

RELEASING QUESTIONS

Choose an incident from your past about which you still have some feelings.

Ask: **What is your now feeling about the incident?**

(you answer)

Does that bring up a Wanting Approval? A Wanting Control? or a Wanting to be safe or secure?

(you answer)

Can you let it go?

(you answer)

Would you let it go?

(you answer)

When?

(you answer)

Now: ***Focus on the situation again and notice how you feel.***

Is there more of that feeling left, or is there a different feeling?

(you answer)

Could you let it go?

(you answer)

Would you let it go?

(you answer)

When?

(you answer)

Continue the process:

Could you? — Would you? — When?

Continue the process until you are completely calm about the incident.