

# The Moore Method



Written by Pam Moore, LCSW, PIP

## The Moore Method

What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why? Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a Belief (thought) and/or a Judgment (person).

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1. What is the story behind this Belief/Judgment? (Don't edit or sort, just write)

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2. Are you sure it is true?(Yes or No)\_\_\_\_\_

3. Can you know with absolute certainty this is true? (Everyone else would agree?) \_\_\_\_\_

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional.

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5. Could you welcome this feeling in this moment? \_\_\_\_\_

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling?

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7. How do you treat others when you believe this thought and these feelings?

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8. Who would you be without the story you are telling yourself?

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9. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security)

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10. What feelings come up for you? Welcome them. Could you let them go? Will you let the feelings about belief/judgment go? If so when? \_\_\_\_\_

11. Now let's turn the thoughts around. Re-write your original belief:

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12. Turn the thoughts around:

The First Turn around is to The Self.

An example might be a judgment statement that

I am angry at Sam for smoking

A turn around to self could be I am angry at me for smoking.

And then 3 examples of how that is just as true.

(It does not matter that I do not smoke cigarettes)

1. I am SMOKING MAD at myself.

2. I am SMOKING with judgments about myself.

in my mind all day long as I am so focused on Sam's SMOKING

Second Turn around is to The Other

1. Sam is in his business of smoking and I am in his business of smoking and no one is there for me

2. I am so smoking mad at Sam I am rude to him when he does smoke

3. I try so hard to control Sam's smoking I do not have time to live my own life

The Third Turnaround is to The Opposite

Sam's smoking does not affect me.

1. I think about Sam's smoking more than he smokes so it is not him but me that is 3.1 smoke

2.. Sam smokes outside to make sure it does not bother me physically

3.. It is not Sam's smoking but my thinking that is hurting me

To the self and then come up with specific examples of how this is true

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To the other and then come up with specific examples of how this is true

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To the opposite and then come up with specific examples of how this is true

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13. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? What does holding on at this time mean for you? Could you let your story and the feelings about your belief /judgment go? If not now, would you be willing to in the future? Will you let go of the story and the feelings about this experience?

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Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?

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14. Repeat the releasing process (Inquiry 13) until you feel relief.

15. End with the Grateful Flow. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise as well as all other good things in your life.

**The Moore Method** was developed from my personal work. It is not theoretical. Instead, it is based on my experience with difficult life lessons and is the result of much time and study. As one of my teachers liked to say, "It is *kitchen tested*." It also means I am committed to **The Moore Method** as a means of doing personal work.

I came from an abusive alcoholic childhood. I was number five of six children of a very poor family. I lost two children in my 20s. I had three disastrous marriages. I had felony convictions. I had been homeless and an IV junkie. I got sober shortly after turning 30 years old. With sobriety my life changed for the better in remarkable ways. I worked hard on my issues from my childhood. I went to AA. I attended groups and went to conferences. I not only survived, I thrived. At 30 years of age, I went to college and got a master's degree in Social Work Counseling. I have been a therapist for over 25 years and believe I am a good one. I have helped many people through a variety of issues and problems.

I met my husband, Steve, during my fifth year of sobriety. He was and is a very good man. We read the book "Centering and The Art of Intimacy" by Gay and Katie Hendricks. We structured our life around their work. Our motto was Feel Your Feelings, Tell the Truth and Keep Your Agreements. We even structured our wedding vows around these three principals. We went even deeper when introduced to "Undefended Love" by Jett Psaris and Marlena Lyons. We trained under them and really believed in everything they taught. My life became good and steady. I really felt like I had gone through all the negative I was ever going to experience in my life. I helped Steve raise my stepson and then, when I was 16 years sober, we adopted our daughter from Cambodia. She was the joy of my life. Suddenly the pain of losing my two children was gone. My life was full and complete.

It all changed in 2014. I had been sober and in recovery for 27 years but, a series of personal crises ripped my world apart. I felt completely alone and was consumed with a barrage of negative emotions: anger, fear, resentment, confusion. With each crisis, my mind created a story, complete with a firm belief and solid judgments. For months, despite new information and hearing different perspectives, my mind kept repeating its original stories, making no changes to the initial beliefs or judgments. It was like a recording stuck on "repeat." Looking back, I now see those original stories contained some truth related to the respective crisis but for the most part were created around past trauma. I was not sure I was going to make it to the other side. I felt completely alone and I blamed everyone else. I really thought I might die from broken heartedness.

I knew that I had to either give up on life or find a way out of the hell my life had become. I worked hard in my own counseling. I began to study and to be open to new practices. The first relief I stumbled upon was Richard Rohr and The Welcoming Prayer. In this prayer you welcome all of your feelings. I saw that I was running away from everything I was feeling. I stopped and would "welcome" the experience no matter how painful. Desmond Tutu's book "The Forgiving Book" gave me concrete things to start doing to let go and to forgive both real and perceived hurts. Then I came across Pema Chadron and her work which again encouraged one to stay with the experience as well as to question your

thoughts. Pema shared the light of understanding that we are all neurotic and that a big part of our problem is believing our neurotic thoughts. This brought me to “The Work” by Byron Katie. The Work gives you a format on how to question your neurotic thoughts. I started learning much of what I had believed and had been so angry about was just that ... my thoughts. I started inquiring and really being open to what I was telling myself. It started changing me and my life. I had read “The Tools” by Phil Shultz and Barry Michels years before but went back to it and it helped me get clearer about how I needed to question what I was telling myself and to not just allow but embrace my experience. This led me to Thich Nhat Hanh and his book “How to Love”. Finally, I found “The Sedona Method” by Hale Dwoskin. The Sedona Method gave me a way to release the emotions that my thoughts had created. By combining all of these methods, I found relief. I also believe I found a way to help others. Each method provided me a piece of my puzzle. I slowly worked through, melded, and modified until I developed **The Moore Method**. Today my marriage is stronger, more honest and real. From the development of **The Moore Method**, it allowed me to go deeper within myself and discover parts of me that were still hidden (my shadow self). **The Moore Method** has awakened me to see my life as a continuous journey. I am never 100% done with my thoughts, feelings and judgments. However, now I have tools that help me confront and see clearly. I am more gentle with myself and more loving by using **The Moore Method**.

Although I had been meditating on a regular basis, my practice became more profound once I incorporated **The Moore Method** into the routine. With all facades removed, I saw that others were a projection of me and my fears. By using **The Moore Method** to remove the projection I have gotten to know me. My life has changed in a deeper and richer way. One that I could not have imagined. I feel more at home in my skin than I ever have in my life. I know me better than I ever have in my life. I know that I can walk through anything. I do not believe that all my problems in life are over. I believe I have a way to walk through and use my problems to meet and know Pam on a deeper and more real level with every problem that comes up. I had done good work through all those years but there were parts of myself I kept hidden, even from me: my shadow self. It contained my insecurities, pains, dysfunctions and hidden assets. Using **The Moore Method** I am now able to know myself on a deeper, more vulnerable level. It has taught me that much of my pain and anger was created by my thoughts.

Today, I see the world and myself through much gentler eyes. I am no longer afraid to feel my feelings. I can dance with happiness and mourn with grief with the same touch, by using **The Moore Method**.

I learned that my thoughts and my feelings can change quickly, depending on what I am listening to inside of myself. If they can change so rapidly, are they the best method for making life decisions? I was so confused. Through all the practices I realized that I was not a rag doll that could be blown around based on what my mind was saying or what I was feeling in that moment. The next moment might be completely the opposite. How could I be sure that both were the absolute truth in the moment? I used methods from all of the professionals I mentioned earlier but it started getting confusing. I had to put things together in a way that I could understand. I started figuring out what was the most helpful

from everyone I studied. The Work and questioning your thoughts was so helpful for me in starting to separate from my egoic mind. The Tools cemented that in for me. I realized that there was a part of my mind - all of our minds - that will talk me into wrong action, into lying, judging, criticizing, and hurting in any way possible. I learned from Pema and Thich Nhat Hanh that I must befriend this part of my mind. The more I tried to reject and run away from it the louder it became. I needed to stop and just ask it some friendly questions. I learned the main way the egoic mind gets me is through my shadow self - the parts of me that I have discarded: my shame, my fears, my traumas, and my undeveloped attributes. All available to the egoic mind to twist and distort and use against me. I had to learn to shine a light on my shadow and heal the shame that had a hold of me. I also learned there was a true self (my spiritual self) that was there also; the wise and knowing part of me. Once I started investigating the process and contents of my mind, I learned so much. I also realized that something was missing. It was the emotional part of me. Although my thoughts were healing, my spirit, my feeling part, was not. I began to use Richard Rohr's Welcoming Prayer, The Sedona Method, Pema Chodron's work, and Thich Nhat Hanh's methods to help the feeling side of me to heal also. That is when it occurred to me that forgiveness and gratitude are the glue that holds all of these together. Slowly, this is how what I later termed **The Moore Method** came into being. Something originally intended for me and my own growth.

I found so much relief for myself I wanted to share what I have learned with you. **The Moore Method** was created to help individuals become more aware of background thoughts and events that affect their behavior. It includes 15 areas of inquiry that aim to guide a person to an understanding of how and why they react to certain stimuli. If used mindfully, it can provide an individual with fresh clarity which, in turn, can bring about needed behavior change. Not only has my behavior changed but the way I view myself, others, and the world has changed as well.

**The Moore Method** is designed to help you make friends with the ego and to shine a light on your shadow side. The ego - in the way it is used in this work - is that part of us that wants to keep us separate from ourselves and others. The ego likes to point at others and blame them for how you feel, think, and judge. It uses our shadow (unknown part of ourselves) to convince us we are a victim. Once I feel like a victim, the ego wins. This is called projection.

The "shadow" contains the discarded parts of ourselves that we have both hidden from ourselves through shame and the undeveloped parts of ourselves. The more we are aware of these parts of ourselves the more we are able to also be in contact with our true selves. The part of us that knows true peace and joy. But not just the ability to know peace and joy but also the part of us that can stand in uncomfortable and difficult emotions without disconnecting from ourselves.

So often we are told we are doing it wrong if we do not feel happy all the time. With **The Moore Method** you can be present in your life no matter what is happening with you in the moment. Pain is going to happen in life. Suffering is optional. Joy is also going to happen in life. You can embrace all of your life.

I recommend daily meditation in addition to **The Moore Method**. I try to meditate both in the morning and in the evening. Even if you start with just 5 minutes twice a day, I encourage you to start. Meditation is not what most people have been taught. You will not have a completely blank mind. By training your mind not to grasp at thoughts, meditation will help you to not grasp onto your thoughts throughout the day. Meditation is a practice. I usually say “Hello thought.” “Goodbye thought.” It is a gentle way of letting the ego know it is not going to have complete control this day.

The 15 areas of inquiry are designed to provoke self-analysis and for them to be most effective, the participant needs to settle into an environment little distraction and few time constraints. This is a meditative practice not a test with right and wrong answers. It is an inquiry into your thoughts and feelings.

Before answering any inquiries, consider the following suggestions to create a context within which to work:

Find a private place to sit with yourself and breathe. Take your time in answering the inquiries. Be open. Your mind may try to play tricks with distractions of needing to get things done around the house and/or work. See that for what it is ... the egoic mind trying to distract. Let the egoic mind know that you are committing this time to you and will not be listening to these distractions. Use this as a meditative practice.

Remember **The Moore Method** is not a quick fix. This practice takes time to implement. I believe you can feel some relief right away but you need to know this process is a journey. As you read the instructions and the worksheet it is common to feel overwhelmed by the process. I encourage you to stick to it, the rewards are enormous and life changing.

### **Instructions for The Moore Method**

Take a few moments and pay attention to what you are feeling NOW.

**Belief/Judgment** Think of an experience you had that pains you and that you had judgments about at that time. Go to where it really hurts: Who did that to me? Who brought me to that? Who showed me that? To develop a judgment of another is to be as judgmental, childish, and petty as you were in that situation. Don’t try to be wiser or more spiritual or kinder than you were originally. This is a time to tantrum, to look within yourself, to look back at that specific situation and be totally honest and uncensored about why you were hurt and how you felt when the situation was occurring. Doing the method from this perspective gives us an opening to see ourselves as others do. As the old saying goes ... “If I have my finger pointed at you, there are 3 pointed back at me.” It is a way to open to the method that is safer than the belief method as we do not feel as vulnerable when we are looking outward.

If you want to do it on yourself, you can do it either as a judgment or a belief. This way of inquiring with the method has some pitfalls to which you should be mindful. This is not

meant as a way to shame yourself. This is meant to help you hold your thoughts and feelings with a lighter touch. If you find yourself shaming yourself go back and try it again as a judgment of another person.

**See Appendix A for further instructions on writing a belief.**

Now do **The Moore Method** on this belief/judgment.

Allow your feelings to express themselves as they arise, without any fear of consequences or any threat of punishment.

**Inquiry 1** is where you briefly tell the story about your belief/judgment. What happened from your perspective? What is the story behind the belief/judgment from Inquiry 1? Give as much detail as possible. Do not edit or sort, just write.

**Inquiries 2 and 3** are not meant to be shaming but more about opening ourselves to the possibility that there might be more than one way to see our belief/judgment. They are a way to ask your mind is there another way of seeing this belief/judgment?

**Inquiry 4** is about tuning into and being present with yourself in this very moment and being able to stay with it. This is the time for bravery. Really let yourself be aware of what it is you feel NOW. Close your eyes and invite yourself into your body, into this stressful situation. Let your mind drop into the specific situation then notice any physical sensations. Finish the sentence "This feeling means..."

**Inquiry 5** To welcome the feeling, feel the pain of the offense the way you first felt it or are feeling it in this moment. Feel the hurt in your body. Feel the pain, grief, and anger, but do not create the usual win/lose scenario. Identify yourself with the suffering side of life, how much it hurts to hurt. Hold this in your heart space, your body space, instead of processing it mentally, or creating a story line. After you have allowed yourself to feel the feelings it is time to tell the story of your past.

**Inquiry 6** Based on the story and the feeling, is there an older story that goes with this belief/judgment. The earliest memory you can find that matches this story / belief / judgment. I find it helpful to focus on the message and feelings not the details of the story.

**Inquiry 7** How do I treat others? Does this make me more or less honest; friendlier or less; guarded or more free, etc.? Does it affect the way I am in relationship with other people?

**Inquiry 8** The first step in healing is to ask who would you be without this story? Would you be happier, sadder, more or less confident, etc.? Imagine yourself without your story and who you would be.

**Inquiry 9** You want to go back to the body and pay attention to your experience in the present day moment. Pay attention to your feelings and answer "What do I get out of



staying in resistance?" Write it down. There are three payoffs to pay close attention to and they are the need for approval, control and security. Am I trying to hold onto any of these?

**Inquiry 10** Could you let your story go? Pay close attention to your experience. Let yourself feel all the feelings you have associated with this story of your belief/judgment. Then you want to ask yourself "Could I let this go?" Be truthful, sometimes we can let go. Sometimes we cannot. If not, are you open to letting go in the future? If you can say yes, I can let this go. Am I willing to let it go? If so when? Even if your answer is no, a crack is opened for the future just for being willing to ask yourself the inquiry. Pay attention to yourself and make sure you are honest with yourself. There is not a right or wrong answer.

**See Appendix B for ways to let go.**

**Inquiry 11** Simply rewrite your original belief/judgment from the beginning of the worksheet.

**Inquiry 12** Turn your thoughts arounds. This is important to be able to help with letting go. When we are stuck in our belief about being a victim of ourselves, others, or the world we have to - as Byron Katie says - "turn it around." Not every belief will utilize all three turn arounds but see if any can. Be figurative and not literal in your turn arounds. So really think outside of the box.

**See Appendix C for an example of turn arounds.**

**Inquiry 13** We go back to our body and pay attention for any **residual feelings** associated with our belief / judgment. We take notice of them. Again we ask ourselves; do I have any resistance? Write it down. There are three payoffs to pay close attention to and they are the need for approval, control and security. Am I trying to hold onto one of these needs/wants? How does my belief/judgment affect my need/want for approval, control or security?

Then we work on the letting go process. Following are some way to let go.

If I can let it go, am I willing to? And when? Does this affect my need/want for approval, control or security? Can I let go of this need/want? Am I willing to let go of this need/want? When?

Repeat this process until you address your experience/feelings and you feel clear. I have found that it usually takes at least three rounds. The first one for resistance and then at least two more rounds of letting myself feel and then release with the could, would and when inquiries. Sometimes it takes more than three. Do not rush this step.

**See Appendix D on steps for forgiving.**

**Inquiry 14** is simply instructing you to redo Inquiry 13 until you feel clear with your feelings

**Inquiry 15** is **The Grateful Flow** from “The Tools.” This is a way to end this exercise with gratitude.

**See Appendix E on How to start a Grateful Flow.**

**See Appendix F for a copy of The Moore Method Worksheet**

## **Appendix A How to Write a Belief**

To help with discovery and understanding of a self-belief write on a separate piece of paper about the following inquiries:

What’s my mind’s favorite thing to beat me with?

When was the last time I had that belief/judgment?

What was I afraid of not getting or afraid of losing?

What could possibly be worth getting, to do a full on assault to myself?

Who needs me to be... \_\_\_\_\_?

What’s not ok with... \_\_\_\_\_?

Where’s the problem with/when...?

Who would agree with me / who taught me in the first place what?

For the final statement on your belief/judgment and feeling sheet for The Moore Method

Go to where it really hurts who did that to me, who brought me to that, who showed you that \_\_\_\_\_?

And this means \_\_\_\_\_ ? (adapted from The Work)

## **Appendix B How to Let Go**

There are several ways to **LET GO**:

1. For a minor irritation it is just a decision to **let it go**. Sometimes just acknowledging something is all we need to do to **let it go**.

2.

2. **Welcome It** This is sometimes referred as the Welcoming Prayer. With this one you intentionally do not resist the thoughts and feelings that are coming up and they will naturally dissolve on their own.

3. **Make It Bigger** With this letting go you consciously focus on the experience and try to intensify it. You let yourself be completely taken over by the emotions. With this one the story is to be avoided and you focus on the feelings that come up.

4. **Whole Releasing** This based on the fact that everything happens in duality. You cannot have good without bad, right without wrong, deep without shallow. We usually try to believe it is one way or the other with this method we let ourselves feel both sides of opposite feelings and thoughts Be sure you take time with both sides. If you do not feel a

release after 10 times back and forth go back and see if something else has come to the surface.

**5. Triple Welcoming** with this release we welcome all aspects of the issue, the resistance and wanting to change it, our judgments about it, our feelings about it, our wanting to figure it out and any other related thoughts and feelings. We let all of this come together and then welcome our attachment or aversion to the issue. With this last release we start to see that it is the attachment to the energy that is keeping us stuck. We can see that it is just energy not who we are and that it is the identification with the issue that is keeping us stuck. Another way of doing the last **Letting Go** is called "**Bring It On**" From the Tools Lean forward on the edge of your chair; Scream to yourself "*I am an animal.*" Tell yourself Bring on the pain! I love pain! Pain sets me free! Then imagine jumping through a cloud of pain and to the other side. If you can, allow yourself forgive yourself or the person of your judgment. (Letting Go techniques came from The Sedona Method)

## **Appendix C How To Do a Turn Around**

**This is an example of turn arounds on the judgement**  
**I am angry at Sam for smoking.**

It is designed to inquire into the validity of my thoughts. Am I am judging others for doing what I am doing to myself.

**The First Turnaround**  
**I am angry at me for smoking.**

**My examples of how this turnaround is true are:**

1. I am SMOKING MAD at myself.
2. I am SMOKING with judgments about myself.
3. I smoke in my mind all day long as I am so focused on Sam's SMOKING

**The Second Turnaround is to The Other**  
**I smoke at Sam**

**My examples of how this turnaround is true are:**

1. Sam is in his business of smoking and I am in his business of smoking and no one is there for me
2. I am so smoking mad at Sam I am rude to him when he does smoke
3. I try so hard to control Sam's smoking I do not have time to live my own life

**The Third Turnaround is to The Opposite**  
**Sam's smoking does not affect me.**

**My examples of how this turnaround is true are:**

1. It is not Sam's smoking but my thinking that is hurting me.

2. I think about Sam's smoking more than he smokes so it is not him but me that is upsetting me.
3. Sam smokes outside to make sure it does not bother me physically.

On the opposite it could be that the belief/judgment I have is not effecting me but my thinking about it does or we could do the revers of the original statement such as Jean betrayed me becomes Jean did not betray me and then the 3 ways that is just as true.

## **Appendix D Steps on Forgiving**

According to Desmond Tutu there are 4 steps to forgiving: Telling the Story, Naming the Hurt, Granting Forgiveness, and then Renewing or Releasing the Relationship – Forgiveness is a decision to let the pain go, so I do not have to suffer and you are free.

## **Appendix E How To Start a Grateful Flow**

- 1, Silently state to yourself specific things you are grateful for, particularly things you normally take for granted. Do not use the same things, think of new items each time you use this tool. You should feel a slight strain from having to come up with new items.
2. After about 30 seconds stop thinking and start focusing on the physical sensation. You should feel it coming directly from your heart.
3. Connect with "The Source" which is within you. The Source is always there for you. Ego does not want you to know The Source is there. As this energy emanates from your chest will soften and open. In this state you will be filled with the power of infinite giving the source.

## **Appendix F**

What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why? Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a **Belief** (thought) and/or a **Judgment** (person).

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16. What is the story behind this **Belief/Judgment**? (Don't edit or sort, just write)

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17. Are you sure it is true?(Yes or No)\_\_\_\_\_

18. Can you know with absolute certainty this is true? (Everyone else would agree?) \_\_\_\_\_

19. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional.

20. Could you welcome this feeling in this moment?

21. Think back in time. Is there an even older story that goes with this belief/judgment or feeling?

22. How do you treat others when you believe this thought and these feelings?

23. Who would you be without the story you are telling yourself?

24. What does holding on at this time mean for you? What would you lose?

25. What feelings come up for you? Welcome them. Could you let them go? Will you let the story and the feelings about belief/judgment go? If so when?

26. Now let's turn the thoughts around. Re-write your original belief:

27. Turn the thoughts around:

To the self and then come up with specific examples of how this is true

To the other and then come up with specific examples of how this is true

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To the opposite and then come up with specific examples of how this is true

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28. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? What does holding on at this time mean for you? Could you let your story and the feelings about your belief /judgment go? If not now, would you be willing to in the future? Will you let go of the story and the feelings about this experience?

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Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?

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29. Repeat the releasing process (Inquiry 13) until you feel relief.
30. End with the Grateful Flow. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise as well as all other good things in your life.

## **Books that Inspired me and that helped me form The Moore Method**

Pema Chondron	The Places That Scare You Comfortable With Uncertainty Living Beautifully Practicing Peace
Hale Dwoskin	The Sedona Method
Thich Nhat Hanh	How To Love Fear The Heart of Buddha

	Taming The Tiger Within
Byron Katie	Loving What Is A Thousand Names for Joy Who Would You Be Without That Thought Question Your Thinking, Change The World
Gay and Katie Hendricks	Centering and the Art of Intimacy
Barry Michels/ Phil Stutz	The Tools
Jett Psaris/ Marlena Lyons	Undefended Love
Richard Rohr	Falling Upward Falling Upward Journal Breathing Underwater Breathing Underwater Journal
Eckhart Tolle	New Earth: Awakening to Your Life's Purpose
Desmond Tutu	The Book of Forgiving