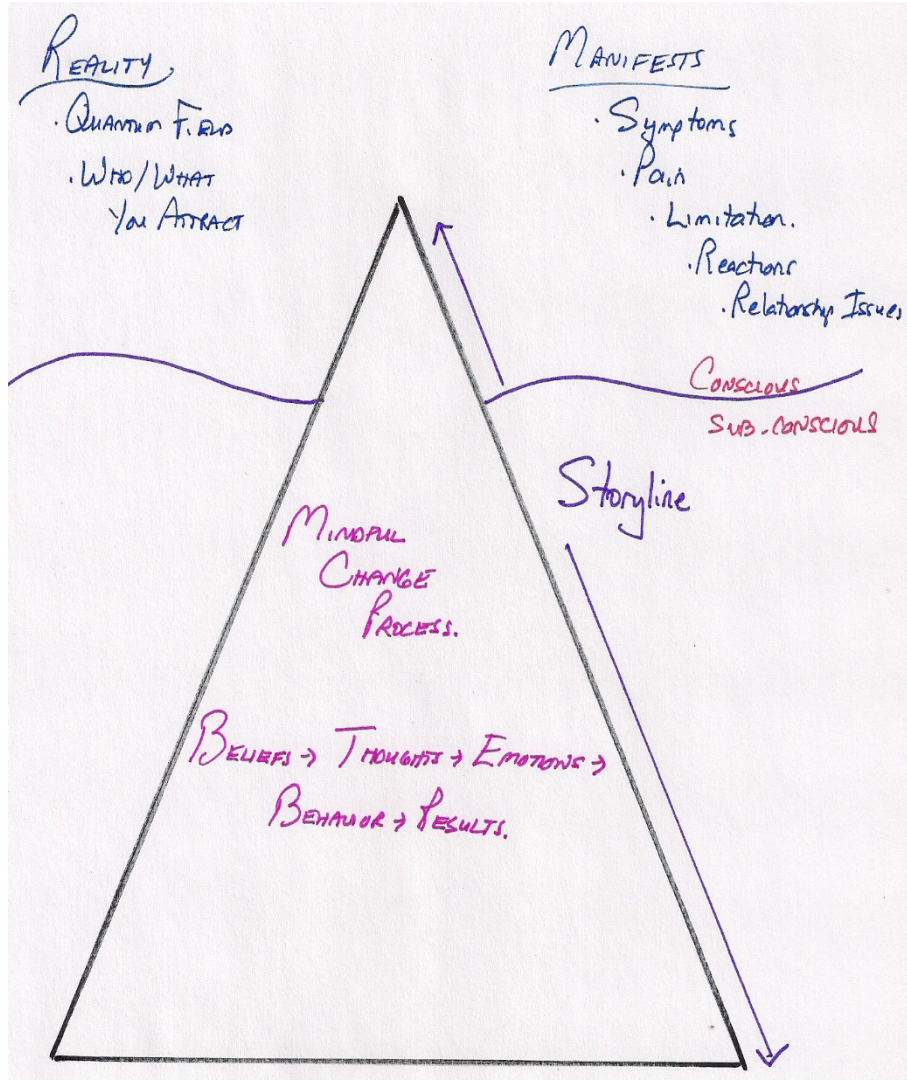
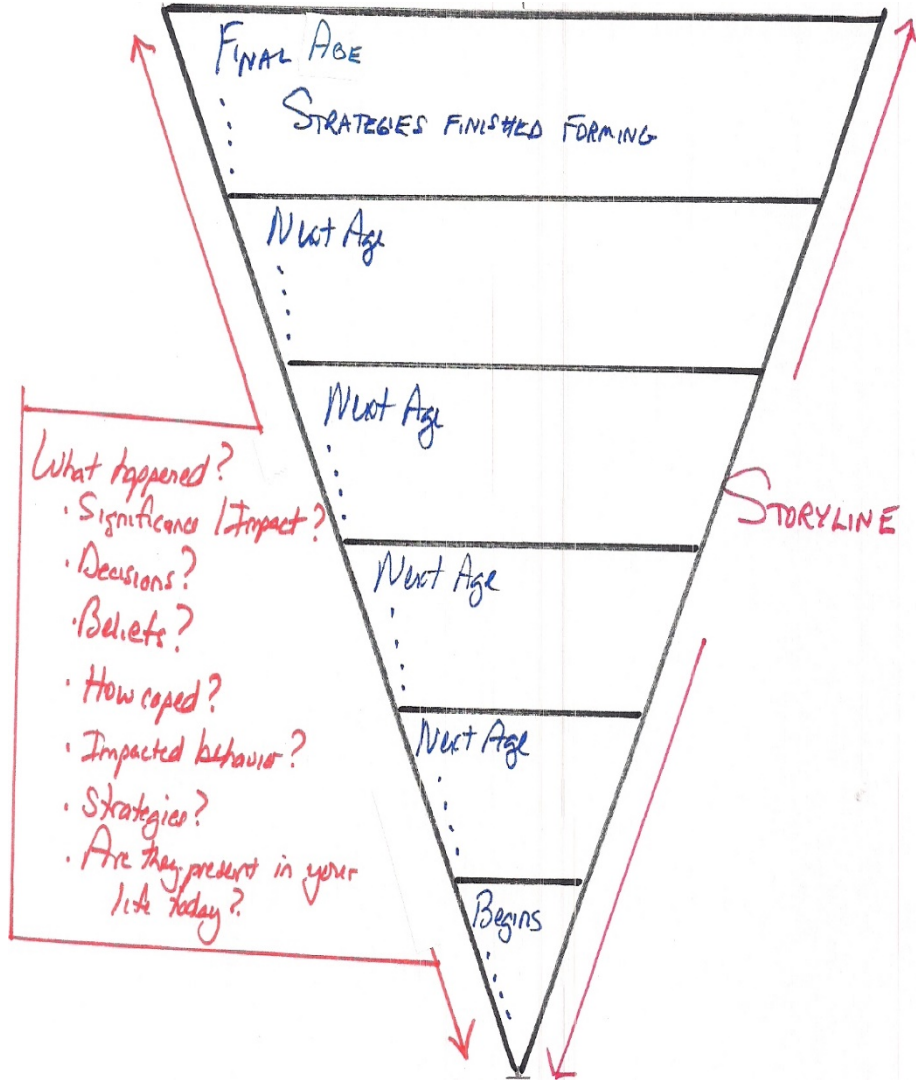


# No. 01

*Storylines / Parts*




- Your story has a conscious part as well as subconscious part.
- Your story will have things that occur in your life – symptoms, pain, limitations, reactions, relationships issues, etc.
- Stories are held in place by the beliefs that drive our thinking which results in emotion that motivates behavior and gives us results in our life.



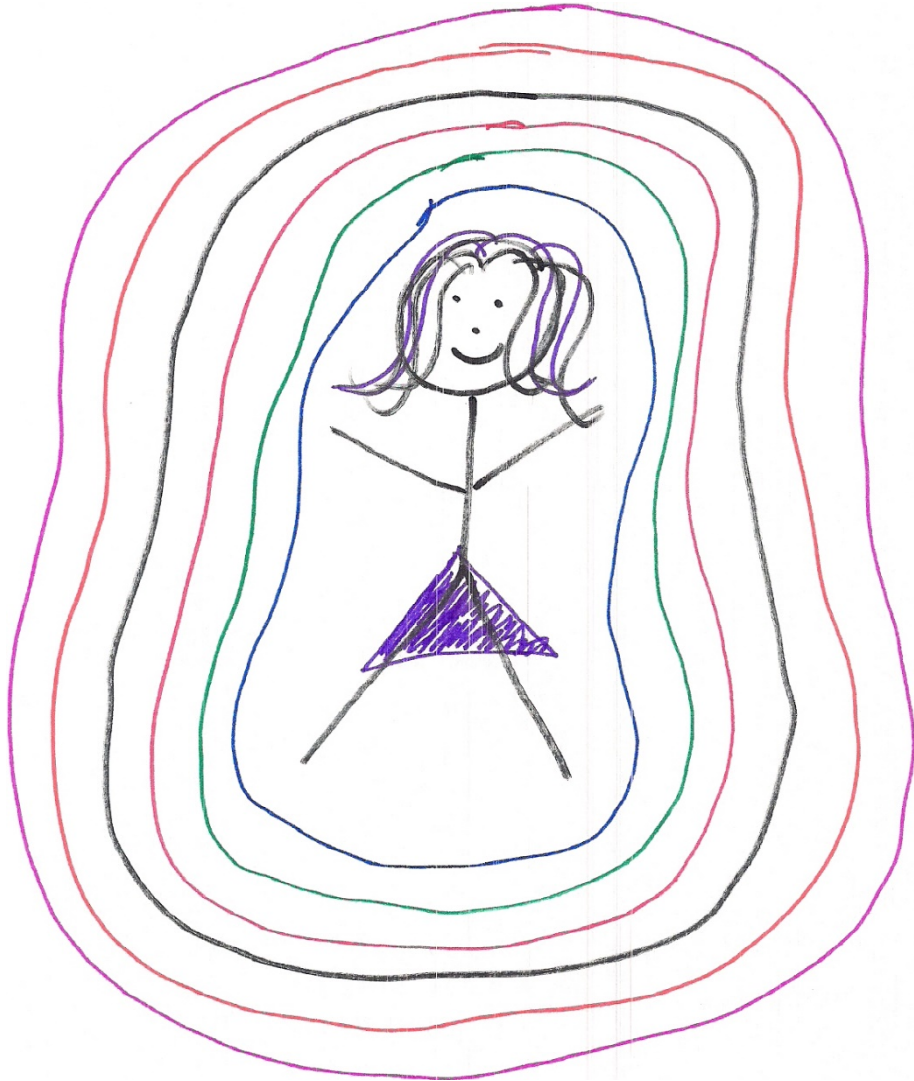
- We see PARTS as stories. Mindful Change seeks to uncover the story holding an issue in place.
- Stories contain a timeline – significant events that have shaped the MIND of the person.
- The Mindful Change questioning is designed to uncover the timeline, reveal the story and make clear the MIND that was formed.

# *Information we Gather*

- Approximate age 
  - What exactly happened
  - How did you feel?
  - How did this situation affect you?
  - If people said stuff or influenced us at that time
- Did you form any beliefs?
- Did you make any decisions?
- Did you develop any strategies to cope?
- Are any of these strategies operational in your life today?

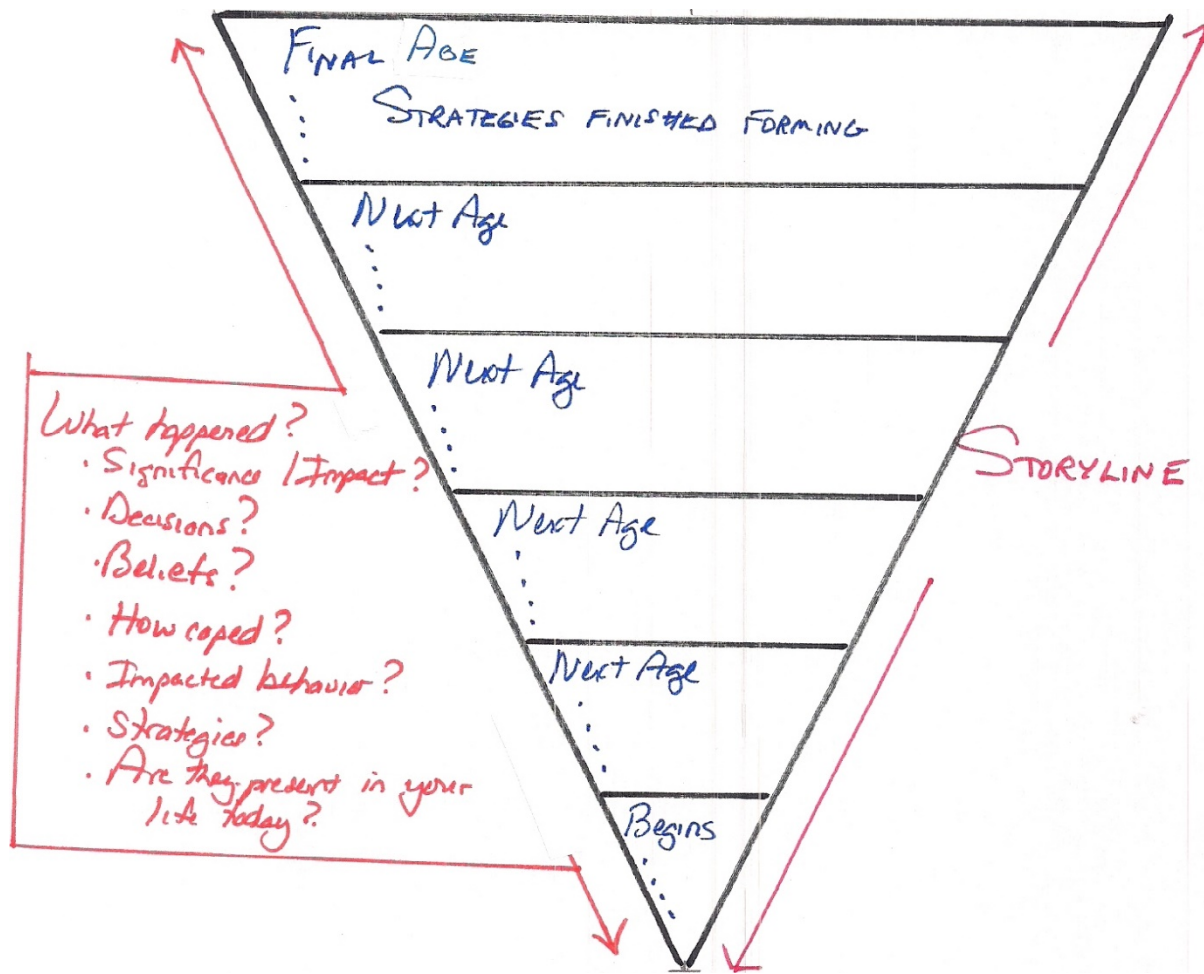
# *The Story*

- When did this feeling/issue start
  - details
- What is the next most important age
  - details
- What else happened
  - Collect details
- The story ends when new strategies stop forming
  - You begin to see a loop of the same theme in subsequent ages
  - They've moved from being children to adolescents to 20 somethings then 30 somethings, etc.



- We assume that at the foundation of every MIND is a free, unlimited version of you that got covered over by the events of your life.
- Each age or event in the timeline of your story leaves a layer of MIND behind.
- Each color in this diagram represents another age/event and how it further hides the truth of this part of you.







- The story = a framework of thought
- Like a skeleton, it is the stabilizing force around which your life will be built.
- As you pass through life's events, memories will 'stick' to this framework adding bulk and substance to these original thoughts.

