



Module 2: True-me® Method I: Class #4

DISCOVERING THE DEEP STRUCTURE BELIEFS OF YOUR CLIENTS

In this session, you are going to explain to your clients what a _____ is and how it shapes the _____ the customer is living.

_____ are possibly the most tangible example of how the _____ works and the _____ that prevails in anybody's life. What you clients have decided it is _____ and what is hard or _____. What is _____ and what is _____.

What is important for the client to understand is that beliefs are not always _____, nor are they always _____.

WHAT TO DO DURING YOUR SESSION WITH THE CLIENT

Ask your client to create a list with the beliefs they keep and have created _____ in their life. When they are done, ask



them to create a list with the beliefs they keep and have created _____
results in their life.

The _____ here is the client to consider his/her empowering list and
to _____ the _____ tension and the sense of
_____ that these beliefs create. When that is done, they can commit
to keep them _____, to
support themselves in the future to achieve _____.

Ask the following questions, once your clients have elicited their list:

EMPOWERING BELIEFS

- *From your list, choose which are the most _____ beliefs.*
- *How do they _____ you? How do they make your life _____?*
- *What _____ do they have on your life?*
- *What positive effects do they have on your _____ situation?*



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As a Coach, you need to give _____ to your clients to answer these questions. Remember, it can be difficult for them to _____ that their experiences are _____ from the thoughts in their minds.

DISEMPOWERING BELIEFS

1. *From your list, what are the three most _____ beliefs you have?*
2. *When did you decide to _____ these beliefs? Try to remember the _____ fact that was decisive in _____ each belief.*
3. *Who _____ to creating each of these beliefs? Was this _____ deserving to be seeing as a _____ in the field under discussion?*



4. *What are the _____ these beliefs bring into your life? Work them one by one, write your answers for each one separately.*

4.1 What will ultimately cost you _____ if you do not abandon this belief?

4.2 What will ultimately cost you in your _____ if you do not abandon this belief?

4.3 What will ultimately cost you in your _____ and _____ if you do not abandon this belief?

4.4 What will ultimately cost you in your _____ if you do not abandon this belief?

4.5 What will ultimately cost you in your _____ if you do not abandon this belief?

4.6 What will ultimately cost your _____, if you do not abandon this belief?

As with previous exercise, as soon as they have their preliminary _____, they can always keep working with the rest of their belief at their _____ time and practice how to do it when you are not around.

By asking these questions, your clients will have their _____ beliefs greatly _____. Your goal as a Coach is the clients to connect a lot of



" _____ " in keeping these beliefs as they remain, clearly, major _____ to achieving their goals. Your efforts should be for them to _____ they no longer want to keep believing the _____ thoughts, and become positive about the _____ to get rid of them.

The process of _____ disempowering belief into empowering ones is to be done in the _____ session. The reason you are _____ the session off at this point, is to give _____ to the client to realize the _____ effect that these _____ have had in their life, and come to the next session ready to replace them with _____, _____ and _____ thoughts.

THE TASK OF THE WEEK

Answer the above questions for yourself. Practice the above with a client or a colleague.