might be:

- I'm fat and ugly
- What's wrong with me that I can't stop eating?
- I hate myself when I stuff my face the way I do.
- I know I'm making myself sick.
- If I don't stop eating, I'm really going to hurt myself.
- I'm so ashamed of the way I eat.
- Every time I open the refrigerator, I feel guilty
- If I don't stop eating, I'm going to die.
- At least I don't have to worry about how I would be in a relationship. No one would want me looking like this.
- People will know how weak I am because I'm overweight.
- I really need help.
- It's not my fault that I keep eating. It's those television commercials and all the people that keep tempting me to eat.
- This is disgusting.
- I'm disgusting

Part 3.

Looking at the various statements that you wrote in part 2, see if you can identify messages that you received as a child and that may lie underneath your current statements. For example, using the statements above, you might have received the following messages:

- You aren't as handsome as your brother or sister, which means you aren't as valuable.
- Can't you do anything right?
- What's the matter with you?
- You'll never be able to take care of yourself.
- You aren't loveable.
- You are disgusting.
- Other people have the right to push you around.

Part 4

Now view the statements in Parts 1-3 of this exercise and make a list of the apparent conclusions you have agreed with subconsciously. Here are some examples that are extracted from the statements above:

- I'm not very smart.
- I'm not capable.
- I'm not lovable.
- I have no will power.
- I'm shameful.
- I'm weak.
- I can't do anything very well.
- I'm disgusting.
- I'm not valuable.
- There's something the matter with me.
- It's easy to take advantage of me.

Exercise 2.3

Now see if you can recognize underlying beliefs that may be at work in other areas of your life. Here are some examples of common beliefs that often cause problems:

- My siblings are better than I am because they get more attention.
- I can't be safe.
- Life is filled with unpleasantness that can sneak up on you.
- It isn't right for me to make more money than my father/mother/brother/sister.
- I couldn't fix my alcoholic parent, so I'm not very valuable.
- If I were valuable, I wouldn't have been abused.
- If I'm too generous, people will take advantage of me.
- If I tell you I love you, you'll manipulate me.
- There's never enough money.
- People from our side of the tracks can't be successful.
- People are mean.

For now, you are simply becoming aware of what is going on in your internal world. As you learn BSFF, you will become familiar with how to change the nature of your thoughts and beliefs.

Chapter 3. What's The Problem?

In the last chapter we said that in BSFF, Psychological Reversals are problems, but not all problems are Psychological Reversals. You might be wondering, "What is a problem?" Because problems, or groups of problems, are what we treat with BSFF, this is an important concept to grasp.

Any time you feel uncomfortable or feel your life is not moving in a positive direction, you have what we call a problem. And almost any problem can be treated and eliminated using the simple technique that you will learn in Chapter 6.

In situations that trigger a problem, it makes no difference that you consciously and logically might prefer a different outcome. Your subconscious mind faithfully calls upon a program that is already installed and automatically allows the problem to emerge. You do not choose the subconscious programs that trigger your problems. They developed gradually and accumulated over time, and these subconscious programs are the roots of your current problems. Each individual problem is a combination of a set of unresolved negative emotions and a belief about what the outcome of your life experience must be.

You probably have a problem if you experience:

- Physical discomfort that may have an emotional base. This can include aches, pains, itching, coughing, nausea, insomnia, and so forth.
- Anger, fear, worry, anxiety, sadness, or other uncomfortable feelings.
- The sense that you are stuck and not living up to your potential.
- Feeling disconnected from your true creative expression.
- Feeling disconnected from the world, a higher power, etc.
- Mental, emotional or physical malfunctions of any kind.

Sets of problems that occur together are called *issues*. For example, if you are uncomfortable because you are overweight, there are probably multiple problems present, including problems of low self-image, feelings of inadequacy, inability to express emotions, repressed anger, the need for protection or sexual issues. These are all problems within an issue. Each of these could also be an issue that is composed of multiple problems.

For example, feelings of inadequacy could include the following problems:

- I can't do anything right.
- I expect to fail.
- I'm not good enough.
- There is something wrong with me.
- I can't give my parents what they need from me.
- I'm stupid.
- Even when I try to do things right, I don't.
- I don't have enough income to feel worthy.
- When I am with wealthy people, I feel worthless.
- Other people can do things better than I can.
- My sister/brother could please my parents, but I couldn't.

The fact is that problems rarely occur by themselves; they are usually part of a larger issue. As our explanation of the BSFF Treatment Procedure unfolds, you will learn how to recognize the problems within an issue that you can treat and eliminate.

Underlying Beliefs

Underneath every problem or issue is a set of beliefs. The beliefs can include many elements such as:

- How you think of yourself
- How you perceive your place in the world
- How you believe you must react to external events
- How you are expected to react to external events
- What you can expect from other people, from life or from the world
- The way the world works
- How the world reacts to you

Beliefs can be complex. For example, the belief "I am not capable" can be combined with "If I try to do something, I am bound to fail" and/or "No matter what I do, people will think I'm stupid." So beliefs can contain expected actions and reactions.

The underlying belief system in each problem essentially says to your subconscious, "You will validate this belief by creating certain experiences for me." Whenever a triggering situation occurs, either internally or externally, your faithful servant

immediately recreates the problem, i.e., the uncomfortable feelings or personal limitation.

Let us suppose, for example, that when you were young, your parents constantly criticized and rarely praised you. No matter what you did, they never told you that you were performing well. As a result, you came to believe—and expect—that any time you tried to do something, you would be degraded and criticized. Now, as an adult, you wonder why you are afraid to take chances and make meaningful changes in your life. You have general anxiety and rarely experience joy.

Here, typically, is what is at play in this scenario:

You have an underlying belief that any time you try something, someone is going to degrade or criticize you. If you are asked to do something, you cringe and procrastinate, because you are sure that you are going to be treated poorly. Even though you are cautious and never take chances, someone always seems to be there to criticize you; if no one else criticizes you, you criticize yourself. As a result, you always have the same underlying feelings of shame, worthlessness and inadequacy that you had as a child. This is an issue that recurs over and over again.

A Belief Can Also Be The Problem

We just looked at the underlying beliefs in a problem or issue. In BSFF, each underlying belief is also considered a problem that can be treated with our simple method.

Clearly, in the scenario above, the belief that any time you do something you will be degraded and criticized is just as much of a problem as the result—that you are in a specific situation where you are being degraded and criticized. It is a problem within an issue.

This is a key point because in BSFF, in order to get permanent relief, it is important to treat not only the immediate issue or problem but also related problems and the beliefs underlying the problems.

Exercise 3.1

It is easier to identify issues and problems when you have some connection to your feelings, and this will occur increasingly as you practice the techniques in this book. If you have trouble identifying your discomforts now, we suggest this exercise:

• Sit in a chair, preferably with your back straight. Cross your ankles or place your feet flat on the floor. Fold your hands gently in your lap and close your eyes.

- Take a few deep breaths in and out.
- Imagine that you are traveling inside your body. Travel through your jaw, shoulders, chest and abdomen. At each place, stop and become aware of how that area of your body feels. Is there any tension, discomfort or pain? Does one side of your body feel different from the other? Does anything change when you put your awareness into that part? Don't try to define what you feel; just be aware of the various feelings.
- After you have scanned the four body areas, go back to the place where
 you felt the most discomfort. Once again, become aware of the
 discomfort. Take a deep inhalation and go deeper into that spot. (Some of
 the discomfort may actually diminish when you do this.) This discomfort
 can be what you refer to as the problem.
- If you want to take this further, imagine that the discomfort can talk. What would it say? What would it be afraid to say? Whatever comes up can be referred to as a problem (or issue). For example, it might say, I feel tense and anxious. I think it is because I'm afraid that I won't have enough money to pay my rent. I'm afraid to tell you that I feel so inadequate.

Exercise 3.2

In this exercise, you will practice identifying an issue or problem when you realize something is making you uncomfortable.

We realize that when you first start learning about BSFF and understand how many issues and problems can be treated, you may have a flood of ideas about what you want to deal with. The following list of questions can help you focus in on a specific issue before you begin a BSFF session with yourself.

Using your journal, write the answers to the following questions:

1. In which area of your life are you uncomfortable? (e.g., work, relationships, physical body, mind, spirit, emotions, finances, athletic performance, achievement, etc.)

- 2. How do you know you are uncomfortable? (My head hurts, I feel tense, I'm scared, I'm stuck, I'm confused, etc.)
- 3. Using the BSFF Feelings List in Appendix B as a guide, what do you feel in relation to the area of your life that you describe? (There may be a whole group of feelings.)
- 4. Is there one person who triggers the feelings you just listed?
- 5. Does the person remind you of anyone in your family of origin? Who?
- 6. Is there an external event that triggers the feelings? (Celebrating a holiday, going to church, preparing to study, dealing with bills, being criticized, etc.)
- 7. Does the event remind you of anything from your childhood? What?

Exercise 3.3

Now, using your numbered responses from the previous exercise, put it all together as the statement of a problem or issue in one of the following statement formats. After each statement format, we will give some examples.

- A. At or in (1), I am experiencing (2) and I feel (3).
 - In my business, I don't have enough customers and I'm afraid I can never be successful.
 - At work, my boss treats me like a child, and it makes me angry and insecure.
 - In my marriage, my husband doesn't take me seriously and I'm frustrated.
 - At school, I have a hard time keeping up with the work and I feel ashamed and inadequate.
- B. When I'm with (4), who reminds me of (5), I feel (3).
 - When I'm with my friend Sue, who reminds me of my sister, I feel jealous.
 - When I have to talk to my teacher, who reminds me of my father, I'm afraid he will criticize me.
 - When I have to deal with any authority figure, I'm reminded of my mother, and I want to rebel.

- C. When I'm with (4), I feel (3)
 - When I am with people who have more money than I do, I feel intimidated.
 - When I talk to my boss, I feel like a child.
 - When I'm with my brother/sister, I feel inferior.
 - When I'm with my friend Bill, I feel I can never measure up to his accomplishments.
- D. When I am (6), I feel (3).
 - When I have to pay my bills, I feel overwhelmed.
 - When I try to study, I get very anxious.
 - When I want to do my assignments, I feel paralyzed.
 - When I think about my future, I get scared.
- E. Every time I think about (5) or (7), I feel (3).
 - Every time I go to try something I have never done before, I think about the time I broke the neighbor's window when I was 9, and I'm afraid of getting punished.
 - Every time I think about my sister, I feel ashamed of the way I treated her.
 - Every time I think about when my father was drunk, I feel sick to my stomach.
 - Every time I think about my brother, I feel like I don't measure up.

Exercise 3.4

Now you can begin to identify the beliefs behind your issues and problems. We are going to create some statements using the formats above and show you how to identify the underlying beliefs.

Here's an example using statement A (above):

In (1), I am experiencing (2) and I feel (3).

In my business, I don't have enough customers, and I feel I'll never be successful.

At this point, you use a combination of logic and intuition to get to the beliefs behind the statement. What might be some possible beliefs that are at work here? How about these:

- I'll never be successful.
- There must be something wrong with me.
- I'll never be able to do the marketing I need to do.
- I don't deserve to be happy or successful.
- I'm not willing to do what it takes to be successful.
- I can't really get what I want.
- I just don't have the personality to succeed at this work.
- I am mentally or emotionally crippled and unable to overcome my limitations.

Beliefs that were programmed into you by your parents may underlie some of your issues. In the example above, the following might apply:

- People like us have to struggle.
- Nothing in life comes easy.
- It's tough to get anywhere in life.
- You shouldn't be too big for your britches.
- If you can't do something right, you shouldn't do it.
- Successful people are selfish.

As you think through the beliefs that might logically be present, notice your reaction to each statement of belief. You will probably feel that some of the statements ring more true than others; that's your intuition at work. Pay attention to the reactions and recognize that this is your subconscious mind showing you the validity of your experience.

Make a list of all of the beliefs that you feel are present in your statements. You may find that the same beliefs occur in many problems and their variations.

You can also make a list of all of the incidents that stand out in your memory that might relate to the problem or issue you have defined. For the example above, you would list all of the times, as far back as you can remember, when you tried to do something and did not succeed. You might also remember something that happened to one of your parents that kept them from succeeding, and how you responded to the incident.

Now let's create another example using statement B (above):

The issue is that when I am with (4), who reminds me of (5), I feel (3).

When I have to talk to my boss, who reminds me of my father, I feel intimidated and afraid to authentically express myself. I get really flustered and feel like a little child who will be punished if I don't do everything exactly the way he wants. Here are some beliefs that might be behind this statement:

- If I'm honest about who I am, I'll be punished.
- I have no right to be who I am.
- People don't approve of me.
- I'm never sure if I'm doing things right.
- I often do things ineffectively.
- I'm not supported.
- It's easy for others to have power over me.
- I can't be comfortable with authority figures.
- I can't be respected by authority figures.
- Children should be seen and not heard.
- Your father knows what is best for you.

Looking back into the past, you can make a list of incidents when you were punished for making mistakes or shamed by a parent or authority figure.

We suggest doing this exercise in your journal using statements A through E. We will refer to this exercise when we outline the BSFF Treatment Procedure.

Chapter 4. The First Steps

We have just explained one of the most important aspects of BSFF—how to identify issues and problems. It is now time to take another step forward and introduce you to the Instructions to Your Subconscious and show you how to choose a cue word.

When we first talked about the subconscious, we said that it is a faithful servant and does what it is programmed to do. Basically, what you are going to tell your subconscious is that every time you use your cue word, it will be a signal to your subconscious to eliminate the emotional roots and the beliefs that are automatically causing the specific problem you wish to treat.

The phrase "emotional roots" refers to a set of unresolved negative emotions from past experiences. There can be many layers of deeper problems that make up the roots of whatever issue or problem you are treating. These hidden problems indirectly help to set up, feed into and perpetuate the problem or issue you are treating. The timing, intensity and duration of the automatic reactions that perpetrate the problem or issue are determined by beliefs that you hold.

The simple process of consciously noticing a problem and using your cue word will prompt your subconscious mind to eliminate *that one problem*. You just notice it and treat it by using your cue word. The exercises we did in the last chapter will help you identify your issues and the problems that make up those issues. You can then treat each problem with the Be Set Free Fast Treatment Procedure. In Chapter 6, we will give you specific instructions for treating any issue. In Chapter 10, we walk you through the process of treating common issues.

With just one use of your cue word, all levels of roots and beliefs involved with each individually treated problem are eliminated simultaneously. No matter how many roots are involved, your faithful servant will eliminate, or neutralize, the entire problem at all levels of your psyche. In most instances, you can treat each problem with just one use of your cue word. When we give you the specific instructions for the BSFF Treatment Procedure, we will also explain when multiple uses of your cue word may be necessary.

Amazingly, this constitutes the core of the BSFF Treatment Procedure. Your subconscious mind does all of the work. You just signal your intention to do so with your cue word.

Choosing a Cue Word

There is nothing complicated about choosing a cue word. Just decide on a word or short phrase that you want to use. It is best to choose a word that does not have a strong emotional charge, such as the word "money."

Here are examples of cue words our clients have used:

Terrific	Joy	Praise
Dynamite	Just do it	I'm happy
Release it	Go girl	Freedom
I can do it	Be free	Shazam
Peace	Light	Love

You may change your cue word, or add others, whenever you like. You will be giving your subconscious the instruction that it should use whatever cue word(s) you decide to use.

If you use your cue word outside of a treatment session, your subconscious will not take it as a signal to treat something. In other words, you have to have the intention of treating something for that to be the action taken.

Choose a cue word now and write it in your journal.

Understanding the Instructions to Your Subconscious

You will read the instructions below, either silently or out loud, only one time. From then on, your subconscious mind will always agree to treat anything that you have told it to. You need never give these instructions again, although you may wish to add to them. They will continue to be operative forever, unless you tell your faithful servant not to do this for you anymore.

All of what you have read so far serves the purpose of helping your subconscious mind understand what you mean by "problem" and "issue" and what you want your subconscious mind to do for you when you cue it.

The Instructions to Your Subconscious include the concept of the wholeness of your personality, that is, of who you are as a person. They are constructed to include every possible part of the individual personality and the whole person—what we usually refer to as "I" or "me."

You will notice that the instructions are phrased using terms such as OUR, ALL, US, or WE. This is very significant, as it refers to all the parts of you that are mentioned in the second paragraph of the instructions. For the treatment to be totally effective, each of these parts needs to be recognized and acknowledged as a possible storage area for various aspects of each problem being addressed. We are gently inviting those parts to participate in the treatments.

We do this because at some stage in our psychological development, some parts of us may have broken away or fragmented. This can happen due to a lack of self-worth or self-respect; it may also be caused by traumatic experiences that create a negative association to the particular problem that we now want to treat. As a defense against psychological pain, we may have subconsciously dissociated part of ourself from painful experiences.

This vital part of ourself needs to be invited back into and included in each treatment with BSFF—an invitation and recognition that is essential in order for the treatment to be thorough. Be aware that when you use the words "I," "me," "myself," etc., when treating a problem, your subconscious will understand that you are including in that treatment all parts of yourself and all past experiences that are related to the problem you are treating.

As you read the Instructions to Your Subconscious, do not be concerned about whether you consciously understand what you are reading or what we have discussed. Your subconscious mind will understand it. More conscious understanding will come as you practice using BSFF and reread (for understanding) the instructions in the future.

Read These Instructions to Your Subconscious:

In the instructions that follow, there is a reference to "stoppers." These are the beliefs that impede progress. We will explain them fully in the next chapter.

Remember, you only have to read the instructions once. Insert your cue word in the appropriate places. Read everything aloud from this point to the words "End of instructions."

These instructions are for you, OUR subconscious mind. Whenever WE consciously notice any problem that WE intend for you to eliminate, WE will simply think or speak OUR chosen cue/trigger/phrase, and you will do the entire BSFF treatment for US for that problem. The cue(s) that WE choose to use is/are:

You will simultaneously treat all genetic/ancestral, generational, present, and all dissociated/fragmented parts, emotional roots, and beliefs involved in or with these problems and/or any related and contributing problems involved with these experiences. This means that you will treat all mental, emotional, physical, and spiritual aspects of every related problem and all dissociated/fragmented parts of my personality involved in any way in all of these problems, (all of which, in any combination, are here referred to as OUR ALL, US, OUR, I, ME, MY, etc.).

You will eliminate all of these problems at all levels and in every part of our being that may in any way directly or indirectly contribute to, feed into, help cause, or in any way maintain or support each specific problem that WE have noticed and intend for you to treat. In every treatment you will treat/clear all these things completely, permanently and safely.

This means that you, OUR subconscious mind, will eliminate all and every level of all limiting emotional roots and beliefs involved in each problem that WE choose and intend for you to treat. You will include, in every treatment, the very first to the last time that WE ever experienced any and all parts of whatever problem that WE are signaling you to eliminate.

You will also simultaneously eliminate every Post-Traumatic Stress (PTS) factor that is associated with and has been triggered, or re-triggered, in or by each emotional root experience involved with every problem that WE treat.

You will thoroughly resolve these PTS effects so that they no longer cause US any sort of mental, emotional, physical or spiritual discomfort or imbalance. The PTS factors that you will eliminate include all seven of the following negative effects on OUR ALL and any other debilitating or interruptive PTS effects of the treated problem:

Shock to OUR system
Distress to OUR system
Stress to OUR system

Disturbance to OUR system
Upset to OUR system
Trauma to OUR system

Bother to OUR system

You will do all this for US whether or not WE consciously know what the problem is, and even when WE cannot identify, describe, or label the problem with words. WE need only consciously notice the problem, use OUR cue/phrase that WE have chosen, and you will treat and eliminate, at every level of our mind and being, the specific problem and all related contributing parts to that problem completely, safely, and permanently.

You will do all of this for US no matter what combinations or levels of OUR ALL were involved/included at the time each of these related problems was being established or re-experienced. You will completely and permanently eliminate each and every problem that WE treat along with all subconscious programming WE may have that will now or ever cause any form of vulnerability in US that might lead US to keep the problem, take it back, allow it to come back, permit it to return, or passively accept or receive it back in any way, shape, or form.

You will simultaneously also eliminate each and every other problem that makes US vulnerable to any treated problem returning in any way or at any time in the future.

Even as we go on to treat other issues, you will automatically keep treating all aspects of each problem/issue until all relevant insights about the origin or causes of each treated problem are clearly recognized and understood by our conscious mind.

You will do all this for US from now on, for any problem/s that WE ever consciously notice and intend to treat, whenever WE initiate the treatment with any of OUR cue words or phrases or any additional words/phrases that WE ever tell you WE want to use as cues. WE simply need only notice a problem and initiate the treatment with OUR thought or with OUR voice by using any one of OUR cues.

Whenever WE treat for the "stoppers" or for any anger, judgment, criticism, or unforgiveness, or for any other limiting thoughts, feelings, attitudes or beliefs that WE may have about or toward OUR self, you will eliminate all of these that WE may not have treated in previous treatment sessions. You will do this update treatment work no matter how long ago WE did the previous treatments.

Likewise, whenever WE treat for anger or unforgiveness toward another person or group of people, WE are treating for the whole personality and all parts of each person, or for each person in the group of persons. This will be so even if WE use the word "you" or use their name(s) as we refer to them in the treatments.

Subconscious mind, you will always do all of these things that we have instructed you to do for US on cue from now on, no matter what condition, circumstance, situation or mental and emotional state that WE are in or what problem WE may be noticing, imagining or remembering. And WE thank you and deeply appreciate and respect you for always being OUR faithful servant in all of these ways.

End of instructions.

These statements comprise the entire BSFF Instructions to Your Subconscious. They are lengthy because they are meant to be thoroughly comprehensive. Eliminating everything that is in any way contributing to each problem is essential. The goal is to leave nothing that might signal the subconscious mind to rebuild the problem or issue.

Now that you have chosen a cue word and read the Instructions to Your Subconscious, your faithful servant will do these treatments for you from now on every time you use your cue word for any problem. At this point, we are almost ready to outline the treatment steps.

Chapter 5. A Few Important Elements

Before outlining the actual treatment steps, there are a few related elements of the BSFF Treatment Procedure we would like to introduce.

How Problems and Issues are Treated

We have already mentioned that problems are treated by saying your cue word. Because this is an essential part of a BSFF treatment, we are going to clarify the concept before we get to an actual treatment. Keep in mind that a problem is a statement of a specific discomfort or limitation or the belief behind the discomfort or limitation you are experiencing. Issues are sets of problems that occur together.

Let's take a look at one of the issues we outlined on page 18. The issue was stated as *In my business, I don't have enough customers, and I feel as if I'll never be successful.* We looked at some of the beliefs behind the issue.

There are actually two separate issues here. 1) I don't have enough customers and 2) I feel as if I'll never be successful. Each of the beliefs behind these issues is also treated as a problem.

To treat these issues, state the issue, then say your cue word. Then state each problem, including the underlying beliefs that are related to the issue, and follow each statement with your cue word. Looking at the two issues above, here are some of the statements you could treat:

- I don't have enough customers. Cue word.
- I'll never be successful. Cue word.
- There must be something wrong with me. Cue word
- I'm bad because I don't do what I'm supposed to. Cue word
- I don't deserve to be happy or successful. Cue word
- I'm not willing to do what it takes to be successful. Cue word.
- I hate to do the marketing I need to do. Cue word.
- I have to struggle. Cue word.
- Nothing in life comes easy. Cue word.
- It's tough to get anywhere in life. Cue word.
- If I'm successful, I'll be too big for my britches. Cue word.
- Since I can't do things well, why even try? Cue word.

When you read the Instructions to Your Subconscious, you told it that when you notice a problem and treat it by thinking or saying your cue word, it will remove all of the roots of the problem being treated. As you will see in upcoming chapters, there can be many statements of problems in relation to a single issue. Our focus at this point is to show you how statements are treated.

When we do a full treatment in the next chapter, you will notice that some of the statements have a positive focus, such as *I like myself*, while others have an apparent negative focus, such as, *I can't do anything right*. Keep in mind that these are statements of problems that relate to the issue that is being treated. They are not affirmations. You might wonder why we would be treating a positive statement such as *I like myself*.

With the cue word, you are treating two kind of statements:

- 1. Statements that, either consciously or unconsciously, you probably believe are true, but that it would be beneficial to no longer believe are true. Negative statements, such as *I can't do anything right*, are in this category.
- 2. Statements that, either consciously or unconsciously, you probably do not believe are true, but that it would be beneficial to believe are true. Positive statements, such as *I like myself*, are in this category.

For any statement, you can use either its positive or negative aspect—or both. For example, you could say either *I can't do anything* right or *I do everything well*, or both. Each type of statement is treated in the same way—by saying your cue word. Each statement is treated as if it were a problem, whether or not you believe it is.

We will be showing you how to treat a number of common issues so that you can fully understand how to make the statements that you treat.

The Anger/Forgiveness Routine

A fundamental part of the BSFF Treatment Procedure is to treat all anger, criticism, judgment, and unforgiveness towards another person, group of people, God/Higher Power, the world, life's circumstances, and/or yourself. Anger and the corresponding lack of forgiveness, if untreated, will fester and churn on a deep level. The presence of these emotions can dilute the effect of whatever BSFF treatments you have done on a particular issue.

For example, suppose you are treating the issue, described in Chapter 3, of feeling intimidated by your boss who reminds you of your father. You may treat the feelings of intimidation, frustration, and fear of being punished; but if you do not treat the anger that you are probably harboring towards your father and your boss, the effect of the treatment can be negated.

You do not have to dredge up the anger to treat it. You can assume it is there. You can also assume that if you do not forgive your father and your boss, you will hold on to the issue. Another safe assumption might be that you are angry with yourself for giving away your personal power or for not being true to yourself. Therefore, at the end of a treatment session, we take the step of treating the anger and unforgiveness towards yourself.

Anger and unforgiveness can either be treated as they arise while you are treating an issue or at the end of a treatment during The Closing Sequence, which we describe in the next chapter. All of the anger, judgment, criticism and unforgiveness related to the issues you treated during a session are treated with one use of your cue word. By doing this, you are, in effect, treating the feelings you have been holding on to for all of the perceived hurts, offenses, betrayals, failures, and so forth that are related to the issue(s) you are focusing on. The same holds true when you treat your anger, judgment, criticism, and unforgiveness at and towards yourself.

If you experience anger during the treatment of an issue, you can make a statement such as *I am so angry with my father for treating me the way he did*, followed by your cue word. Or, you can use this more encompassing statement:

I am now treating, in one treatment, all of my anger, judgment, criticism and unforgiveness at or towards my father for all of the problems I have just treated. Cue word.

Alternatively, if the anger is more general and not directed at one person, you could make a more comprehensive statement such as

I am now treating, in one treatment, all of my anger judgment, criticism and unforgiveness at or towards anyone involved in any of the problems I have just treated. Cue word.

Although you have the option of using this last statement, at the end of an issue, it is required at the end of a session to clear up any remaining anger toward yourself and anyone else. You will learn to do this in the description of The Closing Sequence.

After treating the anger, judgment, criticism, and unforgiveness with your cue word, you will do the forgiveness tapping technique that is described below. By tapping rather than just stating your cue word, it will be easier for you to focus on the act of forgiveness. (Simply saying your cue word can work, but we strongly suggest using the tapping technique.)

The forgiveness routine has a cleansing effect even if you do not believe what you are saying. We suggest that you familiarize yourself with it before you begin doing treatments on yourself.

To tap for forgiveness, use the thumb of either hand to tap lightly on any other finger of the same hand while you repeat one of the following statements three times:

- I forgive you, _____ (name of person or relationship such as "my mother") he/she is/was doing the best she can/could.
- I forgive everyone involved in the problems I have treated today, they are/were doing the best they can/could.
- I forgive you God (Lord, Father) and I know that you are/were always here/there and doing the best and right thing for me.
- I forgive you, The World/Life and I know you are just being what you are.
- I forgive myself, I know I am/was doing the best I can/could.

As already noted, The Anger/Fhorgiveness Routine is always used at the end of a treatment session during The Closing Sequence. It can also be used during the session for a specific issue if the need arises, i.e., if the issue is particularly stressful and clearing it seems important at that time.

Stoppers

Problems or issues that typically interfere with your actually using or benefiting from BSFF are what we call *Stoppers*: They stop the process from working. Stoppers are messages that play like tapes within your subconscious, constantly reinforcing your current state of discomfort and limitation.

You may be experiencing a stopper or two right now. See if any of these tapes are playing in your mind:

- I don't have time to read or do this stuff.
- My problems aren't so bad. I can live with them.
- This stuff is too spooky, too weird or against my religion.
- I don't read so well. It's hard for me to understand this stuff.
- I'll start this later.
- Who will I be if I make these changes?
- They'll think I am nuts if I do this stuff.
- I don't deserve to have such effective help.
- My head/eyes/back hurts. I'm tired. I need a nap.
- I'm hopeless. What's the use of trying?
- What if it doesn't work? I can't take another disappointment.
- I should do this, but I won't be told what to do by anybody. I will make up my own mind and do it when I'm good and ready.
- I can't, won't, and don't dare to do something that I don't understand or can't explain to others.

As you will see in the BSFF Treatment Procedure in the next chapter, we use a specific group of Stoppers at the end of each session. You can also treat Stoppers, such as those listed above, anytime they pop up for you.

In Chapter 8, we will discuss the Grand Stoppers that can keep you from moving forward

SUD Levels

Throughout the BSFF Treatment Procedure, you can measure the level of the discomfort you are feeling with regard to a particular issue. The psychological term for this kind of measurement is *SUD level*, which stands for "subjective units of distress." You can measure your SUD level when you start treating an issue and again at different steps of the treatment process.

The SUD level is measured on a scale of 0 to 10, with 0 being none and 10 being the worst imaginable. In the BSFF Treatment Procedure, the goal is to bring the SUD level for the issue down to zero.

SUD levels work well when you are consciously aware of a discomfort. When treating issues that you know or intuit are present but may not have strong feelings about in the moment, it is not necessary to measure the SUD level. If you do not recognize any intensity when you recognize an issue, you can ask yourself this question, "If I were having a feeling about this issue, how strong would it be?"

Some people have trouble giving numeric values to their discomfort. If this is the case, just notice whether the discomfort is strong, medium or mild. The idea is to have some kind of measurement so you can compare how you feel at the end of a treatment to how you felt at the beginning. With practice, you will develop greater self-awareness and will be able to detect SUD levels more easily.

Once you measure a SUD level, you might ask yourself, "How do I know it is this number?" What are you experiencing that indicates how strong it is? For example, if you are anxious about something and you measure it as an 8, you might notice a tightness in your abdomen, sweaty palms, jittery feelings all through your body, a slight headache, etc. By noticing each of these symptoms, you can compare them to what you feel at the end of a treatment.

Exercise 5.1.

In your journal, answer these questions:

- 1. Do you feel resistant to BSFF? Why?
- 2. Assuming what we say about the potential effects of BSFF is true, what is it about being free of your problems that scares you?
- 3. Are you afraid that BSFF won't work for you?
- 4. What are your doubts about BSFF or its ability to help you?

Exercise 5.2

- Sit in a chair, preferably with your back straight. Cross your ankles or place your feet flat on the floor. Fold your hands gently in your lap and close your eyes.
- Take a few deep breaths in and out.
- Imagine that you are traveling inside of your body. Ask yourself, "What is stopping me from moving forward?" Wait for any answer.
- Write what you hear in your journal.

Exercise 5.3

Close you eyes and take a few deep breaths. Put your attention in your abdomen. Do you feel any discomfort there? If you do, on a scale of 0 to 10, 0 being nothing and 10 being awful, how strong is the discomfort?

Scan different body parts. If you find any discomfort, measure the intensity of the sensation.

You might also want to think about issues that you are dealing with and see how strong the intensity is when you do this.

Chapter 6. The BSFF Treatment Procedure

Are you ready to start treating yourself? Some of you may have skipped right to this chapter and are planning on starting here. We would like to emphasize that everything we have presented so far is as important as the actual treatment. The information is meant to prepare your subconscious to respond to BSFF treatments effectively.

As we describe each step of the BSFF Treatment Procedure, we will include a sequence that we strongly suggest you follow as your first session, either now or after you finish reading this book. The sequence treats two common issues that, in one way or another, affect most areas of life—poor self-image and lack of self-confidence. Experience with thousands of people indicates that virtually all of us have subconscious limiting views of ourselves in these two areas, and these limiting views often lead to unintended self-sabotage. To get these issues out of the way, we are including them here. As we go through these issues, we will focus on Step 2, which is the core of the BSFF Treatment Procedure.

Before you do your first treatment, it is essential that you choose your cue word and read the Instructions to Your Subconscious, as written in Chapter 4. (Remember, the Instructions to Your Subconscious have to be read only once, not once before each session.)

In Appendix A, you will find a summary of the treatment steps that you can copy and use as a guide for all of your sessions.

Treatment Steps

Step 1.

With your conscious mind, notice the problem or issue. Measure the SUD level of your discomfort.

For this first session, we are going to start with the issue of *poor self-image*. Then we are going to treat *lack of self-confidence*. For these issues, you can choose whether or not you want to measure a SUD level, since we brought them to your attention. You might want to ask the question, "If I were to measure what I imagine my self-image to be, what number would it be?"

Step 2.

Silently or out loud, state each problem and/or underlying belief that is related to the issue. After each statement, think, speak, visualize or write your cue word.

To experience this step, do the treatment below by slowly reading the statements, either silently or out loud, followed by your cue word in the indicated place. Do not rush through the list. Say one of the statements, tune into its meaning, then say your cue word. If you feel the urge to do so, take occasional deep breaths. Some people like to take a breath with each statement.

We have chosen the particular group of problems to treat in this session because they seem to be applicable to virtually everyone, even if there is no conscious awareness of the problems. In the next chapter, we will explain how you can choose statements that apply to you and your individual problems and issues.

Now we are ready to do Step 2 for the issue of *poor self-image*—how you subconsciously evaluate yourself as a human being.

Sit in a comfortable chair and take a few deep breaths in and out. You might want to scan your body, noticing how various body parts feel and if you can identify any specific areas of tension or stress.

First, we are going to treat some general problems that affect many people. You will say the statement, then your cue word. (Say your word whenever "cue word" is indicated below. If you choose, you can use the phrase "cue word" as your cue word.)

- I want to live. Cue word.
- I accept being alive. Cue word.
- I want to die. Cue word.
- I want to be happy. Cue word.
- I embrace the life that I am living. Cue word.

Now we are going to treat *poor self-image*. Each statement is followed by your cue word.

- I like myself. Cue word.
- I have a good body. Cue word.
- I have a good mind. Cue word.
- I am a good person. Cue word.

- I deserve to be loved. Cue word.
- I deserve God's love. Cue word.
- I deserve good things in life. Cue word.
- I have personal value and worth. Cue word.
- I love myself. Cue word.
- I'm not important. Cue word.
- I am enough. Cue word.
- No one cares about what I do. Cue word.
- No one cares about who I am. Cue word.

If any additional statements come into your mind, say them, followed by your cue word. You may experience some memories of times when you felt inadequate, embarrassed, or ashamed of who you are. You can turn these into statements that you treat by saying your cue word; for example: *I was so embarrassed when other kids made fun of me*. Cue word.

After saying one of the statements, you may feel like repeating it a few times, followed each time by your cue word. Follow that instinct. There may be multiple problems underneath the statement, and repeated treatments can clear them all. Keep treating until you feel a sense of peace and calm, and if you measured the SUD level when you started, you notice that the SUD level has diminished, preferably all the way down to zero.

At any point, if you feel anger towards someone coming up, you can do The Anger/Forgiveness Routine we described in the last chapter. In the majority of cases, this is not necessary. However, some issues, especially those that involve violence or abuse, stimulate anger, and this needs to be treated with The Anger/Forgiveness Routine during the treatment for the specific issue.

At the end of a series of statements, you will make one final statement, called the Global Statement, which covers all of the residual problems related to an issue. The format for The Global Statement is:

I am now treating, in one treatment, all of $m_{ m i}$	y (name of
issue) and all of the limiting thoughts, beliefs	s, attitudes and emotions that
would ever make me keep or take back	(name of issue). Cue
word.	

For the issue of poor self image use the following specific statement:

I am now treating, in one treatment, all of my remaining negative selfimage problems and all remaining limiting thoughts, beliefs, attitudes and emotions that I am now or have ever been holding, or that I have ever agreed with about or towards myself as a human being. Cue word.

Chances are that when you have reached this point, you will be experiencing a new state of calmness and peace. Take a deep breath in and out and once again scan your body to see how you feel and if anything has changed in your overall emotional tone. If you measured the SUD level when you started, do it again now.

During the course of this or any other session, if you still have discomfort in relation to the specific issue you are treating—if, in other words, the SUD level is greater than zero—The Fail-Safe Procedure (see page 42) will help you clear the issue completely.

Step 3.

Treat all of the problems or issues that you have time for in your session.

Stay with one issue until you feel you have treated all of the related problems and underlying beliefs.

For this session, we are now going to treat a second issue: *lack of self-confidence*, which, like the self-image issue, is a self-evaluation. In this case, it is about you as a "human doing" and includes what you think about your personal characteristics and attributes. Say the following statements followed by your cue word:

- I run my life well. Cue word.
- I am good at what I do. Cue word.
- I am a capable person. Cue word.
- I have talent, skill, and ability. Cue word.
- I can do most anything and do it well. Cue word.
- I can't do anything well. Cue word.
- I am an attractive, good-looking man/woman. Cue word.
- I am good in relationships. Cue word.
- People don't expect much from me. Cue word.
- I don't expect much from myself. Cue word.

- I never win anything. Cue word.
- I'm afraid I'll never succeed. Cue word.
- Other people always get what they want, but I don't. Cue word.
- I can trust myself to create a comfortable life for myself. Cue word.
- I can take good care of myself. Cue word.
- I can take good care of those who are important to me. Cue word.

You can also make statements defining yourself as "good" in various roles, such as:

- I am a good man/woman.
- I am a good brother/sister.
- I am a good son/daughter.
- I am a good husband/wife.
- I am a good mother/father.
- I am a good employee/employer.

If you feel the need to add additional statements, do so, followed by your cue word.

Now, say the following Global Statement:

I am now treating, in one treatment, every self-confidence problem and all of the limiting thoughts, beliefs, attitudes, and emotions I am now or have ever been holding about or towards myself as a human doing and about my personal characteristics, qualities and attributes. Cue word.

Take a deep breath and check in with yourself to see how you feel. Measure the SUD level if you took one when you started. If the SUD level is not zero, do The Fail-Safe Procedure on page 42.

Summary of Steps 1—3

Before we teach you how to close a session, let's summarize the steps for treating an issue:

- 1. State the issue. Measure the SUD level of your discomfort.
- 2. State each problem and underlying belief that you can detect within the issue. Treat each of these by saying or thinking your cue word. When you have finished treating the group of individual statements, make the Global Statement for the issue just treated. Use this format:

1	am now treatin	ng, in one trea	tment, all of my $_$			
(name of issue)	and all of the	limiting thoughts,	beliefs,	attitudes,	ana

emotions that would ever make me keep or take back _____ (name of issue). Cue word.

As you read the Global Statements that we have constructed for specific issues, you will see that this format occasionally varies. Any variation of the Global Statement is meant to cover all of your feelings about a particular issue and any problems you have ever had that relate to an issue. You can vary the Global Statement as long as you make it all-inclusive.

Take a SUD level again to see if the discomfort has diminished. If you still have discomfort, do The Fail-Safe Procedure outlined below.

3. Treat as many issues or problems as you have time for in the session. After each one, treat the Global Statement. Take a deep breath and measure the SUD level of your discomfort. If you still have residual discomfort, do The Fail-Safe Procedure.

If you want to treat additional issues, this would be the time. For now, we suggest that you go through The Closing Sequence to familiarize yourself with the entire BSFF Treatment Procedure.

The Closing Sequence

The next few steps are an essential part of the BSFF Treatment Procedure. They are designed to prevent a recurrence of an issue or problem by clearing out any remaining residue of an issue that could be used by your subconscious to recreate the issue. Leave time at the end of each session to do The Closing Sequence.

Step 4.

Treat the Stoppers.

To treat the Stoppers, say each statement listed here, then your cue word. It doesn't matter if you think any particular statement does not apply to you. Do them anyway because there is a good chance most of them are in your subconscious programming.

You can treat any Stoppers that you notice, but be sure to include all of the following:

- I am afraid that these treatments won't work for me. Cue word.
- I am afraid that these treatments won't last. Cue word.
- I doubt that they will work. Cue word.
- I doubt that they will last. Cue word.
- I don't trust myself to do things effectively in these new ways. Cue word.
- I doubt that I will do things effectively in these new ways. Cue word.
- I doubt my ability to live out these changes in my life. Cue word.
- I am vulnerable to taking back one or more of the problems I have treated. Cue word.

After you become familiar with the entire sequence of these closing Stoppers, you can give the following instruction to your subconscious:

From now on, I need only say, "Now I am treating the Stoppers," and you will eliminate all of them in one treatment.

If that feels comfortable for you, you do not have to go through the list of Stoppers individually after each treatment. You only have to say to yourself, *Now I am treating the Stoppers*. Cue word.

Step 5.

Clear up any remaining anger, judgment, criticism, and unforgiveness towards anyone involved in any of the problems you have treated.

Do this by saying, I am now treating all my remaining anger, judgment, criticism, and unforgiveness towards anyone involved in any of the problems I have treated during this session. Then say your cue word. Then, tap, as you repeat three times, I forgive all of you; I know that you were doing the best you could.

Step 6.

Clear up all the anger, judgment, criticism and unforgiveness you have towards <u>yourself</u> for any problem you have treated during the session.

First, say, I am now treating all of my anger, judgment, criticism and unforgiveness towards myself for any problem I have treated during this session. Then say your cue word. Then, tap, as you repeat three times, I forgive myself, I know that I'm doing the best I can.

Step 7.

The spiritual cleanup (optional)

Depending on your spiritual beliefs or God concept, you may feel the need to clear up any anger you feel toward God/Higher Power by using a statement such as *I am angry with God*. Follow this with your cue word, then do a forgiveness treatment such as: *I forgive you God (Spirit, Mother, Father, Lord) and I know that you are/were always there and doing the best and right thing for me*. Cue word.

You may also feel the need to clear up any possible negative spiritual effects of the judgment, criticism, and unforgiving attitude you have been holding toward yourself and others in any of the problems you have just treated. This can be different for each person, and you are free to address this concern or not.

Larry has prepared a report entitled *Resolving Anger and Unforgiveness in Christians*. To obtain a copy of this paper, send an email to Larry at Larry@BeSetFreeFast.com. (Available only by e-mail.)

Summary of The Closing Sequence

At the end of every session, do the following:

- 1. Treat the Stoppers. You can use one statement to treat all Stoppers.
- 2. Do The Anger/Forgiveness Routine for anyone involved in any of the problems you have treated during the session.
- 3. Do The Anger/Forgiveness Routine for yourself for any problems treated during the session.
- 4. (optional) Do the spiritual cleanup.

If you think of and treat any more problems after doing The Closing Sequence, you will need to do The Closing Sequence again.

The Fail-Safe Procedure

The Fail-Safe Procedure is used when you encounter severe resistance during a treatment. Some issues, especially those that have been chronic, have left exceptionally deep emotional scars, or have addictive qualities to them, may be unusually resistant to treatment with BSFF or any other method. You can recognize this resistance when you do not begin to feel the sense of peace and comfort after working on an issue or problem repeatedly, i.e., if you have treated an issue or

problem with your cue word eight to ten times and the SUD level has not reached zero.

Only about 10 to 15 percent of the problems you treat will be this resistant, and these are the problems that are most apt to be holding you back in important areas of your life. The existence of resistant problems is usually more noticeable when you first start using BSFF, as resistance tends to fade with continued use of the technique. A resistant problem may be one of the individual problems within an issue or an entire issue, such as a chronic habit or addiction that has been hard to break or a relationship that you are having a hard time letting go of.

If you feel that you are not making progress as you treat an issue, use the following Fail-Safe Procedure by making the statements below, in the sequence in which they are listed, and following each with your cue word. You can assume that, at the subconscious level, each of the statements includes one or more problems within it and is, therefore, an issue. Saying your cue word will treat the entire issue.

First state the persistent problem for which you are not getting relief. For example, *I* am not important. (This was one of the individual problems contained in the issue of poor self-image.)

Then say each of the following statements, followed by your cue word.

- I want to be free of this problem. Cue word.
- I am willing to be free of this problem. Cue word.
- I am willing to be free of this problem now and continually from now on (permanently, forever, etc.). Cue word.
- I give myself permission to be free of this problem continually from now on. Cue word.
- It's okay for me to be completely free of this problem continually from now on. Cue word,
- I deserve to be permanently free of this problem continually from now on. Cue word.
- I will do everything necessary to see to it that I am free, and remain continually free of this problem from now on. Cue word.
- There are still one or more problems that will make me keep or take back this problem. Cue word.
- There is still something in me that will make me keep or take back this problem. Cue word.

• I am still vulnerable to taking this problem back sometime. Cue word.

Take a deep breath. Now restate the original problem that you were treating (in this case, *I am not important*) and measure the SUD level again. If the problem has been successfully treated, you will feel a new sense of calm or release and the SUD level will be zero, or close to zero.

If the SUD level is not zero after doing The Fail-Safe Procedure, more work needs to be done. You can treat individual statements within the issue that still have an emotional charge for you by saying the statement followed by your cue word. You can repeat this procedure many times until you feel relief.

You may also decide to use The Fail-Safe Procedure on one of the Fail-Safe statements that did not feel true to you when you said it. For example, you may feel uncomfortable with the statement, *I will do everything necessary to see to it that I am free and remain continually free of this problem from now on.* You can define that statement as "the problem" and do the full Fail-Safe Procedure for that problem. After doing either or both of these additional techniques, take a SUD level again. In the rare case that the SUD level is still more than zero, then there is probably another issue that needs to be addressed.

Be sure to end your session with The Closing Sequence.

Using The Fail-Safe Procedure for Physical Problems

Some chronic issues have a body-based component and need to be treated with The Fail-Safe Procedure as if it were the body that is resistant to letting go of the issue. Insomnia, food sensitivities, addictions, food cravings and chronic pain might fall into this category. If you have used The Fail-Safe Procedure during a treatment for one of these conditions—or any other physical symptom or condition—repeat The Fail-Safe Procedure using the words "my body" wherever the word "I" appears. Here is what you would say:

- My body wants to be free of this problem. Cue word.
- My body is willing to be free of this problem. Cue word.
- My body is willing to be free of this problem now and continually from now on (permanently, forever, etc.). Cue word.
- My body gives permission to be free of this problem continually from now on. Cue word.

• It's okay with my body to be completely free of this problem continually from now on. Cue word,

- My body agrees that it and I deserve to be permanently free of this problem continually from now on. Cue word.
- My body will do everything necessary to see to it that it is free, and remains continually free of this problem from now on. Cue word.
- There are still one or more problems that will make my body keep or take back this problem. Cue word.
- There is still something in my body that will make me keep or take back this problem. Cue word.
- My body is still vulnerable to taking this problem back sometime. Cue word.

A word of caution about treating physical conditions: It is possible to have something happening on the physical level, such as a genetic defect or a physical injury or trauma that will not respond to BSFF. However, BSFF can offer effective relief from physical conditions by treating any underlying emotional roots and beliefs. BSFF can also enhance the physical recovery process.

You have now been through a basic BSFF Treatment Procedure. It is a remarkably simple, gentle and efficient method you can use to treat any discomfort. But, as we said, it takes some finesse and practice to create a complete statement sequence. The exercises and journaling we have suggested can help you develop your awareness and skill in detecting and treating your issues and problems. Use them freely until noticing and treating problems becomes second nature.

Because Step 2 is at the core of the BSFF treatment, we are going to spend some time in the next chapter helping you better understand how to choose the statements you treat.

Chapter 7. Choosing the Statements You Treat

Treating an issue with BSFF can eliminate it. However, any problem within a larger issue, if left untreated can be a hook for the whole issue to be reconstructed. For the most part, the Global Statement at the end of a treatment addresses whatever might remain that could cause the issue to reoccur, although there can be situations where variations of the issue reoccur. Once you start using BSFF on a regular basis, you will become much more aware of what is going on in your internal world and can quickly treat any recurring discomforts and block the reformation of the treated issues.

To help you avoid recreating issues, we are going to spend some time with the process of recognizing and choosing comprehensive statements of problems that you treat during a session. It is our hope that you will take the time to become familiar with this part of the BSFF Treatment Procedure so that you can experience its potential to free you from much of the old psychological baggage you have been carrying around. Although you may not even be conscious of this baggage, you have probably experienced its limiting effects on your life. Once you are free of it, you will have an opportunity to create a new life characterized by a sharper perception of reality and a heightened ability to deal effectively with life situations. You can then experience greater personal satisfaction, success on many levels, and inner peace and creative fulfillment.

We are going to examine three different methods for choosing the statements you treat. All are equally effective.

Using The BSFF Feelings List as a Guide

This method is especially helpful for people who have difficulty being aware of or defining their feelings. We have created an extensive, though not exhaustive, list of uncomfortable feelings that may be present in many of issues that you wish to clear. Although you might not be able to easily verbalize what you are feeling, our BSFF Feeling List in Appendix B (see page 95) can help you learn first to recognize and then to treat or express your emotions.

If you are afraid to deal with your emotions on any level, we suggest that you treat this fear right now, using the following statement sequence for the issue *I am afraid to feel or express my emotions*. Doing this will open you up, in a balanced and safe way, to your emotional self and help you be more in charge of what you feel and express. Treat any of the following statements that apply to you:

- I am afraid to feel or express my feelings. Cue word.
- If I allow myself to feel or express my feelings, I'll never be rational again. Cue word.
- If I feel or express my anger, I'll be overcome by rage. Cue word.
- I'm not allowed to feel or express my emotions. Cue word.
- It would be disloyal to my father to feel or express my emotions. Cue word.
- It would be disloyal to my mother to feel or express my emotions. Cue word
- If I show my feelings, no one will love me. Cue word.
- If I show my feelings, I'll be ridiculed. Cue word.
- If I show that I am not fine, I will betray someone in my family. Cue word.
- If I show my discomfort, people will think I'm a whiner. Cue word.
- Only wimps show their feelings. Cue word.
- Men aren't supposed to show their feelings. Cue word.
- I'm afraid that if I feel or express my feelings, I won't like myself. Cue word.
- If I feel or express my feelings, I'll be much too vulnerable. Cue word.
- If I start feeling or expressing my feelings, I won't know how to behave. Cue word.

If you feel the need to add additional statements, do so, followed by your cue word.

Now, read the following Global Statement:

I am now treating, in one treatment, every remaining problem I have ever had about feeling or expressing my emotions and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me take back my fear of experiencing or expressing my emotions. Cue word.

Take a deep breath and check your comfort level. If you sense that you are still uncomfortable about feeling or expressing your feelings, do The Fail-Safe

Procedure. Then, treat any additional issues that you sense you need to treat during this session, followed by The Closing Sequence.

Finding Additional Issues

Once you have cleared your fear of feeling or expressing your feelings, follow these instructions:

Whenever you are aware of a discomfort, skim The BSFF Feelings List in Appendix B. Doing this will help bring what you are feeling to your awareness. You can start by creating and treating a simple statement about a specific feeling that you recognize. Examples would be: *I feel alienated*, *I feel so alone*, *I'm really annoyed with ______, I feel ashamed*, etc. As an example, we are going to use *I feel so alone*, which is a common issue.

Take a deep breath and give yourself permission to feel the aloneness—rather than pushing it away. Measure the SUD level of the feeling. Then treat each part of the issue *I feel so alone* with your cue word, as suggested in the group of statements of problems below. When you treat these problems, additional statements will probably come into your mind. As they do, follow them with your cue word.

Step 2 of the session for *I feel so alone* could look like this:

- I feel so alone. Cue word.
- I give myself permission to feel my aloneness. Cue word.
- If I feel my aloneness, I'll dissolve. Cue word.
- I'm afraid to feel my aloneness. Cue word.
- I don't want anyone to know how alone I feel. Cue word.
- I have felt alone for a long time. Cue word.
- I don't know how to interact well with other people. Cue word.
- Being alone is safe. Cue word.
- If I'm alone, I don't have to tell you who I am. Cue word.
- I don't know who I am. Cue word.
- I feel disconnected. Cue word.
- There is no one to help me. Cue word.
- I have to do everything myself. Cue word.
- People don't like me. Cue word.
- People don't understand me, so I stay alone. Cue word.
- I don't think I'm valuable enough for other people to want to be with me. Cue word.

- I feel so cut off from my God/Higher Power/Source. Cue word.
- I'm afraid to get to know myself better because I might not like what I find. Cue word.
- I don't have good enough people skills to have any real relationships. Cue word
- I have nothing to offer. Cue word.
- Since my mother died, I have no one to love me or feel connected to. Cue word.
- Since my divorce, I have been all alone. Cue word.

After you have completed these and other relevant statements, you can use a Global Statement to clear up the residue. Use the following sentence structure as a guide:

I am now treating, in one treatment, all of my feeling alone and all of the limiting thoughts, beliefs, attitudes, or emotions that would ever make me keep or take back any feeling of aloneness. Cue word.

Take a deep breath and measure the SUD level of your feeling alone. If you still have some discomfort, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence when you reach the end of your treatment session.

Do you get the idea? Try this with any of the feelings on the list or any situation that you feel uncomfortable about.

Using Your Journal Entries as a Guide

In Chapters 2 and 3, we suggested a series of exercises designed to help you identify issues and problems. We are now going to refer to those exercises. If you haven't done them, this would be a good time to begin.

In Exercise 2.2 on page 11, we suggested that you identify your areas of resistance and then examine your self-talk about each one. We also suggested that you list messages you received as a child and any underlying beliefs that you could recognize for each area of resistance. The example we used in Part 2 was for *I want to lose weight, but can't stop eating*. Let us assume for now that this is one of your issues.

If you will look at the statements that we wrote for this issue in Parts 2 to 4, you will see that each one can be treated with your cue word. Doing this will move you in the

right direction. You can also add additional statements. The treatment for *I want to lose weight, but can't stop eating* might look like this:

- I'm fat and ugly. Cue word.
- I want to lose weight. Cue word.
- I'm fine just the way I am. Cue word.
- There's something wrong with me because I can't stop eating. Cue word.
- I hate myself when I stuff my face. Cue word.
- I'm so ashamed of the way I eat. Cue word.
- I feel guilty about the way I eat. Cue word.
- My weight protects me. Cue word.
- If I don't protect myself, I'll get hurt. Cue word.
- If I don't protect myself, no one else will. Cue word.
- I don't feel safe. Cue word.
- If I lose too much weight, men/women will be attracted to me and I will be too tempted to be sexual with them. Cue word.
- I have to do this alone. Cue word
- I can't trust myself to take care of myself. Cue word.
- If I lose weight, I'll only gain it back again, so why try? Cue word.
- My weight is a good excuse for not taking risks. Cue word.
- My weight tells the world I don't love myself. Cue word.
- I believe I have to be fat. Cue word.
- I'm unlovable. Cue word.
- I'm disgusting. Cue word.
- I have no willpower. Cue word.
- I'm weak. Cue word.
- No matter how much I try, I don't lose weight. Cue word.
- There is something wrong with me. Cue word.
- I get my parents' attention by being overweight. Cue word.
- I have to please my mother by eating everything on my plate. Cue word.
- My mother is overweight and it would be disloyal to her to be thin. Cue word.
- I have to follow in my mother's footsteps. Cue word.
- If I lose weight, no one will notice me. Cue word.
- If I lose weight, people will expect too much of me. Cue word.
- If I lose weight, someone might love me and I'm not supposed to be lovable. Cue word.
- If I stop overeating, I won't be able to handle stress. Cue word.

- I don't deserve to be thin and beautiful/handsome. Cue word.
- I'm willing to eat less. Cue word.
- I deserve to be loved and treated well. Cue word.
- I'm willing to love myself and treat myself well. Cue word.
- Even though I'm having this craving, I'm still a good person. Cue word.
- It's okay for me to have self-control. Cue word.
- I don't need (name of food) now. Cue word.
- I can let this craving pass. Cue word.
- Nothing bad will happen if I don't eat now. Cue word.
- For this moment, I don't need to eat. Cue word.
- I can distinguish between real hunger and emotional hunger. Cue word.
- It's okay to love myself and treat myself well. Cue word.
- I'm willing to eat nourishing foods. Cue word.

You can also make whatever additional statements come to mind.

Now, say the following Global Statement:

I am now treating, in one treatment, all of my need to overeat and resist losing weight and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me continue to overeat and resist losing weight. Cue word.

For this issue, you could also decide to pay attention whenever you are craving sugar, high carbohydrate or junk foods, or when you are in a pre-binge moment. When you are having a craving or are about to binge, say your cue word. You might have to repeat your cue word a number of times before the craving dissipates. If it does not dissipate readily, do The Fail-Safe Procedure. (This is often necessary when treating addictions.)

After The Fail-Safe Procedure do the following Global Statement.:

I am now treating, in one treatment, all of my craving and all of the limiting thoughts, beliefs, attitudes, and emotions that would make me continue to hold onto or take back this eating issue. Cue word.

When the craving is gone, i.e. the SUD level is zero, and you have finished your treatment session, do The Closing Sequence.

Now let's do a treatment based on another issue we identified earlier, *When I'm dealing with bills, I feel overwhelmed and afraid.* You are going to identify the

beliefs and messages that you received as a child and underlie this issue. You will also identify some of your self-talk about this issue and make note of the statements that come up as you are treating the issue.

Before you start, take a SUD level to measure how you feel when you have to pay your bills. If necessary, imagine that you are about to sit down to pay them. Treat the statements below that apply to you and add any that would be appropriate.

- When I'm dealing with bills, I feel overwhelmed and afraid. Cue word.
- I'm ashamed of the way I let my bills pile up. Cue word.
- I feel out of control about paying my bills. Cue word.
- I'm nervous because I'm never sure what I have in my checking account. Cue word.
- I'm afraid that if I pay my bills, the checks will bounce. Cue word.
- I feel so ashamed when my checks bounce. Cue word.
- I'll never do this right. Cue word.
- If I don't pay my bills on time, I'll be punished. Cue word.
- I am a bad person. Cue word.
- I hate dealing with money. Cue word.
- Money is the root of all evil. Cue word.
- Only selfish people care about money. Cue word.
- It's not spiritual to care about money. Cue word.
- Money doesn't grow on trees. Cue word.
- People like us will never be rich. Cue word.
- I'm willing to pay more attention to my money. Cue word.
- I don't like dealing with money because I don't like looking at my inadequacies. Cue word.
- If I had more money, I would not be so afraid of looking at my numbers. Cue word.
- I'm not worth much. Cue word.
- I can't stand looking at how much money I owe. Cue word.
- I'm so ashamed of the way I handle money. Cue word.
- I'm afraid to ask for help because people will think I'm stupid. Cue word.
- Every time I have to deal with paying bills, it reminds me of when my parents fought about money. Cue word.
- My father left us after my parents had a fight about money. When I go to pay bills, I always remember that and feel awful. Cue word. (You might then do some statements relating to this incident.)

Now, say the following Global Statement:

I am now treating, in one treatment, all of my feelings that I have when I deal with my bills and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me continue to feel any kind of discomfort when I have to deal with my bills. Cue word.

Take a deep breath and measure the SUD level of your feeling about paying your bills. If you still have discomfort, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence when you reach the end of your session.

Expanding a Problem Within an Issue

There are occasions when the statement of a problem within an issue will stimulate you to think about another issue that can be treated. To illustrate this we will use the statement *I don't feel safe*, which is one of the problems in the weight control issue discussed above. Let's see how this might expand into a treatment with the following statements of possible problems about your safety.

- I don't feel safe. Cue word.
- The world is not safe for me. Cue word.
- Life is not safe for me. Cue word.
- Many people are not safe for me. Cue word.
- I'm afraid someone will take advantage of me. Cue word.
- If I'm not on guard all of the time, I'll be hurt. Cue word.
- People often take advantage of me. Cue word.
- I can't trust myself to protect myself. Cue word.
- I can't trust myself to take care of myself. Cue word.
- I often do what other people want me to do, even when I know it is wrong for me. Cue word.
- I'm afraid of having my boundaries violated. Cue word.
- I don't know how to set boundaries. Cue word.
- I often give away my personal power. Cue word.
- Bad things happen to me when I least expect them. Cue word.
- I never had any privacy as a child. Cue word.
- My family doesn't trust me. Cue word.
- I always expect something bad to happen. Cue word.

 When my father left us when I was young, I was devastated, and never felt safe again. Cue word.

Now, say The Global Statement:

I am now treating, in one treatment, all of my feeling of being unsafe and all of the limiting thoughts, beliefs, attitudes, and emotions that ever would make keep or take back feeling unsafe in any situation. Cue word.

Take a deep breath and measure the SUD level of your feeling unsafe. If you still have discomfort, do The Fail-Safe Procedure and check your SUD level again. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the session

The fact that a statement of a problem within an issue <u>can</u> be expanded does not mean it <u>must</u> be expanded in order for your treatment of the original issue to be complete. Although *I don't feel safe* was a problem within the weight-loss issue, all of the statements in the issue *I don't feel safe* are not necessarily part of the weight-loss issue.

Keep in mind that you can treat whatever comes up for you when you are treating an issue. If a seemingly unrelated problem presents itself, just treat it and then continue treating the issue you were addressing.

Using Your Intuition

Everyone has intuition, although it is more developed in some people than in others. At some point in your life, you have probably acted on a hunch or "gut feeling." That feeling is your intuition. There have also probably been times when you had one or more of these feelings but did not act on them because you were trained to distrust your feelings or to avoid recognizing them altogether.

One of the side benefits of using BSFF is that it will help to unlock your intuition. Any kind of inner work has the effect of developing your intuition, or inner knowing. Exercise 3.1 on page 16, where you travel inside of your body and pay attention to how you feel, will help you learn how to hear your internal voice. Each time you create statements to treat an issue, you are using an inner focus and thereby strengthening your intuition.

As you allow yourself to become more proficient in using BSFF, you will find yourself getting signals or messages—or whatever you want to call them—indicating that you have a problem that you can treat. You may, for example, suddenly see a mental image of an event that triggers off uncomfortable feeling memories or that you somehow know is related to the issue you are treating. Or you may simply have a sense of knowing that an issue needs attention.

People often dismiss these sudden memories, sensations, or emotions as being unrelated to the issue that they are treating. But the triggered memories are almost always related, and therefore, it is important to treat them. Just make a mental note of where you were on the original issue that you were treating so that you can come back to it and complete the treatment.

You cannot hurt yourself in any way by following whatever urge you have about using a statement during a treatment. It may be that you are noticing a problem, but do not know how to identify what it is about. Go ahead and treat it.

Using your intuition to create statements is usually part of a process. You might, for example, be doing the exercise in Chapter 3 that guides you through the steps of defining a problem. As you do this, you may feel the urge to include a particular statement. That is your intuition at work.

If you have trouble believing that you use your intuition or can trust it, you might want to treat any of the following statements that resonate for you for the issue *I* don't trust my intuition.

- I don't trust my intuition. Cue word.
- I can trust my intuition. Cue word.
- I don't have any intuition. Cue word.
- I don't have the mental capacity to be intuitive. Cue word.
- If I follow my intuition, I might make a mistake. Cue word.
- I feel stupid doing something without a logical reason. Cue word.
- People who use their intuition are flaky. Cue word.
- People who trust their intuition aren't logical. Cue word.
- I'm willing to trust my intuition. Cue word.
- I give myself permission to trust my intuition. Cue word.
- I want to trust my intuition. Cue word.
- I have the right to trust my intuition. Cue word.
- Trusting my intuition is dangerous. Cue word.

- Smart people don't use their intuition. Cue word.
- This is too "woo-woo" for me. Cue word.
- I'd be embarrassed if I told someone I'm using my intuition. Cue word.
- Only women use their intuition. Cue word.

Now, say the following Global Statement:

I am now treating, in one treatment, all of my not trusting my intuition and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever keep me from trusting my intuition. Cue word.

Take a deep breath and measure the SUD level of your feelings about trusting your intuition. If you still have doubts or discomfort about recognizing or using your intuition, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the session.

Are you beginning to get the feel for this? Remember, in doing any treatment, do not rush. Really focus on each statement as you say it and take deep breaths often. Many people like to take a deep breath after making the statement and before saying the cue word.

In Chapter 10, we suggest additional treatments for specific issues that many people face. But first, we are going to answer some frequently asked questions. Then we will examine and treat The Grand Stoppers—the major issues that can keep you from moving forward.

Chapter 8. BSFF Frequently Asked Questions

While reading the instructions for BSFF, you have probably had questions. In this chapter, we will answer the questions that we hear most often.

Q. How often should I do BSFF?

A. There is no "should." Do it whenever you notice that you feel uncomfortable or have the urge to treat something. Some people, especially when they first learn the technique, take some time each day to check in with themselves to see what is bothering them and to treat any problems that they recognize. After a while, as your life starts to come into balance and flow more freely, you will not feel the need to treat yourself as often. You may find that weeks go by between sessions as the number of negative triggers decreases.

One of the beneficial side effects of this technique is that you become more attuned to yourself and your individual needs. If you need to clear up a discomfort, you can decide when and how you want to do it—or you can do it the moment you notice the problem. Just be sure, if you are doing a quick single treatment or two, that you finish with The Closing Sequence.

Q. What if the statement is the wrong one?

A. There are two possibilities here:

- 1. The statement wasn't really a problem. In this case, it does not matter if you treat it. No harm done.
- 2. The statement was not an accurate statement of the problem. If it came to mind, it probably has some bearing on the issue. Just treat it and any variations that come to mind until you feel that the entire issue has been cleared.

Remember, you cannot make a mistake. If the statement happens not to apply, it does no harm if you treat it.

Q. Can I really do this for myself?

A. Yes. And in most cases, it will be effective. However, as we have said, if you have long-standing emotional issues and have never done any kind of therapy, or if you have difficulty getting in touch with your emotions, you might want to consider doing some work with a psychologist or counselor who is trained in BSFF.

Also, if you do BSFF on your own and are not satisfied with the results, it is possible that you are not recognizing some core issue that is behind the problem or issue you are treating. In such a case, an experienced practitioner who is trained in BSFF can usually help you quickly recognize and treat the core issues.

For example, a person might have strong financial fears and always be on the edge financially. The fear of running out of money is virtually always related to old abandonment issues, and these issues need to be addressed in order to move forward financially.

Q. Can I hurt myself doing this?

A. No. But if you are afraid that you will not be able to handle the situation if you stir up old emotional wounds, than we suggest you work with a BSFF practitioner for a session or two. Once you have taken care of any overwhelming issues, you can begin to treat yourself. However, you can treat for feeling overwhelmed and this can be beneficial.

Q. Should I do the Fail-Safe Procedure on every issue, just in case?

A. Only 10 to 15 percent of problems are so persistent that you need to use The Fail-Safe Procedure. Use it only if you feel stuck when working on a problem. When you first start using BSFF, you'll probably notice many issues that require The Fail-Safe Procedure because you may have been struggling for a long time with large issues that have had a major impact on your life. As these clear, you will have fewer issues that need to be treated with The Fail-Safe Procedure.

Q. Will the Fail-Safe Procedure always work?

A. If the Fail-Safe procedure does not clear the problem, you probably need to persistently and repeatedly keep treating with your cue word until it does clear. Occasionally, you may find an issue that does not respond readily to The Fail-Safe Procedure, but does clear after thirty or forty repetitions. Keep in mind that you probably need to treat problems that surrounded the issue, such as frustration, impatience and irritation about having such a big issue.

In cases where you find yourself treating something repeatedly, it is possible that you need to focus on an underlying belief or problem. For example, if you treat something general, such as financial fear, and you are treating the statement *I am so afraid of running out of money*, you may also have to treat some of the following and/or other related problems:

- I feel unsupported.
- I feel all alone. (This is often behind feelings of financial insecurity.)
- I don't take care of money well.
- I'm ashamed of the way I handle money.
- I've done things I'm ashamed of, so it isn't right for me to make money.

Q. Is belief in BSFF necessary in order for it to work?

A. No. Belief has nothing to do with BSFF. Nor does it operate by distraction or hypnosis, as some might suggest. It works because of the way our mental/emotional processes function. Our understanding of how to use our subconscious efficiently is rather new, and this understanding will probably expand in the future. If belief were a requirement for BSFF to be effective, it would not work for many people because of our tendency to be skeptical about new methods, especially if they are simple, quick and gentle.

Q. How long does it take for this to work?

A. You will probably feel a difference even while you are treating various problems and issues. Often, along with a feeling of peace and calm, there is a sense that something has shifted in your mind, emotions, or body. Within a week or so, there is a good chance that you will notice changes in your life, some minor, others significant. For example, you may notice that you are thinking differently. You may be less critical of yourself and you may feel less tension. You may also have more energy or a more hopeful attitude.

Within three months to six months, if you do BSFF on a regular basis, you will probably notice gradual but significant changes in your life. For some people, this means that new opportunities present themselves without any effort. For others, it can be that their life stories have a more positive bent, with less struggle and disappointment.

As long as you are willing to do BSFF treatments in order to create internal change, the changes will happen. In the next chapter, we address the Grand Stoppers—the big issues that might keep you from moving forward into a happier, more comfortable life position.

Q. Will I ever reach the point where I never have to do BSFF again?

A. Probably not. Our lives keep evolving, whether we want them to or not. As we grow and expand, we have to deal with ourselves and our reactions to the outside

world. This always stimulates self-talk, some of which may contain doubts, confusion, frustration and other discomforts. These can easily be treated with BSFF.

If you have done BSFF over a period of time, most of your emotional baggage will be gone, leaving fewer issues from the past to deal with. All you will be dealing with is whatever comes up in the moment. Because you will develop the ability to stay attuned to your inner world, the quality and length of the treatments will change—instead of doing a lot of heavy cleaning, you will do mostly light dusting.

Q. Can BSFF be used along with other Energy Therapies such as EFT?

A. Yes. Many practitioners who have been trained to use BSFF also use EFT, TAT and other techniques. You can do this too. The more in touch with yourself you become, the more you will know which treatment to use at a given moment. The wonderful thing about the energy therapies is that they are safe and there would be no "wrong" one to use at a particular time. Many people find that they prefer BSFF because many issues and problems can be treated effectively in a much shorter period of time, and the BSFF treatments apparently work at deeper, more powerful levels of the psyche. There seems to be no problem with emotional roots that skilled use of BSFF is not able to treat effectively and thoroughly.

Q. Can I change my cue word or use more than one?

A. In the Instructions to Your S	bubconscious, you said, "You will do this for US with			
any and all words/phrases that	WE ever tell you WE want to use as cues." If you			
want to change your cue word, just say to yourself, "Subconscious, the cue word we				
are using now is	." You can also continue to use any of your			
previous cue words. However, you should only choose one cue word to use during				
each treatment session.				

Q. Once I treat my poor self-image, will I never feel insecure again?

A. The treatment we did in Chapter 6 for poor self-image and lack of self-confidence will eliminate the roots of those problems, giving you a new, stronger base to work from. Insecure feelings are often the result of poor self-image and lack of self-confidence, but many other situations can also trigger insecurity. There may be specific situations that stimulate underlying beliefs and emotions that need to be treated. Say, for example, that you have a fear of public speaking. Even though you now have a reserve of self-esteem and self-confidence to draw upon, you may need to deal with the specific problems that relate to public speaking, such as:

Standing in front of people and talking frightens me.

- I'm afraid of being criticized.
- I'm afraid of making a fool of myself.
- I'm afraid that I will forget what I'm supposed to say and be embarrassed.
- I'm afraid no one will approve of what I have to say.
- I feel very nervous.

Fears of being criticized or rejected can be major issues for some people even if their self-esteem and self-confidence are good. If this applies to you, you might want to look at these issues and create statements of problems to treat so that you can handle negative feedback calmly.

Q. Can I treat an entire issue with only the Global Statement?

A. Technically, it is within the realm of possibility that every issue you have ever had could be treated with one use of your cue word. But, even after years of doing BSFF with clients, Larry has never felt moved to even try this. Both of us doubt that it would be effective or have any real value.

The results of doing the BSFF Treatment Procedure go much deeper than we can fully understand. One of the benefits of doing the procedure, as we have outlined it, is that it allows you to get to know yourself on many different levels. From a spiritual and emotional point of view, this has great value.

Life is a process, the goal of which, we believe, is to live peaceful, joyous and purposeful lives even in the midst of struggle and hardship. To reach a point of true inner peace and equanimity, one needs to embrace many parts of oneself. BSFF allows you to remove the blocks that keep you from living a complete and fulfilling life while experiencing and enjoying deeper levels of yourself.

Through the conscious process of personal growth and development, which can be facilitated by BSFF, you can, as ancient philosophers have suggested, "Know thyself." By knowing yourself, you can connect to a larger, more meaningful reality and live a more creative and rewarding life.

Chapter 9. Overcoming Your Fear of Moving Forward

BSFF does not solve your problems for you. It allows you to change your self-limiting perceptions of reality and deal with your life in new, more creative and effective ways. BSFF also allows you to be more proactive and less reactive. The only thing that can hold you back is old limiting thoughts, beliefs, attitudes and emotions. These typically instill fears of moving forward that can keep you from actually using the technique or developing new behavior patterns.

At first glance, it does not seem possible that people might resist improving their lives. We humans have a basic drive to master our world and to grow mentally, emotionally, physically, and spiritually. But, as we pointed out in our discussion of Psychological Reversal, there is often a difference between what people consciously want and what they may subconsciously allow themselves to recognize and experience. As a result, it is not unusual for people to buy piles of self-help books, attend multiple seminars and visit a series of practitioners, only to find themselves stuck where they started—or moving forward at a snail's pace.

In our discussion of Stoppers, we talked about the issues that can interfere with your using and benefiting from BSFF. With nearly every issue you confront in your life, one or more aspects of fear is likely to be involved. The fears we are going to look at here can be called the Grand Stoppers, and virtually everyone on a path of self-improvement has to deal with them at some point. We will define them here, and show you how to treat these problems.

Fear of Losing Your Identity

Your identity is your perception of who you are as a person and your place in the world. This includes your perception of the various roles that you believe you have to play. If, for some reason, your identity is threatened, consciously and/or subconsciously you will probably do everything you can to protect it and conform to the personal limits it dictates.

Imagine, if you will, that the person you present to the world is a character in a drama. You have been playing this character all of your life, so you know the part very well, and consequently, you can predict which behaviors will get you what you believe you need in order to maintain the integrity of the character. Your decisions

about which behaviors to use are largely made on a subconscious level. This means that they are not actually decisions, in the sense of being free choices from various options, but are automatically determined for you by your subconscious.

For example, suppose you have been playing the role of a financially dependent person who suffers from physical challenges and repeated crises. You often have to be rescued financially by family members or you use your credit cards to keep you in debt. Whenever you manage to accumulate some money, something happens and you have to use the money you have—and borrow some more. You probably have never felt that you quite fit in with your family and carry a lot of anger and resentment about the way you were treated as a child. You are often sad and frustrated and feel trapped in your current life position, and you are apt to resent the people on whom you are financially dependent. It isn't unusual for you to experience severe financial discomfort and this can become a preoccupation, draining your energy and distracting you from more rewarding activities.

Now imagine that someone comes along and says, "You can change your life relatively quickly and easily. By changing your basic beliefs and getting rid of your emotional baggage, you can experience a new sense of freedom and joy. You can transform yourself into a happy, successful person who can easily generate the income you need."

If you can get past your initial skepticism, you might actually get excited about the prospect about finding a way out of your current drama. You may even have moments of imagining yourself in a new and comfortable place. But, for some reason, you just cannot get yourself to do anything that you have been told will help you. If you do attempt to help yourself, the results are not satisfactory. There is a good chance that you do not follow the directions accurately and, as a result, you sabotage the effectiveness of whatever you try. You discover there is no magic wand that is going to fix your life, which leads to disappointment and discouragement.

There's a good chance that the reason that you are stuck is that success threatens your identity. As we said, you know your current character so well, you can play it without even making conscious choices. You know how to get attention and how to create excitement through crises. What you do not know is how to play the character of a happy, successful person. Like an actor studying a new role, you have to practice playing a new character. This may mean a new kind of posture, a new way of dressing, using a different vocabulary, and creating a new approach to life. Instead

of sad, tragic words, you may have to practice using positive words; instead of reacting to life, you may have to learn to be proactive.

Changing your life means opening a door into the unknown and unfamiliar. As you do this, you will have many chances to try things you have never done before. To succeed in your transformation, you have to be willing to let go of some of what you know and step into the new, unknown space. Since most people are afraid of the unknown, this could block you from moving forward.

What can you do about this? First, you have to set a strong intention and make a commitment to yourself to change your place in the world. Acknowledge your fear, then make the effort to treat your fears with BSFF. You may need to begin by treating every problem or issue that makes it difficult to focus your intention or to acknowledge your fear of starting the process of change.

Here are some suggestions for treatment statements to get you started. The primary issue would be *I am afraid of losing my identity*. Tune into yourself and see what the SUD level is for this fear. Use whatever statements resonate for you.

- I am afraid of losing my identity. Cue word.
- I am afraid to try new things. Cue word.
- I'm not sure who I am. Cue word.
- If I try new things, I won't be safe. Cue word.
- If I behave differently, I won't know who I am. Cue word
- If I try new things, I won't know how to act. Cue word.
- I'll be invisible. Cue word.
- I'm afraid to find out who I am. Cue word.
- If I make changes, I'll have to take care of myself. Cue word.
- If I stop being dependent, I won't know how to act. Cue word.
- No one will recognize me and I'll be all alone. Cue word.
- If I'm financially successful, I won't know how to handle the money. Cue word.
- If I'm successful, I won't know who I am. Cue word.
- I'm so afraid of making changes. Cue word.
- If I make changes, terrible things could happen. Cue word.
- When I tried new things in the past, I always made terrible mistakes. Cue word.
- I'm ashamed of the results of my life so far. Cue word.
- I'm afraid of the unknown. Cue word.

- I'm afraid of the unfamiliar. Cue word.
- I need to know what lies ahead before I can move forward. Cue word.

Now, read the following statement:

I am now treating, in one treatment, all of my fear of losing my identity and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me continue to be afraid of losing any part of my identity and to resist moving forward in any part of my life. Cue word.

Take a deep breath and measure the SUD level of your feeling about losing your identity and moving forward in life. If you are still aware of any discomfort in relation to this process, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence when you reach the end of your treatment session.

Fear of Losing Your Position in Your Peer Group

This basic fear is often an extension of your fear of losing your identity. How you view who you are now is most likely reflected by the people in your life with whom you share similar challenges, experiences, likes and dislikes. Your perception might be that as you let go of your fears and other uncomfortable emotions, you will not be able to relate meaningfully to the people who are currently in your life. It would be natural for you to fear that you will be all alone with no one to interact with.

It is true that you may drift away from some of the people who are now in your life. The fact is that as you move into a healthier emotional place, you may want to be around people whose lives are a reflection of your new, healthier state of being. Some of the people you know now will evolve with you, others will not. But that does not mean that you will be alone. It means that some of your friends will remain friends and new people will come into your life. The difficulty is that you cannot know this in advance. It takes some faith in yourself and the process. That is one of the reasons we treat self-image and self-confidence first—to give you a strong base to work from.

Here are some statements that you can use to treat *fear of losing your position in your peer group*. Take a SUD level before you start this sequence. Use the statements that resonate for you and add any additional statements that arise.

- If I make positive changes, my friends won't like me any more. Cue word.
- If I have no problems, no one will talk to me. Cue word.
- If I have no problems, I won't know what to do. Cue word.
- If I have no problems, there won't be anything to talk about. Cue word.
- If I make positive changes, I'll be all alone. Cue word.
- If I don't have occasional crises, my friends won't need to rescue me and I won't know that they care for me. Cue word.
- I know people love me if they take care of me when I am sick. Cue word.
- I get sick because I want people to love me.
- I know people love me if they lend me money. Cue word.
- If I don't borrow money, people have no way to tell me they love and trust me. Cue word.
- If I'm successful, people won't want to relate to me. They will just want me to give them money or other things. Cue word.
- I like the people I spend time with and I'm afraid they will no longer be in my life. Cue word.
- I'm intimidated by rich people. Cue word.
- I'm afraid people in another economic group will look down on me. Cue word.
- Rich people are selfish, so I don't want to be rich. Cue word.

Now, make your Global Statement:

I am now treating, in one treatment, all of my fear of losing my position in my peer group and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me continue to be afraid of losing my position in my peer group and resist moving forward in discovering and experiencing who I really am. Cue word.

Take a deep breath and measure the SUD level of your feeling about losing your position in your peer group. If you still have discomfort, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence when you reach the end of your treatment session.

Fear of Losing Your Position in Your Family of Origin

Growing up, you had a definable role in your family. Whether you were the Family Hero, the Identified Patient, the Scapegoat or any of the other possible characters in a family drama, your role was clearly established. Your role affected everyone in the family and how they behaved with each other. If you change, the whole family dynamic will change, and not necessarily in easy and comfortable ways. You may have already experienced this when you made changes in the past.

If, for example, you are the Identified Patient, everyone in your family expects you to be dysfunctional physically, emotionally, mentally and/or financially. You are the one about whom everyone asks, "What's the matter with her/him?" This imagined view of your position of weakness allows others to feel strong and superior. As long as there is something wrong with you, they can believe that they are fine.

Tip the scales by being strong, decisive and successful, however, and family members will do everything they can to get you back into your former position because if you change, the whole family dynamic is going to change. Their behavior may not be overt, but you will get a lot of subtle pressure and critical messages about what you are doing. Usually, if you persist in holding to your positive, healthy changes, other members of your family will gradually readjust and accept your new way of being. They will learn to be healthier in relationship to you.

Making major changes requires serious resolve on your part. You have to be willing to step out of your familiar role into a new one and to be patient with those around you as they adapt to your new position. If you have been interacting with your family on a regular basis, you can make the assumption that they do not want you to disappear from their group. The problem is that they do not know how to react to your new persona, and you have to help them by setting clear boundaries and defining your needs. This alone might take some learning and practice on your part, especially if you have been taught to always be submissive and compliant. You can use BSFF to help you eliminate any discomfort that the process of change stimulates, including your feelings of impatience with the process. You may also consider getting some assertiveness training, if that is what you need.

As we have said, BSFF is not a magic wand. It allows you to clear out the emotional baggage and the discomforts that are interfering with your true personal expression. Once these are cleared, you will have the choice to create a different kind of life for yourself. But, BSFF does not change your behavior. You have to be willing to do

that. You have to be willing to change your habitual self-talk and destructive behaviors. You have to be willing to be vigilant and to treat the issues that come up as you are going through your process of change. We can give you the tools, it is your job to use them.

Here are some statements you can use to treat your fear of losing your position in your family Take a SUD level before you start this sequence. Use the statements that resonate for you and add any additional statements that arise.

- If I change, my family will abandon me. Cue word.
- If I change, I'll be left all alone. Cue word.
- If I change, I won't know who I am. Cue word.
- I don't have the strength to go through this process. Cue word.
- I am willing to change my behavior. Cue word.
- I am willing to change the way I treat myself. Cue word.
- I am willing to treat myself like someone I love. Cue word.
- I won't know what to do. Cue word.
- If I express my needs, my family will ridicule me. Cue word.
- No one takes me seriously. Cue word.
- I can't fight their need to always be right. Cue word.
- I don't want to change my position in the family. Cue word.
- I'm willing to change my position in my family. Cue word.
- I want to be treated with respect. Cue word.
- I deserve to be treated with respect. Cue word.
- I deserve to be surrounded by people who love and accept me as I am.

 Cue word
- I am willing do everything I can to make the changes I need to make in order to live a more comfortable life. Cue word.
- I can change and still be part of my family. Cue word.
- I can be part of my family and be detached from their destructive dramas. Cue word.
- If I change, I'll be loveable. Cue word.
- I want to change. Cue word.
- I want to be loveable. Cue word.
- I want to be accepted, acknowledged, and appreciated. Cue word.
- I deserve to be accepted, acknowledged, and appreciated. Cue word.

Now, make your Global Statement:

I am now treating, in one treatment, all of my fears of losing my position in my family and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back any fear of losing my position in my family and resist moving forward. Cue word.

Take a deep breath and measure the SUD level of your feeling of fear of losing your position in your family of origin. If you still have discomfort, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence when you reach the end of your treatment session.

You might find it useful to do some creative visualizations in which you imagine yourself surrounded by loving, caring people who honor and respect who you are.

If you have been following along and doing all of the treatments outlined here, you probably are feeling a lot better than when you started reading this book. Now it is time to take a look at some common issues that you (and others) have to deal with. We will do this in the next chapter.

Chapter 10. Treatments for Common Issues

By now, you know how the BSFF Treatment Procedure works, how to do your first treatment and how to treat The Grand Stoppers. In this chapter, we are going to examine a number of common issues including phobias, grief, procrastination, the need to control or be controlled and perfectionism. We will also show you how to neutralize your internal critical parent—that voice in your head that keeps telling you what is wrong with you, how to treat a common financial issue, and how to treat fears that are caused by the current world situation.

For each issue that we present, you will be given suggested statements to use during Step 2 of the BSFF Treatment Procedure. You can add or substitute statements that you think apply to you in each issue. Say each statement slowly and deliberately, taking deep breaths often. Remember, you do not need to be concerned about making a mistake with BSFF. If you treat a statement that does not specifically apply to the issue being treated, it does not matter. If you think something might be a problem, there is a good chance that it actually is. Just treat whatever comes to mind, and treat each issue as thoroughly as possible.

Treating Phobias

Phobias are strong fears or aversions that do not respond to normal reassurances of safety. A wide variety of phobias affect people to varying degrees. Some, such as agoraphobia, an abnormal fear of open or public places, can be seriously debilitating. Others, such as the fear of snakes or lizards, do not necessarily affect a person's daily life but can cause serious anxiety when walking in the woods, going to the zoo, or even working in a garden. Just seeing a snake can cause an intense reaction in some people. Phobias can keep people from having many rewarding life experiences.

Treating phobias with BSFF requires that you create statements that describe various aspects of your fear as well as your reactions to being exposed to the stimulus that causes your anxiety.

For example, if you have a fear of snakes, you would create statements such as those listed here. Before treating a phobia, measure the SUD level of your fear, perhaps by imagining that you see a snake.

• I am afraid of snakes. Cue word.

- I hate snakes. Cue word.
- Snakes make my skin crawl. Cue word.
- When I see a snake, I become incredibly anxious. Cue word.
- When I see a snake, I tighten up. Cue word.
- I never want to see a snake. Cue word.
- I'm embarrassed that I get so scared when I see a snake. Cue word.
- I get anxious just thinking about snakes. Cue word.
- If I see a snake, I'm afraid of being poisoned. Cue word.
- When I see a snake, I'm afraid of being swallowed up. Cue word.
- Snakes are slimy. Cue word.
- Snakes are sneaky. Cue word.
- Snakes do bad things. Cue word.
- I'm afraid to work in my garden. Cue word.
- I'm afraid to walk in the woods. Cue word.
- Snakes kill people. Cue word.
- I could never touch a snake. Cue word.
- If a snake touched me, I'd die. Cue word.

Your Global Statement for this phobia would be:

I am now treating, in one treatment, all of my fear of snakes and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back any fear of snakes. Cue word.

Take a deep breath and think about a snake. Measure the SUD level. You will most likely feel much less anxious about seeing a snake than you did before. If you still feel some discomfort, repeat one or more of the statements that you made about your phobia. If necessary, do The Fail-Safe Procedure. Always do The Closing Sequence at the end of your treatment session.

Treating Grief

Everyone, at some point, experiences the pain of loss. Whether it be the death of a loved one, the loss of a job or the loss of an object with sentimental value, the discomfort can be quite strong. BSFF can be used to help heal the pain of loss and allow the grieving person to move on. For this example, we are going to focus on treating for the pain of losing a loved one.

Using BSFF to eliminate the pain when a loved one leaves us or dies does not mean that the normal caring and grieving process will be short-circuited or eliminated. To do so would not be healthy. However, the grief can be resolved more rapidly and without the usual prolonged emotional pain. BSFF can remove whatever might be blocking a person from experiencing and processing the grief in a healthy way.

When someone dies, the survivors have to deal with both the empty space that is created by the loss and how their lives will change as a result. Life without the loved one creates a large unknown that can cause so much fear that the person who experienced the loss is afraid to move forward.

We are going to suggest statements for the issue *I am grieving because* ______ *died.* Before you start, measure the SUD level of your feelings about your loss. Here again, you can add statements of your choosing to this list. Remember, read each statement slowly and purposefully, feeling its meaning before saying your cue word. It can help to take a deep breath either before or after each statement. Choose the statements that apply to you.

- I am grieving because my _____ (relation to you) _____ (person's name) died. Cue word.
- My heart feels so empty. Cue word.
- My life feels so empty. Cue word.
- I feel a great sense of loss. Cue word.
- I'll never get over this loss. Cue word.
- I don't know what to do without _____. Cue word.
- I'm so angry that he/she left me. Cue word.
- I'm so sad. Cue word.
- I am feeling such deep sadness. Cue word.
- I feel abandoned and alone. Cue word.
- I'm angry with the doctors for not taking better care of _____. Cue
- I'm so angry with God/Higher Power/The Universe for allowing this to happen. Cue word.
- I feel so betrayed. Cue word.
- I feel guilty that I'm so angry. Cue word.
- I'm ashamed that I'm so angry. Cue word.
- I feel guilty because now I feel more free to be who I am. Cue word.
- I have to follow in _______'s footsteps. Cue word.
- I don't want to follow in ______'s footsteps. Cue word.

- It's okay for me to find my own place in the world. Cue word.
- My heart is aching. Cue word.
- I feel so heartsick. Cue word.
- I'm heartbroken about it. Cue word.
- I feel so bereft. Cue word.
- I've been left so desolate and alone and without what I need. Cue word.
- I'm so lonely. Cue word.
- I'll never be whole again. Cue word.
- I feel cheated. Cue word.
- I feel guilty that I couldn't do anything to stop this. Cue word.
- I feel incomplete. Cue word.
- I miss so much. Cue word.
- I long to speak to him/her just once more. Cue word.
- I wish I had told how much I loved him/her. Cue word.
- I can never be whole again. Cue word.
- If I don't hang on to this grief, it means I didn't love _____.

 Cue word.
- I give myself permission to let go of this grief. Cue word.
- I give myself permission to remember _____ with joy. Cue word.
- It's okay for me to laugh again. Cue word.
- This empty place in my heart can never be filled. Cue word.
- Even though _____ died ___ years/months ago, I can't let go of this grief. Cue word.
- I'll feel guilty and ashamed if I let go of this grief. Cue word.
- I'm willing to let go of this grief and allow myself to embrace life fully. Cue word.
- I trust that I will be shown how to live my life without _____. Cue word.
- I don't have to be afraid of the future. Cue word.
- I can be strong without _____. Cue word.
- Letting go of this grief does not mean I'll forget about ______.
 Cue word.
- I can hold a joyous place in my heart for . Cue word.

Here's the Global Statement for this issue:

I am now treating, in one treatment, all of my painful feelings of loss and grief and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back these feelings. Cue word.

Take a deep breath and measure the SUD level of your grief. If you still have discomfort, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence when you reach the end of your treatment session.

Treating Procrastination

If you put things off, even though you know that doing them would be to your benefit, you have probably criticized yourself for procrastinating. You can be sure that you are not alone; procrastination is more common than you may realize.

Procrastination often coexists with related feelings of guilt, shame, inadequacy and depression. Although it might look like a simple problem of putting things off, it is actually a complex issue that can have a variety of causes or triggers. These include:

- Perfectionism
- Anger or hostility
- The need to manipulate others
- Low tolerance for frustration
- Doubts about your ability to perform
- Feeling overwhelmed by the task
- Fear of success
- Fear of failure
- Evaluation anxiety
- Self-evaluation anxiety
- Anxiety about the expectations of others
- Poor time-management skills

Procrastination can be a double-edged sword because it is reinforcing, that is, each time you procrastinate, it reinforces your negative attitude about the task you are putting off. This leads to deeper feelings of self-doubt, guilt, shame, inadequacy, etc.

Here are some suggested statements of problems to treat for the issue *I keep procrastinating*. Be sure to add anything that seems relevant for your individual habit

of procrastination in any area of your life. Also, there may be statements of problems here that may be issues for you rather than individual problems. You can expand on these and treat each problem you identify within the issue.

- I procrastinate a lot. Cue word.
- I hate myself for procrastinating. Cue word.
- If I keep procrastinating, I'll never succeed. Cue word.
- Procrastination keeps me safe. Cue word.
- When I procrastinate, I don't have to worry about failing or succeeding.
 Cue word.
- I want to stop procrastinating. Cue word.
- I see the value of getting things done promptly. Cue word.
- I am willing to create new work habits. Cue word.
- I can see the value in effective time-management. Cue word.
- Procrastination lets me control others. Cue word.
- I like it when other people get upset when I procrastinate. Cue word.
- I'd rather not do things than fail at what I'm doing. Cue word.
- I'd rather not do this because it won't be perfect. Cue word.
- Other people expect too much of me. Cue word.
- I keep putting off balancing my check-book because I'm afraid to find out how much money I don't have and how irresponsible I've been. Cue word.
- I don't do my work because I'm afraid my boss will criticize me. Cue word.
- I'm afraid to be criticized. Cue word.
- I hate to be criticized. Cue word.
- It takes me so long to do things, so I'd rather not even start. Cue word.
- There must be something wrong with me because I never do what I'm supposed to do. Cue word.
- I'm so overwhelmed by how much I have to do that I don't do anything. Cue word.
- I'm ashamed of the way I put things off. Cue word.
- I feel guilty about not doing . Cue word.
- I'll never get a decent job because I procrastinate. Cue word.
- My business will never succeed because I procrastinate. Cue word.
- I'll never get over this. Cue word.
- I'll never do what I have to do to get over this. Cue word.

Here's the Global Statement for this issue:

I am now treating, in one treatment, all of my need and tendencies to procrastinate and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back my need or tendency to procrastinate. Cue word.

Take a deep breath and measure the SUD level of your feelings about your procrastination. If you still doubt your ability to stop procrastinating, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

You may want to do the treatment for procrastination when you are facing a specific task that you keep putting off. You can then use appropriate statements of problems about your feelings about either the task itself or your needing to do the task. Be watchful for any early stage of procrastination and treat it promptly. If you are distressed when you notice yourself procrastinating, treat that distress as well.

The Need to Control or Be Controlled

Control issues often dominate relationships of all kinds, Whether the relationship is between lovers, parent and child, siblings, employer and employee, teacher and pupil, doctor and patient, or two individuals, it is not unusual for one person to need to be in control and the other to either behave in a submissive, controlled manner or attempt to counter-control. Both positions can cause discomfort and dysfunction within the relationship.

Control issues usually develop as a result of the dynamic in a person's family of origin, specifically, the rules of interaction and the beliefs that are fostered and enforced in any family. If you had a controlling parent, you may have developed a strong need to control to make up for the years that you felt controlled. Your defensive attitude might be "I'll never let anyone control me again." On the other hand, if you had a controlling parent and found a way to get what you wanted by being controlled, that could be the pattern that you are still acting out. If that makes you feel trapped, frustrated, resentful or angry, you have a problem.

You can be sure that there are control issues at play if you have problems with authority figures or if you are rebellious or uncooperative You feel in control by not letting anyone control you. However, you do not do it in an appropriate way, such as

by setting clear boundaries. In reality, your rebellious and uncooperative behaviors demonstrate that you are being controlled; your behavior is reactive rather than proactive.

Other indications that you have a control issue are:

- You constantly give people unsolicited advice and become angry or annoyed when they do not follow your suggestions.
- You act as if your way is the best or only appropriate way to do something and get upset when others do not immediately agree or comply.

There are many degrees of and strategies for controlling others. Obvious signs that someone might be a "control freak" include violent, abusive behavior and/or the need to discount and demean others.

Sometimes a person with a control issue uses passive-aggressive behavior as a means of controlling those around him. Rather than barking demands, this person manipulates with guilt, shame and other subtle methods of getting what he wants.

If you are easily manipulated into doing what other people want, you probably have a need to be controlled. Your characteristics might include trouble making decisions, procrastination, feeling trapped and being easily angered.

Here are some suggestions for the issue *I need to be in control*. Add or substitute statements of your choosing.

- If I'm not careful, other people will take advantage of me. Cue word.
- I need to know what is going on at all times. Cue word.
- If I don't get my way, I'm furious. Cue word.
- I feel defeated if I don't get my way. Cue word.
- I feel like a failure if I don't get what I want. Cue word.
- No one is ever going to push me around. Cue word.
- I'm ashamed of myself if anyone tries to take advantage of me. Cue word.
- If I'm not vigilant all the time, I'll be in danger. Cue word.
- I need to have others behave the way I want them to. Cue word.
- I hate it when people do stupid things. Cue word.
- I hate it when people don't do things the way I would. Cue word.
- I hate it when people are late. Cue word.

 I'm always precisely on time and it upsets me when others keep me waiting. Cue word.

- If someone disagrees with me, I'll do everything I can to change their mind. Cue word.
- I'm the authority in my house, and it's going to stay that way. Cue word.
- No one dares to not listen to me. Cue word.
- My wife and kids know who's the boss around here. Cue word.
- I insist that the house be kept just the way I like it. Cue word.
- The only way anything gets done right is if I do it myself. Cue word.
- People often disappoint me. Cue word.
- I get tired of having to make all the decisions. Cue word.
- It's important to show my displeasure with people, or they will take advantage of me. Cue word.
- I feel trapped in this role. Cue word.
- Filling my own needs is what is important. Cue word.
- I usually know what is best for our relationship. Cue word.
- Since I'm the breadwinner around here, I deserve to have everything the way I want it. Cue word.
- Give an inch and they will take a mile. Cue word.
- Being in control means I'm strong. Cue word.
- If I'm not in control, I won't know how to behave. Cue word.
- I don't dare let go. If I do, everything will fall apart. Cue word.
- I have the right to control others. Cue word.

Here's the Global Statement for this issue:

I am now treating, in one treatment, all of my need to control and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back the need to control anything or anyone in my life. Cue word.

Take a deep breath and measure SUD level of your need to control. If this has been a chronic problem, you may have to do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

Here are some suggested statements of problems for the issue *I feel so controlled*. Add or substitute statements of your choosing.

• If I ask for what I want, I'll be punished. Cue word.

- If I try to get what I want, I'll be ridiculed or demeaned. Cue word.
- If I assert myself, people will abandon me and I'll be left all alone. Cue word.
- I feel so trapped. Cue word.
- I have no idea what I really want. Cue word.
- This is an awful way to have to live my life. Cue word.
- I like not having to make any decisions. Cue word.
- I'm afraid to make decisions. Cue word.
- It's better if other people tell me what to do. I can't make mistakes that way. Cue word.
- I wish I could do something that I really want to do. Cue word.
- I'm so afraid of being alone. Cue word.
- It's okay that I have to do everything he/she wants. At least I'm being taken care of. Cue word.
- Other people's needs are more important than mine. Cue word.
- If I don't give _____ what he/she wants, I'll feel guilty if something bad happens to him/her. Cue word.
- It so hard for me to say no. Cue word.
- It's okay for me to say no. Cue word.
- It's okay for me to express what I want or need. Cue word.
- If I don't tow the line, I'll be in big trouble. Cue word.

Here's the Global Statement for this issue:

I am now treating, in one treatment, all of my need to be controlled and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back any need to be controlled by anything and anyone in my life. Cue word.

Take a deep breath and measure your SUD level for your need to be controlled. If this has been a chronic problem, you may have to do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

Perfectionism

• Do you become tense or drive yourself a little crazy because everything you do has to be just right?

- Do you fret about how well you are performing at work or at home?
- Do you feel embarrassed or guilty when you think you have not done your perfect best?
- Are you anxious because someone might criticize your ideas or your performance?
- Do you find it difficult to finish a project because it never seems good enough?
- Is your procrastination due to the fact that you are afraid to start something because you know it will never be quite right?

If your answer is yes to any of these, you probably have at least a touch of perfectionism. Treating the underlying beliefs and problems behind your perfectionism and letting go of the need to be perfect can help you lead a more comfortable, productive life.

One of the reasons we included this issue here is that both of us have found that perfectionism can be a reason why people do not consistently use BSFF; that is, they fear that they will not do it correctly. Fortunately, BSFF is relatively simple and there are no consequences if it is not done just the way we explain it. If you find yourself afraid to try BSFF, our advice would be to just take a deep breath and do it. You have nothing to lose and everything to gain.

Perfectionism often goes hand in hand with control issues, which is why we presented the control issues first. If you were brought up in a controlled environment where small mistakes had serious consequences, perfectionism would be a logical psychological result.

Here are some statements to use if you are bothered by perfectionism. Add or substitute statements of your own choosing.

- If everything isn't just right, I get very uncomfortable. Cue word.
- People expect me to be perfect. Cue word.
- If I'm not perfect, _____ won't approve of me. Cue word.
- If I'm not perfect, _____ will judge, criticize and reject me. Cue word.

- If I'm not perfect, God/Higher Power will punish me. Cue word.
- If I don't excel at everything I do, I'll be punished. Cue word.
- If I don't excel at everything I do, I'll be left alone. Cue word.
- My value depends upon how well I do things. Cue word.
- I have no value unless I do everything better than anyone else. Cue word.
- If I make mistakes, I'll be punished. Cue word.
- If I make mistakes, I'll be ridiculed or demeaned. Cue word.
- If I make mistakes, my father/mother won't talk to me. Cue word.
- If I don't get straight As, I'll never get into college, and my life will have no value. Cue word.
- Since I can't do things perfectly, I'd rather that people think I can't do them at all. Cue word.
- I'm really upset about the mistake I made when _____. Cue word
- I'm so ashamed that I make mistakes. Cue word.
- No matter how hard I try, I can't seem to do anything right. Cue word.
- Even though I rarely do things as well as I could, I keep trying. But it feels awful. Cue word.
- I can relax and accept whatever I'm doing. Cue word.
- I can accept myself just the way I am. Cue word.
- I'm willing to love and accept myself just the way I am. Cue word.
- It's okay to make mistakes. Cue word.
- It's okay if I'm not the best at everything. Cue word.
- I don't have to live up to my parents unrealistic expectations. Cue word.
- It's okay to create a set of expectations for myself that allow me to let go and relax. Cue word.
- If I relax, everything will fall apart. Cue word.
- I'll never achieve anything if I relax. Cue word.
- It makes me really nervous when I think about relaxing or letting go. Cue word.
- I'll be really uncomfortable if I let go and relax. Cue word.
- I don't know how to let go and relax. Cue word.

Here's the Global Statement for this issue:

I am now treating, in one treatment, all of my need to have everything (including myself) be perfect and all of the limiting thoughts, beliefs,

attitudes, and emotions that would ever make me keep or take back my need to be perfect and behave perfectly. Cue word.

Take a deep breath and measure SUD level of your need to be perfect. If this has been a chronic problem, you may have to do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

Eliminating Your Internal Critical Parent

In Exercise 2.1, we suggested that you start paying attention to your self-talk. Unless you have been making a conscious effort to change your self-talk, you probably still have a critical parent residing in your subconscious mind. If you often use the words should, ought, and must, that is a sign that the critical parent may be in charge. You can be sure the critical parent is present if you pick on yourself by telling yourself what you did wrong, complaining about the way you look or behave, pressuring yourself to try harder, or making negative assumptions about the outcome of your efforts

Living with a critical parent in your head can be exhausting. The critical parent does its job by being demanding, demeaning, and disempowering. No matter what you do, it is never enough and never quite correct. If you listen carefully, you can probably recognize the voice of your mother, father and/or other authority figures in those messages from your early life. Their critical voices live on until you subconsciously dismiss them.

You may derive a certain comfort from having a critical parent in your head. The critical parent may be the force behind your unwillingness or inability to take real responsibility for your life. After all, if you believe you can never do anything right or be the best you can be, why try? Getting rid of the critical parent means that you get to be the wise adult, which may frighten you. If this is so, include such fears in the treatment statements for this issue. However, if you do the treatments suggested earlier for poor self-image and lack of self-confidence, there is a good chance you can move forward and eliminate your critical parent.

If you live with a real critical parent now, then part of the process for you will be to learn to set boundaries. You have the right to assert yourself and create a comfortable position for yourself. Some of the statements below will help you do this.

If this is one of your issues, we suggest that you learn to pay attention to your self-talk. (You can even treat for not noticing your self-talk.) If you hear yourself criticizing yourself, make an effort to praise yourself instead. That will become easier after you do the following treatment.

Here are some statements for the issue *I want to be rid of the critical parent in my head*. Add or substitute statements of your choosing.

- I want to be rid of the critical parent in my head. Cue word.
- I'm willing to stop picking on myself. Cue word.
- I deserve to be appreciated. Cue word.
- I deserve to be acknowledged. Cue word.
- I deserve to be treated like someone I love. Cue word.
- I am willing to treat myself like someone I love. Cue word.
- I can accept myself just the way I am. Cue word.
- I'm willing to accept myself just the way I am. Cue word.
- I'm a good person and deserve to live without criticism. Cue word.
- I am enough. Cue word.
- I have the right be treated well. Cue word.
- It isn't disloyal to my mother/father to get them out of my head. Cue word.
- I have the right to set my own standards for myself. Cue word.
- I can set appropriate standards for myself. Cue word.
- If I get rid of the critical parent in my head, I will behave well. Cue word.
- I could do things better if I wasn't hearing all of this negative stuff in my head all day. Cue word.
- The negative talk in my head gives me an excuse for not trying any harder. Cue word.
- I'm tired of treating myself this way. Cue word.
- I'm bad because I still don't do what my parents want me to do. Cue word.
- I can never be a good daughter/son. Cue word.
- I am a good son/daughter even if I don't do everything my parents want me to do. Cue word.
- I am a good person even if I don't do everything my parents want me to do. Cue word.
- I don't need to automatically comply with my parents' expectations of me. Cue word.

Here's the Global Statement for this issue:

I am now treating, in one treatment, all of my need to have a critical parent in my head telling me what to do and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back the critical parent in my head. Cue word.

Take a deep breath and measure the SUD level of your need to have a critical parent in your head. If this has been a chronic problem, you may have to do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

Financial Insecurity

Financial insecurity is a big issue. You can gain some insight into the core of your financial dysfunction by identifying your underlying beliefs. Many of the statements of problems below can be expanded into issues as needed.

It is important to know that money feelings are virtually never about money. They are about relationships. Money, by itself, has no meaning. It is a symbol of energy that gathers strength as it passes from one person, or entity, to another. It can, therefore, be considered a symbol of relationships. And the way you deal with money is the way you deal with your relationship with yourself and others.

Also, money is always attached to people. It doesn't come flying into your life by itself. It comes attached to people. Therefore, your fear of running out of money is really about your fear of running out of people, i.e., of being left alone and not having your needs met.

Money is used in many ways to act out buried feelings. Your specific money problems and patterns are a clue to your self-image and personal identity. For example, people who never have enough money usually feel that they are not enough and have little to offer. A person's net worth is often a reflection of his or her self-worth. When people say they are not earning enough to support themselves, it usually means that they feel unsupported and unappreciated. The "cure" involves learning to support and appreciate themselves. Prosperity is truly an inside job.

This brief introduction to the psychology of money will help you understand why we included some of the following statements of problems for the issue, *I am afraid that*

I won't have enough money for the things I need. Choose the statements that apply to you and see if you can expand some of them into larger issues.

- I won't have enough money for the things I need. Cue word.
- I'm afraid that I'll be out on the street with nowhere to go. Cue word.
- I can't support myself. Cue word.
- I feel so unsupported. Cue word.
- I feel so powerless. Cue word.
- No one appreciates me. Cue word.
- I need to be rescued. Cue word.
- If someone rescues me, I know they love me. Cue word.
- If people lend me money, I feel more connected. Cue word.
- When I borrow money, I know I'm not alone. Cue word.
- If you lend me money, I know you love and trust me. Cue word.
- I'm ashamed that I can't pay my bills on time. Cue word.
- I'm ashamed when I bounce a check. Cue word.
- I feel disconnected from my personal power. Cue word.
- I feel disconnected from God/Higher Power. Cue word.
- If God/Higher Power really cared for me, I wouldn't be so broke. Cue word.
- If I win the lottery, I'll be fine. Cue word.
- I'm counting on winning the lottery. Cue word.
- I must be inadequate, because I can't get a job that pays well. Cue word.
- I'm afraid to ask for money. Cue word.
- I'm afraid to ask for money, even though I know I do good work. Cue word.
- I feel so unappreciated. Cue word.
- I wish someone would acknowledge my work. Cue word.
- Other people always seem to have more than I do. Cue word.
- Other people have an easier time making money that I do. Cue word.
- I borrow money and I don't pay it back. Cue word.
- I feel guilty and ashamed because I borrow money and I don't pay it back. Cue word.
- The greatest shame is not being able to support my loved ones. Cue word.
- I'm afraid of losing everything I have. Cue word.
- If my mother/father/siblings loved me, they would help me financially. Cue word.
- I'm not enough. Cue word.

- I am enough. Cue word.
- I can never live up to my parents' expectations. Cue word.
- I'll never get a raise. Cue word.
- I am willing to take good care of my money. Cue word.
- I am willing to take better care of myself. Cue word.
- I am willing to pay attention to my own needs and fulfill them myself. Cue word.
- I am willing to stop looking to other people to take care of me. Cue word.
- I am capable of taking care of myself. Cue word.
- I am willing to connect to more people so that I don't feel so alone. Cue word.
- I am willing to be more authentic about my feelings. Cue word.
- I am willing to stop abandoning myself. Cue word.
- If one of us has to be uncomfortable, it doesn't have to be me. Cue word.
- I am willing to stand up for myself. Cue word.
- My parents were always ashamed of me. Cue word.
- My parents never wanted me. Cue word.
- I have always been a burden. Cue word.

Now, read the following statement:

I am now treating, in one treatment, all of my fear of not having enough money for the things I need and all of the limiting thoughts, beliefs, attitudes, and emotions that would ever make me keep or take back the fear that I won't have enough money for the things I need. Cue word.

Take a deep breath and measure the SUD level of your feeling about the issue now. If you are still feeling remnants of financial fear, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

After doing this treatment, can you expect someone to walk up and hand you enough money to fix all of your financial problems? Not exactly. What you can expect is to experience a new willingness to take care of yourself and to learn how to take care of your money. You may find yourself being more assertive and not willing to be under-appreciated and underpaid. It is likely that you will begin to subconsciously attract financial resources and opportunities to yourself. The urge to be with people may compel you to widen your group of acquaintances. Most important, you will

probably have more hope for the future. You can now face your life without being overwhelmed by financial fear. If the fear returns, for whatever reason, do a quick BSFF treatment

For further work on this and related financial issues, we suggest you check out the Web site ProsperityPlace.com, which offers s a free newsletter, free articles, e-books, audiotapes, and teleclasses. *The Build Your Money Muscles Program* and *Prosperity Is an Inside Job* both have information that can help you understand how to recognize and release the emotional issues that are holding you back financially. The techniques in these materials, combined with BSFF, can lead you to a new state of financial health.

Fears Created by the World Situation

Life has changed dramatically since terrorism reared its ugly head. People in some countries have lived with the fears that terrorism stimulates for many years. Others are trying, for the first time, to adapt to this ongoing threat.

Along with terrorism, we are also dealing with the consequences of political upheavals and violent confrontations. We are in the midst of chaotic, uncertain times and everyone needs tools to deal with the fear that current events provoke.

Although it is true that there are now new threats on Planet Earth, it does not mean that we have to live in fear. For most of us, the threat of being personally involved in any kind of attack is relatively small. The problem is that we know someone will be affected, and we have no idea who. It is this uncertainty that makes life difficult. Knowing the statistical odds that some catastrophe will occur does not mollify the fear, because fear operates at a subconscious level.

We can choose how we live our individual lives. We can be vigilant and cautious, but we do not have to be fearful. That is a choice we can make. Once we make that choice, we can take actions, such as using BSFF, to facilitate a state of peace within ourselves.

This is a good time to look within and decide what really matters—to examine your priorities and decide where you want to place your emotional energy. Fear will not help you deal with anything; more likely, it will interfere with clear assessment, planning, and follow-through. Give yourself permission to do the things that matter to you most, to be with people you care about, and to take time each day to breathe

and consciously relax. Meditation and prayer can both help you center yourself and feel more connected.

Doing BSFF on a daily basis can also help you to stay in touch with your feelings and to give yourself emotional support. If you are feeling the discomforts of these uncertain times, you can treat the issue *I am afraid of what will happen*. We will list here some suggested statements to treat. You can choose the statements that resonate for you. You may also choose to take one or more of them and expand them into larger issues to treat.

Here are the statements we suggest you treat:

- I am afraid of what will happen. Cue word.
- I feel as if I am in danger. Cue word.
- I feel physically unsafe and insecure. Cue word.
- I am afraid that someone I love will be hurt. Cue word.
- I am afraid I will lose the life I know. Cue word.
- I'm afraid of being hurt. Cue word.
- I'm afraid of being hurt by a bomb. Cue word.
- I'm afraid of catching a deadly disease. Cue word.
- I'm afraid I'm going to die. Cue word.
- I'm afraid that my family is in danger. Cue word.
- I feel powerless to protect myself. Cue word.
- I feel ashamed that I have so much fear. Cue word.
- I just want to run and hide somewhere where I can be safe. Cue word.
- The only way I can protect myself is by fighting the enemy. Cue word.
- I don't want to fight. Cue word.
- It sickens me that people can act this way. Cue word.
- I don't know what to do. Cue word.
- I'm confused. Cue word.
- Everything that was familiar seems to be disappearing. Cue word.
- I don't want my life to change this way. Cue word.
- I want everything to be the way it was. Cue word.
- I can't be happy until everything is back the way it was. Cue word.
- I feel so sad that this is what the world is coming to. Cue word.
- There is nothing I can do to protect myself. Cue word.
- I'm mad at the government for allowing this to happen. Cue word.
- I'm angry with God/Higher Power for creating or allowing this. Cue word

- I'm having trouble keeping my faith in humanity. Cue word.
- I'm having trouble maintaining my faith in God/Higher Power. Cue word.
- I feel helpless. Cue word.
- There's nothing I can do. Cue word.
- I give myself permission to let go of this fear. Cue word.
- I feel guilty if I'm not afraid. Cue word.
- I'm ashamed that I'm not doing more to help. Cue word.
- I can live my life without fear of the future. Cue word.
- I can live my life without fear of the unknown. Cue word.
- If I accept my personal power, I can feel more in control of my life. Cue word.
- It is okay to live without fear. Cue word.
- I can learn to accept whatever is happening. Cue word.
- I can see what is happening as part of a larger plan that I may not comprehend. Cue word.
- I can choose to live my life peacefully. Cue word.
- I can choose to enjoy my life and not fear the future. Cue word.
- I can choose to live in the present and to see that I am safe today. Cue word.

Now, read the following statement:

I am now treating, in one treatment, all of my fears about what is going to happen and all of the limiting thoughts, beliefs, attitudes, and emotions that would make keep or take back my fear of what will happen. Cue word.

Take a deep breath and measure the SUD level of your feeling about the issue now. If you still have discomfort, do The Fail-Safe Procedure. Treat any additional issues that you sense you need to treat during this session, and do The Closing Sequence at the end of the treatment session.

Closing Remarks

In this book, we have covered a wide range of issues that affect large numbers of people. Clearly, there are many more issues that could be addressed. Our goal has been to present enough information so that you can understand the BSFF Treatment Procedure well enough to create effective sessions for yourself.

As we have said before, if you do not experience all of the results that you wish when you use this technique, you might want to consider doing a session or two with a qualified BSFF practitioner. Often, in just a short period of time, someone else can recognize the core issues that are keeping you from moving forward.

We hope that you will actually try BSFF and do it on a regular basis. That's one thing we cannot do for you—the actual doing. Give it a try so you can see for yourself how you too can Be Set Free Fast!

Be persistent and do not settle for less than your complete freedom. You can have whatever you want as long as you do not settle for less.

Glossary of Terms

Anger/Forgiveness Routine: Used at the end of every group of statements when treating an issue. It involves treating a statement that signifies you are letting go of all anger, criticism, judgment, and unforgiveness toward anyone involved in the issue being treated. This is followed by tapping on a finger with the thumb of the same hand as a statement of forgiveness is made three times.

Closing Sequence: This is done at the end of every treatment session. It begins with treating the Stoppers, followed by treating remaining anger toward anyone involved in any of the issues treated, forgiving them, treating the anger toward yourself, and forgiving yourself.

Emotional Roots: A set of unresolved negative emotions from past experiences.

Global Statement: The statement made to clear up any residual problems after treating the problems within an issue.

Grand Stoppers: Problems that interfere with moving forward. These include fear of losing your identity, fear of losing your position in your peer group and fear of losing your position in your family of origin.

Issue: A group of related problems.

Problem: Any discomfort or an underlying belief that causes discomfort.

Psychological Reversal: Subconscious limits. The difference between what we consciously want and what we actually do or allow ourselves to experience.

Stoppers: Problems or issues that interfere with using or benefiting from BSFF.

SUD Level: A measurement, on a scale of zero to ten, that stands for "subjective unit of distress."

Appendix A. Summary of BSFF Treatment

Basic Treatment

- 1. Notice the problem or issue with your conscious mind. Measure the SUD level of your feeling about the issue using a scale of zero to ten, zero being nothing, ten being awful.
- 2. Treat the issue by stating, either silently or out loud, each problem and underlying belief involved in the issue. After each statement, think, speak, visualize, or write your cue word.

When you are finished making individual statements, make The Global Statement for the issue.

I am now treating, in one treatment, all of my	(name of
issue) and all of the limiting thoughts, beliefs,	attitudes, and emotions that
would ever make me keep or take back	(name of issue). Cue
word.	

Take a SUD level to see if the discomfort has diminished. If you still have discomfort, do The Fail-Safe Procedure outlined below.

- 3. Treat all of the problems or issues that you have time for in your session.
- 4. Treat the Stoppers. (Say your cue word after each one or, if you have given the instructions for this to your subconscious, make the statement *Now I am treating the Stoppers*, followed by your cue word.)
 - I am afraid that these treatments won't work for me. Cue word.
 - I am afraid that these treatments won't last. Cue word,
 - I doubt that they will work. Cue word.
 - I doubt that they will last. Cue word.
 - I don't trust myself to do things effectively in these new ways. Cue word.
 - I doubt that I will do things effectively in these new ways. Cue word.
 - I doubt my ability to live out these changes in my life. Cue word.
 - I am vulnerable to taking back one or more of the problems I have treated. Cue word.

6. Do The Anger/Forgiveness Routine toward others by saying, *I am now treating all my remaining anger, criticism, judgment and unforgiveness toward anyone involved in any of the problems I have treated during this session*. Then say your cue word. Then, tap, as you repeat three times, *I forgive all of you; you were doing the best you could.*

7. Do The Anger/Forgiveness Routine for yourself by saying, *I am now treating all of my anger, criticism, judgment, and unforgiveness toward myself for any problem I have treated during this session.* Then say your cue word. Then tap, as you repeat three times, *I forgive myself; I'm doing the best I can*.

Take a deep breath and be on your way!

The Fail-Safe Procedure

To be used whenever you feel stuck after repeatedly treating a problem or when you are treating very deep seated, long-standing issues, such as addictions. Say your cue word after each statement.

- I want to be free of this problem
- I am willing to be free of this problem.
- I am willing to be free of this problem now and continually from now on (permanently, forever, etc.).
- I give myself permission to be free of this problem continually from now on.
- It's okay for me to be completely free of this problem continually from now on.
- I deserve to be permanently free of this problem continually from now on.
- I will do everything necessary to see to it that I am free, and remain continually free of this problem from now on.
- There are still one or more problems that will make me keep or take back this problem.
- There is still something in me that will make me keep or take back this problem.
- I am still vulnerable to taking this problem back sometime.

Appendix B: The BSFF Feelings List

Abandoned Fragile Remorseful Abused Frantic Resentment Frightened Agony Restless Afraid Frustrated Sad Alienated Grief stricken Scared Alone Guilty Scattered Angry Hapless Scorned Self-conscious Annoyed Harried Anxious Heartache Shamed Heartbroken Apprehensive Shattered Heartsick Silly Ashamed

At a loss Heaviness Sorrow (or deep sorrow) Awkward

Helpless Bad Hesitant

Betraved Hopeless Horror

Better-than Blame (self or other) Horrified Bored Hostile Burdened Humiliated Cheated Hurt Concerned Ignored Confused Impatient Inadequate Indignant Insecure Insignificant Intimidated Irritated Invalidated

Crazy Crushed Cornered Deceived Defeated Defiled Degraded Dejected Lazy Depressed Less-than Deprived Lethargic Despair Lonely Despondent Longing for Devastated Loss Disappointed Lost

Disconnected Mad Discouraged Manipulated Discounted Melancholy Disenchanted Misused Mortified Disgusted Disliked Needy Dismayed Neglected Disoriented Offended Distraught Outraged Overwhelmed Distrust Doubt Pained Drained Persecuted Dread Picked on Driven Pressured

Embarrassed Punished Empty Put down **Emptiness** Put upon Puzzled Enraged Exhausted Rage Fatigued Rebellious

Fearful Rejected (or rejecting)

Startled Suffering

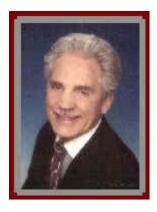
Suspicious (of self or others)

Terror Tired Tortured Trapped Troubled Uncertain Traumatized Unacknowledged Unappreciated Unloved Untrusting Unmotivated Unsure Untrusting Unwanted Unworthy

Used Victimized Violated Vulnerable Wasted Wary Weary Weird Worried Worthless Wounded Worn out

Wrongly accused

Meet The Authors



Larry Nims, Ph.D. Clinical Psychologist

Dr. Larry Nims is a clinical psychologist with over thirty years of professional counseling experience. He has provided psychological services, both inpatient and outpatient, to a wide range of clients with a variety of diagnoses. His extensive experience also includes university teaching, expert witness testimony, public speaking and media interviews. He provides consultations and training for business, schools, hospitals, and churches. Larry has trained professionals from many countries in his Be Set Free Fast Treatment Procedures.

Larry earned his Ph.D. in psychology from Arizona State University in 1964. He has additional training in Thought Field Therapy, Emotional Freedom Techniques, Gestalt Therapy, Neuro-Linguistic Programming, Structural Family Therapy, Multiple Personality Disorder, substance abuse, sexual abuse, and many other therapeutic modalities. He is a member of the American Psychological Association, the California Psychological Association, the Orange County Psychological Association, and the Christian Association for Psychological Services.

Larry is dedicated to providing practical help for a wide variety of personal and relationship problems. He emphasizes teaching and training his clients to use BSFF on their own. He is esteemed by his colleagues and clients for his counseling expertise as well as his warmth, compassion, and humor.

For information about Larry's one-to-one BSFF consultations via the phone or in person, call 714-771-1866 or visit Larry's Web site, www.BeSetFreeFast.com.



Joan Sotkin Prosperity Coach, Author

Joan Sotkin is a coach, author and the creator of ProsperityPlace.com, a popular Web site that teaches people how to improve their relationship with money and themselves. Her books include *Starting Your Own Business: An Easy-to-Follow Guide for the New Entrepreneur, Prosperity Is an Inside Job*, and *Build Your Money Muscles: 9 Simple Exercises for Creating Wealth and Prosperity*.

In 1972, when Joan was told she would never be healthy and would have to live with her discomforts, she made a decision to find a way to achieve physical, emotional and financial health. Today, through her Web site, books, teleclasses and coaching, she shares what she learned on her path to wellness. She also publishes a popular monthly e-zine called Prosperity Tips.

Over the years, Joan has built a number of successful businesses, including a wholesale/retail/mail order venture and a Web site development and consulting company. She now coaches people around the world on financial issues, combining her own intuitive techniques with BSFF and some EFT to help people recognize and release the emotional blocks that keep them from creating wealth and prosperity. Using her extensive business experience as a base, Joan also helps her clients plan and develop their own entrepreneurial ventures.

To learn more about Joan's books and coaching services, visit www.ProsperityPlace.com.

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