

Sentence Completions

Sentence completions will help you to elaborate on what you are already bringing forward so that you can surface your invisible negative beliefs to the concrete and keep them surfaced so you can dis-create (stop creating) them.

Benefit: Stop your pattern of attracting what you don't want. You need to be aware of your unconscious, negative beliefs before effective change can occur. Once you train yourself to feel or hear your negative programs surface you'll be able to consciously dis-create them. (dis-create = stop-creating).

1. Begin by creating a sentence stem using the word because, then turn it around.
Example: I feel _____ [fill in the blank] **because**. You cannot create a “wrong” sentence stem.
2. Repeat the same sentence stem 5 – 8 times. Example: I feel sad because he didn't call me back. I feel **sad** because I'm home alone. I feel sad because I'm still single. I feel sad because no one loves me. I feel sad because I don't feel lovable.
3. Surface at least 6-8 different answers as quickly as possible.
4. When you surface a revelation expand it with a deeper sentence completion. Go with the flow, allowing your soul to guide you through this experience. If the same answering is surfacing for you, offer another sentence stem by turning it around.
5. **Turn the deepest revelation** around to see how this belief has perpetuated in your life by using “because” at the beginning of the sentence stem. **Because I _____ [fill in the blank]**
 - a. Example: **Because I don't feel lovable I don't leave my house. Because I don't leave my house I sit on the couch. Because I sit on my couch I eat ice cream. Because I eat ice cream I gain weight. Because I gain weight I don't feel loveable.**
6. Answer the following questions: “What I just learned...” And “This new knowledge can help me to...”

What I resist persists!