

Free-falling Through Post Childhood Memories

Every session begins in the EMOTION Box with the person telling about their current situation. Often what they share is their current "story" or what has recently happened in their life. Their current story is a post-childhood memory just as any other post-childhood memory. Rarely will a person successfully identify their core-belief by exploring their recent "story" or any other post-childhood memory. There are many reasons for this presented in the overall training. The focus should be on identifying and connecting with the emotion that surfaces as they tell their "story" and not on identifying core-belief. When the person exhibits emotion while telling their "Story" the facilitator should not ask questions looking for more information, but rather, only ask the two EMOTION Box questions, "What are you feeling now?" Followed by, "What comes to your mind as you focus on what you are feeling?"

If a childhood memory does not surface after asking these questions, but rather what is remembered is another post-childhood memory -like their initial "story"- then the same. "EMOTION Box" protocol and questions should be used. The three MEMORY Box questions you ask when dealing with a childhood memory should not be used here. Ask the same two EMOTION questions again in this second post-childhood memory. This will allow the person to "free-fall" through this second post-childhood memory potentially down to a childhood one. Continue this process until you either "stop free-falling" through post-childhood memories, or when a childhood memory surfaces.

If the person stops "free-falling" and remains in the post-childhood memory and no childhood memory comes to mind, then assume that you are possibly in the "MEMORY BOX" portion of the TPM process. Ask the MEMORY Box questions, "How does that make you feel?" "Why do you feel this way?" and possibly, "Why does believing "that" [the belief reported] make you feel "that" [the emotion felt]?" (Looping question). Continue asking the MEMORY Box questions until you either identify the core-belief or you begin looping in assumptions or conclusions after having asked the looping question. If this occurs then you are probably dealing with a solution that needs to be addressed. The person's solution may be them not being willing to remember an earlier childhood memory. The same as "no memory coming to mind." Apply the de-solution tool to address the potential solution. Know that there could also be other solutions in place hindering the person from moving forward.