

The Transformation of Core Beliefs 'dance floor':

Guide for facilitators

This process assumes you have already identified a core belief from previous work. A workshop or group setting is ideal, so that the subject's process may be witnessed and supported. Appoint one member of the group as scribe to make notes for the subject to keep afterwards. Ask another to keep track of the needs which come up and to place needs cards in a suitable place on the floor.

My old story

(CORE BELIEF)

Start at the bottom with the Core Belief you have previously identified. Subject states the belief out loud (once is enough!) in the form: "My story is that...". Scribe writes it down, ideally on a board for everyone to see.

Reality Check:

Is it really true?

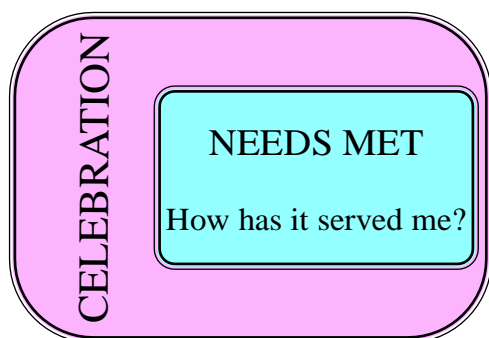
(Are you 100% sure?)

This is the first step of the Byron Katie process. Do not proceed if the subject is 100% sure that the Core Belief is true! However, I never yet met anyone who cannot be persuaded to entertain at least some doubts. Questions like "Is it always true?" and "Can you think of any situation when it was not true?" usually help here.

How do I feel / behave,
When I think that?

This card takes the subject towards emotional centre but still with some observational overview. Noticing how the belief tends to generate certain emotions in us often leads us directly into those emotions, but empathic prompting may also be needed. The ideal is to switch repeatedly between observing and feeling the emotions.

At this point the subject can choose which way to go. As with any dance floor, the facilitator should be tuned in to how the energy is moving, what is most alive or about to be ready, and guide the subject accordingly if needed. The pink circle on the map represents the feelings and the blue centre is for the 'sea



of needs'. The subject can dip back into either at any time, but the process is especially designed to elucidate the needs which have been met and left unmet by the old story. Note that the needs are nested within the feelings - keep the link close so that NVC-fluent



subjects don't just start making lists without really self-connecting.

It's essential that the two sides are included. The core belief has served a vital function which must be fully acknowledged before the inner child can consider letting go and choosing a new belief which meets all the needs at stake. Sometimes it's a case of physical survival and sometimes it's a matter of preserving the soul's truth, which can be just as important to an older soul in a child's body.

As the needs are named, an assistant can fish out the relevant cards from the pack and place them at the side or, if there is room, within the central circle. The subject will need to see these at the 'New story' stage of the process.

When you leave the mourning space, remind the subject that she can return here anytime as more grief or sadness comes up. That often happens on the next card.