



# Thought Stepping



Envision a staircase that leads upward. The upward movement of the staircase reflects the direction where you want to move your thoughts and emotions on a particular subject. You want to move the feeling higher, up the emotional scale. You want to move your thoughts on this subject higher. You want to climb the stairs. You will need a piece of paper to complete this exercise. If the paper has lines, you can let the lines be the steps. Or just draw a staircase on the page.

1) Begin where you are, at the bottom of the staircase. It does not mean you are at “the bottom” of anything. You are just starting where you are. Write a statement at the bottom of the page that reflects where you are. Use feeling words.

Examples: *I feel frustrated because I can't get a job I like. I feel sad because I can't find a relationship partner.*

Complete this sentence using words that describe how you feel about your present situation:

I feel \_\_\_\_\_ because/with \_\_\_\_\_.

Place this statement at the bottom of your staircase, at the bottom of your page.

2) Now place a statement at the top of the staircase that reflects how you want to feel and think about the situation. Let go of where you are, and think about where you want to be. How will it feel when you achieve what you want? How do you desire to feel and think about this topic?

Example 1: *I feel happy because there is an abundance of great jobs available to me. I feel empowered knowing I am becoming aligned with the perfect, well-paying job. I feel exhilarated knowing there are lots of jobs out there that are just what I want.*

Example 2: *I feel so much in love with my wonderful relationship partner. I am excited knowing that our paths are crossing, leading to the perfect relationship for us. I feel thrilled because I know that partner is happy about finding me, too.*

Now complete this sentence using these (or similar) words about how you WANT to feel about your present situation.

I feel \_\_\_\_\_ because/with \_\_\_\_\_.

Place this statement at the top of your staircase, at the top of your page. This is what you are moving up the staircase towards.

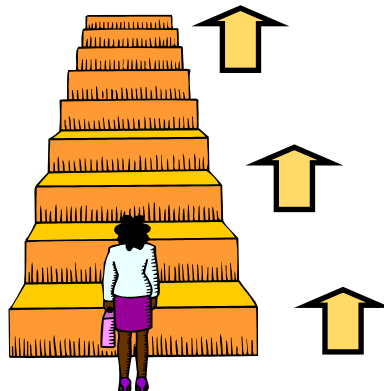
This is how you want to feel and think.

I feel \_\_\_\_\_ because/with \_\_\_\_\_.

3) Now, beginning at the bottom of the stairs, make a statement that feels slightly better than the one at the very bottom. Reach for a thought that feels a little better to you, that brings relief. Write it on the next step higher.

4) Continue to climb up the steps, thought by thought. Write a new, better-feeling thought on each step. If you need to add steps/pages to your staircase, do it! You will know when you have reached the top of the staircase for today because you will feel much better!

Where I want to climb to



The feeling/thought where I am starting

*\*Write thoughts that feel true to you, that you believe. The stronger the feelings as you write, the more you are shifting the energy upward.  
\*Put a different thought on each step, then reach a little higher for the next thought/step.  
\*You should find yourself feeling better as you move up the staircase.*

I feel \_\_\_\_\_ because/with \_\_\_\_\_.