

The Four Steps to Freedom

- ✓ **Assume that the distress you are experiencing has been triggered and is related to the childhood past.**

Describe that distress (tears, hurt, anger, shame, hopelessness), and see what happens when you assume it is triggered and related to the past:

- ✓ **Connect that distress to its roots in the traumatic past by fast-forwarding through your childhood history for 20–30 seconds and noticing where the feelings and body sensations best fit.**

Describe in just 1–2 sentences where the distress fits. Try to acknowledge where it might fit rather than trying to be sure:

- ✓ **Identify the internalized old beliefs that developed as a result of that experience.**

Describe a belief or beliefs about yourself that resulted from how you were treated:

- ✓ **Find a way to challenge that old belief so that you can begin to develop new beliefs that better fit your life today.**

Describe what happens when you label the belief as old. What would you like to believe now? What would you want a child in that situation to believe?
