



## The Method On The Go

This version is developed to memorize and use as you go throughout the day and do not have time to do the full version. It is recommended to use the full version for bigger issues and for a daily cleanse. This version is for issues that pop up throughout the day.

What is your stressful thought? What is your mind beating you up with? Who are you most upset with and why?

1. Are you sure it is true?(Yes or No)
2. Can you know with absolute certainty this is true? (Everyone else would agree?)
3. What does holding on at this time mean for you? What would you lose? (Approval, Control or Security)
4. Allow yourself to welcome any feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. 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?
5. Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?
6. End with the Grateful Flow. Allow yourself the opportunity to be grateful for your original belief. Come up with 3 reasons to be grateful for this issue in the moment.