

LOSS TRAUMA

I. MAJOR NEGATIVE EMOTIONS

- A. *Initial Shock/Fear*
- B. *Anger/Rage*
- C. *Sadness/Sorrow*
- D. *Hurt/Pain*

II. LIMITING (CORE) BELIEFS

- A. Responsibility (*guilt/shame/blame*)
 - 1. It's my fault because ____.
 - 2. It's other people's fault because ____.
 - 3. Disconnection from God. It's God's fault because ____.
- B. Anxiety about who will take care of me?
- C. People leave me. I can't trust them.
- D. I am powerless or helpless/I have no control.
- E. I am bad/unlovable/unwanted/undeserving-unworthy.

III. FEELING OF EMPTINESS (also known as loss or grief)

IV. ANTICIPATORY PHOBIAS

V. OPTIONAL

- A. *Bitterness/hate*
- B. Other negative emotions
- C. Parts that feel "I'm already dead"
- D. Other limiting beliefs
- E. Irrational thoughts
- F. Limiting decisions
- G. Limiting identities
- H. External messages
- I. Amend making or forgiveness?
- J. ROOT CAUSE: Was there an earlier trauma, grudge, or underlying belief that predisposed you or set you up to incur this trauma?

VIOLENCE TRAUMA

I. MAJOR NEGATIVE EMOTIONS

- A. *Initial Shock/Fear*
- B. *Anger/Rage*
- C. *Sadness/Sorrow*
- D. *Hurt/Pain*

II. LIMITING (CORE) BELIEFS

- A. Responsibility (*guilt/shame/blame*)
 - 1. It's my fault because ____.
 - 2. It's other people's fault because ____.
 - 3. Disconnection from God. It's God's fault because ____.
- B. Safety issues
 - 1. My boundaries have been violated or breached.
 - 2. I don't feel safe. I feel vulnerable.
 - 3. I am a victim. I am a target.
 - 4. People/men/women are dangerous and/or crazy.
 - 5. I don't trust anyone.
 - 6. I can't receive from anyone.
- C. Power and control issues
 - 1. I am powerless/helpless. I have no control.
 - 2. Power is bad.
 - 3. I am afraid of power (mine and or other people's).
- D. I am bad/unlovable/unwanted/undeserving-unworthy.

III. FEELING OF POLLUTION

IV. ANTICIPATORY PHOBIAS

V. OPTIONAL

- A. *Bitterness/hate*
- B. Other negative emotions
- C. Parts that feel "I'm already dead"
- D. Other limiting beliefs
- E. Irrational thoughts
- F. Limiting decisions
- G. Limiting identities
- H. External messages
- I. Amend making/forgiveness

J. ROOT CAUSE: The setup

Choose a trauma that you would like to clear. Decide which outline, Loss or Violence, best describes this trauma. Muscle test each line of the appropriate outline and ask if you have unbalanced (i.e. exaggerated, irrational levels) of negative emotion on that line. If so, focus on that feeling or belief, locate it in your body, and treat it with the Natural Bio-Destressing technique.