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Age: 46

Concern(s)/Intentions at Intake: feelings of being unworthy; low self-esteem; indecisive; low back pain; tingling sensation in left shoulder



Session Date: x-x-xxxx

Concern(s)/ Intention(s): Release belief system associated with low self-worth, indecisiveness & low back pain

Recap:

- ☒ **Belief Code:** For a detailed explanation of Belief Code, click on this pdf All About Belief_Code.pdf

Type of Belief System - For an explanation of types of belief systems, click on this pdf

Types of Belief Systems.pdf

- ☒ **Basic**
- ☐ **Split**
- ☐ **Parallel**
- ☐ **Tangled**
- ☐ **Partial**

Are there any inherited components in this belief system?

- ☒ **Yes** (noted "inh" below)

- **Negative Program (NP):** conscious or semi-conscious thoughts that affect your perceptions.
- **Positive Program (PP):** replacement statements for the negative program. Not all negative programs need to be replaced by a positive program as there are times that the subconscious would like to redesign its own new reality.

- ☒ **NP1:** "I make stupid decisions"
 - ☒ **PP1:** "I learn from my choices"
- ☒ **NP2:** "I don't know how to choose" - inh from mother
 - ☒ **PP2:** "I trust in my heart to guide me."
- ☒ **NP3:** "My life is a disaster."
 - ☒ **PP3:** "My life is full."
- ☒ **NP4:** "I am not as smart as him."

- **Limiting Beliefs (LB):** these are the answers to the negative programs when you ask "Why do I have this negative program?". These are more subconscious in nature.
- **Strengthening Belief (SB):** replacement statements for the limiting belief. Not all limiting beliefs need to be replaced by a strengthening belief as there are times that the subconscious would like to redesign its own new reality.

- ☒ **LB1:** "I am too sensitive." - inh from mother
 - ☒ **SB1:** "I am so grateful I have a sensitive heart."
- ☒ **LB2:** "I don't feel valued."
- ☒ **LB3:** "I am unworthy of having wealth." - inh from father
 - ☒ **SB3:** "I am worthy of abundant blessings."

- **Faulty Core Belief (FCB):** this is the subconscious origin of your belief system which influences your view of the world. (Think of it as the "seed" that caused your belief system to grow.)
- **Empowering Core Belief (ECB):** replacement statement for the faulty core belief. It is not always necessary to replace a Faulty Core Belief with an ECB as there are times that the subconscious would like to redesign its own new reality.

- ☒ **FCB:** "Life can't be easy."
- ☒ **ECB:** "I trust in the process of life."

- **Faulty Core Identity (FCI):** this too can be the "seed" that caused your belief system to grow, however this originated in early childhood (prior to age 7 - when the rational mind is not fully developed). These beliefs were either observed, suggested, experienced, or inherited prior to age 7 and therefore they can determine your thoughts, beliefs and actions as an adult. Not all belief systems have a faulty core identity
- **Empowering Core Identity (ECI):** replacement statement for the faulty core identity. It is not always necessary to replace a Faulty Core Identity with an ECI as there are times that the subconscious would like to redesign its own new reality.

- ☒ **FCI:** "I hate it when it gets hard." (Age 6)

Associated Imbalances: (TE = trapped emotion; Abs = abs from someone else; Inh = inherited; inu=in utero; F=father; M=mother; RP=romantic partner; HWE = heart wall emotion;)

- ☒ **trapped emotion low self-esteem age 6**
- ☒ **trapped emotion discouragement age 6**
- ☒ **Physical emotional shock energy age 19** -Physical-emotional shock energy is a vibrational frequency that may become stuck in the body during an emotionally shocking event that is severe enough to exert a shock or extreme stress on the physical body.
- ☒ **Physical trauma energy age 5** - Physical trauma energy is a vibrational frequency that may become stuck in the body during an intense trauma that is physically shocking or stressful
- ☒ **3 Idea allergies** - Idea allergies are generally created when the subconscious mind makes a faulty or negative connection with a particular idea (any thought, emotion, concept, event, action, person, place or thing). This usually happens during either prolonged or sudden emotional and/or physical stress. This idea then is considered to be a problem by the subconscious, and a negative response or reaction of some kind will occur when this idea is encountered or could be encountered in the future.
 - ☒ **1) Being hurt**
 - ☒ **2) People seeing you as sensitive -inh F**
 - ☒ **3) setting/maintaining boundaries**