

Core R&R

1. Where did the belief you keep finding originate?

2. Stop and be still and ask yourself/God, what experience in your life did you decide to believe this incorrect belief to keep yourself/others safe?

3. Why did you believe that this was the best way to handle the situation when you started to believe this?

4. Would you like to see what was really going on in this situation?
 - a. If yes, ask God to show you what everyone was really doing here and why you chose to experience this at this time in your life. What memory is tied to this belief and struggle and therefore where you started to make this judgment.
 - b. If no, prepare yourself for more of the same.

5. Take the negative feelings, beliefs and fears through R&R tying them to the experience by saying something like:
- a. "Please forgive me for believing/judging/feeling/deciding that _____ is true because of the situation with _____ at the age of _____ where I chose to believe _____ about (myself, others, life, etc).
 - b. I choose to know that I can choose to experience anything the way I want to so I choose to experience this piece of my history differently from now on. I choose to believe that _____ is true, and that I have all the power now. Instead of having to give it away to others." I choose to act and think and do _____ instead.