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## **"I, Me, Self and You"**

### **Simply identity pattern**

#### **EXAMPLE -GATHER INFORMATION AND EXPLAIN IDENTITIES**

The problem:

The client is having issues at work. She feels threatened and under pressure from her supervisor. She is frustrated because she knows she can do better but she is holding her Self back. She is currently 32 years old.

The concept of identities is explained to the client.

The client is asked to think of the problem she is experiencing at work.

#### **EXAMPLE -STEP 1**

Therapist "when you think of the identity of I, where is I located?"

Client "It is in my head"

Therapist "and how old is I?"

Client "it feels about my age now"

Therapist "and what is happening around I?"

Client "noise and confusion"

Repeat all questions for ME, SELF & YOU

#### **Elicitation**

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I	Head			23			Noise		
ME	Heart			14			Scared		
SELF	Whole body			32			Nothing		
YOU	In front			55			Judging		

## EXAMPLE -STEP 2

Once the details are taken from the client assess which identities you are going to integrate.

What we are specifically looking for are the ages and what is happening around. The location is less important. More that a few years either side of their true age, or if the experience is negative.

From the information above, I would run the lazy 8 on “I” (because there is noise around), on “Me” (because much younger than their current age and scared) and “You” (much older and judging). I would not work on Self.

Having identified the identities we are working on, we need to re-illicit and then get the client to go back to the first time they can remember “being” this way.

This is different to feeling and it also more vague than a specific memory. It is often a period of their life.

## EXAMPLE -

Therapist: "I want you to once again think of this “I”. It is in your head, your age but lots of noise.

I want you to go back to the first time you can remember “being” this way.

When you can hold this, allow your eyes to open.

When I move your eyes allow anything to come to mind as you try to hold onto this way of being.” (Figure 8, 6 times each way.)

*Do this for each identified identity. Recalibrate*

## Elicitation

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I	Head			32	32		Noise	Calm	
ME	Heart			14	24		Scared	Fighting	
SELF	Whole body			32			Nothing		
YOU	In front			55	34		Judging	Accepting	

After first set of eye movements

### EXAMPLE -STEP 3

As you can see in this example the identity of “I” has stayed in the same location, the age; remained the same but the experience around it has gone from noise to calm. I would consider this integrated.

With the identity of “me”, the location has changed from heart to chest, the age has increased to 24 from 12 and the experience around has gone from scared to fighting. I would not yet consider this integrated and I will do a second set of eye movements on this.

The identity of “You” has now moved into the body, the age has come much closer to the current age and the judging experience has changed to accepting. I would consider this integrated.

At this calibration point I would once again do the eye movements on just the identity of “ME”.

### EXAMPLE -

Once you have applied the eye movements to the identities you have determined that need integrating, ask the three questions again.

When you think of “ME”, it was in your head, aged 24 and fighting.

When you think of “ME” now: Where is “ME” located, how old and what is happening around “ME”.

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I	Head	Head		32	32		Noise	Calm	
ME	Heart	Chest	Head	14	24	30	Scared	Fighting	OK
SELF	Whole Body			32			Nothing		
YOU	In front	Part of me		55	34		Judging	Accepting	

After second set of eye movements

After a second set of eye movements are applied, the identity of “Me” has moved to the head, the age has come up to 30 and the experience around is now OK. I would now consider this integrated.

#### EXAMPLE - RECAP

Explain about identities to the client

Elicit the I, Me, Self and You references from within the problem (location and experience)

Run the algorithm on the unintegrated identities

Recalibrate and run the algorithm on the identities that still need to be integrated.

#### SIMPLE IDENTITY EXERCISE RECAP

**Step 1- Elicit the "I, Me, Self and You" reference from within the problem the client has come to see you with or an area they want to change.**

**Step 2 - Apply the lazy 8 pattern to the identities who are unintegrated.**

**Step 3 - Recalibrate and apply the lazy 8 pattern again to identities that are still unintegrated.**

# Practice Simple Pattern

## Elicitation

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I									
ME									
SELF									
YOU									

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I									
ME									
SELF									
YOU									

## After First Eye Movements

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I									
ME									
SELF									
YOU									

## After Second Eye Movements

### **Complex Identity pattern**

Please give details of any pronouns, labels, nicknames, beliefs and identities of others you worked on.

### **OTHER IDENTITY MARKERS**

**Pronouns**

**Labels and nicknames**

**Belief systems and identity statements**

**Identities of other people**

**These algorithms work on other identity markers of the client, plus other people.**

### **PRONOUNS USE CHART**

**For pronouns you elicit the location, age and experience. Move the client's eyes in the lazy 8 pattern. This time we are looking for deviations. Stop after 40 seconds, or when the eye movements are smooth. Use same chart**

**Him, his, he**

**Her, hers, she**

**They, them, their**

**We, Us**

**Mr, Mrs, Ms, Miss**

# Complex Pattern Practice

## Elicitation

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I									
ME									
SELF									
YOU									

## After First Eye Movements

Identity	Location			Age			Happening around		
Round	1	2	3	1	2	3	1	2	3
I									
ME									
SELF									
YOU									

## After Second Eye Movements

## NICKNAMES AND LABELS

Other labels can also be: Fat, ugly, stupid, spinster, lazy, single, bossy etc.  
For nicknames and labels, simply direct the client to access the identity,  
and then go back to the first time they remember **BEING** this way.

Once the identity imprint is accessed, use the lazy 8 patterns until it runs smooth.

## BELIEF SYSTEMS AND IDENTITY STATEMENTS

When working with a client we are trying to tease out identity statements  
and beliefs. These are different from feelings.

A belief system might be:

I am ugly  
I am stupid  
I am unlovable  
I am clumsy

## COMPLEX IDENTITY EXERCISE (Negative identities of other people)

Explore and illicit any negative identities of other people.

Direct the client to think of the identity of that person.

Bring up their own internal representation of how they see that person.

Instruct the client to hold onto this representation as you move their  
eyes in the lazy 8 pattern. Recalibrate and repeat if required.

