



## Reprocess Subconscious Beliefs (RSB)

Memory Name: \_\_\_\_\_

1. Describe the memory in detail as if you are actually there and give a play by play of the event in first person: I am \_\_\_\_\_
2. Key points to the memory. What does this memory mean to you?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
3. Rate the points outlined above based on the emotional response you get by remembering the event.
4. Now list where you feel in your body the emotion for each item.
5. Review the items above and make any adjustment by adding or removing items that are either relevant or are no longer relevant.
6. Write out the top three statements as "I am" statements.
  1. I \_\_\_\_\_ which means I am \_\_\_\_\_
  2. I \_\_\_\_\_ which means I am \_\_\_\_\_
  3. I \_\_\_\_\_ which means I am \_\_\_\_\_
7. Now write out the statement you feel will support you in your life.
  1. I \_\_\_\_\_ which means I am \_\_\_\_\_
  2. I \_\_\_\_\_ which means I am \_\_\_\_\_
  3. I \_\_\_\_\_ which means I am \_\_\_\_\_

Now we will do the reprocessing work based on your answers.