



7 Questions: Modalities of Brain Integration Therapy

Where am I? observe yourself

- A. Daily stuff
- B. Short term issues
- C. Long term issues- your path

Where is it? aiming

- A. What do you know about them
- B. Be aware of buttons being pushed- what does this mean for me?
- C. Timing

What is it? focusing

- A. What is this really about?
- B. Drop judgments- be aware of tapes in head- hearing with no defense
- C. Diversion tactics

What about it? speech

- A. Disclaimers
- B. Use I Statements
- C. Be aware of blaming

What was it? visualizations

- A. That was then this is now
- B. History- Past
- C. Projections- Assumptions
- D. Forgiveness

I forgive myself- I forgive you- I give you permission to forgive me- I forgive the Universe

What Emotion? joy, sad, anger, fear

- A. Thinking or feeling
- B. Feel the feelings 100% and drop the story
- C. Identification- role

Control, Power, Manipulation

“Compelling reason will never convince blinding emotions”

Who am I? face your greatest fear, and prepare to heal!