

# How to Complete The Method Guide



Take a few moments and pay attention to what you are feeling right now, in this moment.

**Belief/Judgment** Think of an experience you have or had that pains you and that you have judgments about. 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. It is a way to use your projections to help you.

If you want to do it on yourself, you can do it either as a judgment or a belief. This way of unhooking 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 that you are shaming yourself go back and try it again as a judgment of another person.

The Method will be done on this belief/judgment.

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

## How to Write a Belief

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

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

- 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 Method guide:

Go to where it really hurts who did that to me, who brought me to that, who showed you that \_\_\_\_\_? (Sometimes without this next question I will stay stuck) And this means \_\_\_\_\_?

**Unhooking step 1: What is the story behind this belief/judgment? (Don't edit or sort, just write.)**

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

**Unhooking steps 2 and 3: Are you sure it is true? (Yes or No)  
Can you know with absolute certainty this is true? (Everyone would agree?)**

These two steps 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?" It is the first crack into what the egoic mind is telling you.

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

This step is about tuning into and being present with yourself in this very moment. What do I feel in this moment? This is a time you are going to start standing with your feelings around the belief/judgment. This is the time for courage. 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 egoic mind drop into the specific situation then notice any physical sensations. Notice as much detail as possible on both the physical and emotional aspects of what you are experiencing.

**Unhooking step 5: Could you welcome this feeling in this moment?**

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. Welcome and allow the feelings in you that is associated with the belief/judgment.

**Unhooking step 6: Think back in time. Is there as even older story that goes with this belief/judgment or feeling?**

After you have allowed yourself to feel the feelings, it is time to tell the story of your past. 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 / feeling is what you want to open up to. I find it helpful to focus on the message and feelings not the details of the story. I have found that even when I start out vague I can attach to an early story or belief that opens me up to even deeper healing.

**Unhooking step 7: How do you treat others when you believe this story?**

How do I treat others? Does this make me more or less honest; friendlier or less; guarded or more free? Does it affect the way I am in relationship with other people? Do I treat them more as an object to resist?

**Unhooking step 8: Who would you be without the story you are telling yourself?**

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. (examples: open, free, kinder, caring, loving)

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

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 one of these needs/wants?

**Unhooking step 10: What feelings come up for you? Welcome them.**

Pay attention again to your feelings and welcome them. Have they changed from doing this process thus far? There is not a right or wrong answer. Welcome your feelings again. Take your time and pay attention to your body sensations.

**Unhooking step 11: Now let's unhook from the belief/judgment. Re-write your original thought.**

As you have done the first part of the sheet you might realize you have a modification of your belief/judgment you want to finish the work on. If so, write the new belief/judgment. If not rewrite your original belief/judgment from the beginning of the guide.

**Unhooking step 12: Unhook from the thoughts:**

**On the Judgment of the self think how you judge yourself the same way. *For self belief what is your payoff for staying attached to this belief? (Approval, Control or Security)***

**On Judgment to the others how have you done/judged the same to them? *When doing self belief how do I judge others for the same belief as I?***

**Opposite of Belief/Judgment: How is the opposite of my statement just as true for me? Come up with specific examples of how the opposite is just as true**

This step is where you actually cognitively unhook your thoughts. 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 Pema Chodron talks about loosening the hold of the shenpa (attachment to thought).” Not every belief will utilize all three unhooks but see if any can. Be figurative and not literal in your unhooks. So really think outside of the box. You want to see if there are other ways of looking at this issue that might be just as true. I usually start separating myself from my thoughts at this point and recognizing that “My ego tells me....” When doing a self belief or judgment you want to ask “What is my payoff for staying attached to this belief?”

**How to Write an Unhook from Thoughts**

**Judgment Unhooks**

I am angry at Sam for smoking.

The First Unhook is Judgment of the Self.

It is how I am judging others for doing what I am doing to myself.

An unhook to self could be

I am angry at me for smoking.

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

The Second Unhook is to The Other

I smoke at Sam

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

The Third Unhook is Opposite of Belief/Judgment

Sam's smoking does not hurt me.

1. It is not Sam's smoking but my thinking about his smoking that is hurting me.
2. I am thinking about Sam's smoking more than he smokes. It is me that is upsetting me.
3. Sam smokes outside so it does not bother me physically.

Another way to do the 3<sup>rd</sup> unhook is to change it to the complete opposite

Sam's smoking helps me.

1. Sam's smoking has made me appreciate my health more.
2. I have taught myself a great deal about smoking and the body.
3. I am more conscious of other smells now, which has helped me be more aware and clean my house more often.

## **Self Unhooks**

See chapter 7 on doing the method on the self for an example of unhooks to self. For self unhooks start with "What is my payoff for staying attached to this belief/judgment of myself. The second unhook is how to I judge others for the same belief. The third unhook is the opposite of the belief/judgment. Payoffs are the way I justify not changing or staying stuck. I use payoffs as my excuse for not moving away from my beliefs and judgments. While everyone seeks approval, control and desires security what we are looking for is how I am allowing these wants to trap me in my story.

Examples of Payoffs

### ***Approval***

If I stay small, I will be loved.

If I do not challenge anyone I will be loved

If I do it for you I will be loved

If I am responsible for it, you will still love me and I can still love you.

If I take the blame you will love me.

If I never show you my insecurities, I will be loved

### **Control**

If I do not try I will not fail.

It is not my job.

It is my job.

If I criticize myself before you do it will not hurt.

If I handle it all myself I can control the outcome.

If I am responsible I will not hurt as much.

If it is my fault I am not vulnerable.

If it is my fault I can control what happens next.

If I take the blame, I can stay safe.

If I do not take action, I do not have to be responsible.

If I stay stuck I do not have to take action.

### **Security**

No one will criticize me if I do nothing.

If I stay armored up I will be safe.

If I do not ask for help I do not have to bear the pain of no.

If I am responsible I will be safer.

If it is my fault I am safe with you.

I am afraid to take action so I will stay stuck.

I am afraid to be vulnerable so I will be angry instead.

Example of unhooks for a self belief

Belief: I am so defensive I push people away.

Unhook 1 (what is the payoff for staying attached to this belief/judgment?)

Being defensive keeps me safe by keeping others away from me.

1. My ego uses defense as a means of pushing others away and tells me it will bring me safety (security)
2. Being defensive keeps me alone and lonely.
3. Being defensive is my ego's way of blocking my attempts at intimacy.

Unhook 2 (how do I judge others for the same belief/judgment I have of myself?)

I judge others for being defensive and believe they are pushing me away.

1. In an argument with Steve this morning my ego told me he was too defensive and not to talk with him
2. My ego tells me my mother could not take any feedback that was not positive on Monday.
3. My ego tells me the girl at the drive through window was too defensive when she could not hear my order.

Unhook 3

I am not defensive.

1. Shauna told me I was not driving well and I agreed I was not paying enough attention to the road.

2. Jackie told me I was short with her yesterday. I thought about it and could see it also.

3. Steve said I was manipulative this morning and I could see his point and agreed.

It is easy to see the unhook to the self can be difficult, so I again want to caution you to be on the look out for shame. If the work starts feeling shaming, stop and do a judgment on another person. It is easier to look out than look in. What you do not want to do is to use The Method as a means of beating yourself up.

**Unhooking step 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? Will you let go of the story and the feelings about this experience?**

**If not now, would you be willing to in the future?**

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

We go back to our body and pay attention for any residual feelings associated with our belief / judgment. We take notice of them. Could you let your story go? 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. 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?

### **How to Let Go**

There are several ways to Let Go:

1. For a minor irritation it can be just a decision to let it go. Sometimes just acknowledging something is all we need to do to let it go, but it is a conscious decision.

2. **Welcome It** This is sometimes referred to 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 technique,

the story is to be avoided and you focus on the feelings that come up. Lean forward on the edge of your chair. Tell yourself I accept pain! Pain sets me free! Then imagine embracing your pain and make the pain as big as you can. After allowing yourself to feel the pain you ask yourself “Could I let this go?” “Will I let this go?” “When?”

**4. Whole Welcoming** This is based on the fact that everything happens together. 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. So you might say to yourself “Can I welcome how special, important and meaningful this story feels in my life? Can welcome how ordinary, insignificant, and unimportant this feeling, thought or story is in my life?” You would do this back and forth until the feeling, thought or story starts losing its intensity. 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. Intense Welcoming** With this unhooking 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. Welcome the attraction/aversion, judgments, wanting to figure it out or any attachment to an 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 false “my problem” that is keeping us stuck. There are some questions we could ask ourselves. When we are telling ourselves that our story is the saddest, baddest, scariest story around, we can ask “So what?” “Does having this story really mean anything?” “Have I made myself suffer enough?” “Do I need to make myself suffer more?” If you can, allow yourself to forgive the person of your judgment or yourself.

Who do I need to forgive? (Look back over your sheet for people mentioned including yourself.) Can I forgive them now? If not now, could I reconsider in the future?

### **Steps on Forgiving**

To complete the forgiveness process, you might have to go through the steps more than once. 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.

I have to tell someone my story (The first steps in The Method). It may be a trusted friend if the party is not open or available to hear my hurt (or if they are an unsafe person to discuss the issue with) I have to acknowledge that a harm was committed or was perceived as being committed (Welcoming and unhooking from the emotions). I unhook from the story by doing my unhooks around the self, the other and for the opposite. I unhook from my approval,

control and security wants on this story, I then can grant forgiveness. This does not mean it will never hurt again or I will not have to do more work on the issue. It means I am consciously letting go of the issue at this time. The last step is either renewing the relationship or releasing the person. I do not have to hold onto a person because I forgive them. If they still might be a person I want or need in my life, it means I am not going to hold onto the resentment. If it is a person I love and want to be in relationship with, it means I am renewing our relationship and releasing the hurt.

The following is a Buddhist Prayer of Forgiveness that is a very beautiful way of forgiving

If I have harmed anyone in any way, either knowing or unknowing through my own confusions, I ask for their forgiveness.  
If anyone has harmed me in any way, either knowing or unknowingly through their own confusions, I forgive them.  
And if there is a situation I am not yet ready to forgive, I forgive myself for that.  
For all the ways that I harm myself, negate, belittle myself, judge or be unkind to myself, through my own confusions, I forgive myself.

**Unhooking step 14: Repeat the releasing process (Unhooking 13) until you feel relief. Usually 3 times, the story then the resistance to letting go of the story and then the residual feelings, belief/judgment.**

This step is simply instructing you to redo Unhook 13 until you feel clear with your feelings. Repeat this process until you address your experience/feelings. **I have found that it usually takes at least three rounds. The first one for the story then the resistance to the story and then at least another round of letting myself feel and then release with the could, would and when unhooks. Sometimes it takes more than three. Do not rush this step.**

**Unhooking step 15: End with gratitude. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise.**

This step is to recognize 5 ways you can be grateful for this belief/judgment.” This is a way to end this exercise with gratitude. It is about changing the way we perceive what we walk through in life and how we perceive it.

### **How to be Grateful**

Silently state to yourself specific things you are grateful for, particularly around this belief/judgment. Is there something of value I have learned about myself or another person. How have I changed my perspective? What can I see I could not see before? How have I been changed for the better? Write down at least five (5) ways you have gratitude for this situation.

After you come up with at least 5 examples, stop thinking and start focusing on the physical sensation. You should feel it coming directly from your heart.

Connect with the energy of gratitude which is within you. The energy of gratitude is always there for you. Ego does not want you to know that energy is there. As this energy emanates, your chest will soften and open. In this state you will be filled with the power of love