Instructions: The Six-Step Reframe

Download the audio and script at www.kevinbillett.org/book-bonus

**Intention:**
That you communicate with your unconscious mind and get its cooperation to change a specific unhealthy pattern, habit or behavior

**Time:**
20 to 25 minutes

**Emotional level:**
Non-emotional

**What you need:**
Quiet space

**At the end:**
Break of 5 minutes or so

The following process is called a Six-Step reframe. It was originally developed in the field of Neuro-Linguistic Programming and is borrowed and adapted here for our specific purposes.

The Six-Step Reframe is based on the premise that there is a deep part of ourselves that automatically drives habitual behaviors or patterns, and that this part really intends us to benefit in some way (like keeping us safe or protecting us emotionally) when it does so - even when the behavior or pattern becomes unhealthy or detrimental. The process aims to empower that other-than-conscious part to make healthier choices and to find and automatically manifest more supportive patterns while maintaining the same benefits, or even creating better benefits for us. It is an elegantly effective intervention that is non-emotional.

Although it can be effective at any time, I would recommend that you undergo the previous Journeywork first and to do this process afterwards. Then you are more likely to get maximum benefit from the Six-Step Reframe. Please read at a normal conversational pace.
**Beginning the Six-Step Reframe**

Ask your partner to name the behavior or pattern associated with depression that they wish to change: this could be a specific behavior, habit or pattern, or it could be the whole pattern of depression itself. Then simply read this script out to you while they close their eyes, relax and allow the process to be effortless, easy and comforting. Your partner can rest in the knowledge know that a deep part of them, their other-than-conscious, will be doing all the work, so they can just sit and be still. They may not feel anything as the process progresses, or may simply find that they are quiet and meditative; either way is fine. Your partner will not be required to speak, because you will be speaking to an other-than-conscious part in them, not directly to them.

During the section where you ask the other-than-conscious part to give you a signal, if you do not see that signal just ask for it to be turned up, made more visible. If you still don’t see the signal just thank the part and move on, it is not absolutely necessary to see it for the process to work perfectly.

Read the script at a moderate conversational pace, with very short pauses where you see “….” You can use a substitute name for the other-than-conscious part if your partner prefers.
Exercise 11: The Six-Step Reframe

Note: Ask partner to name the pattern, habit of behavior they wish to change - this could be the pattern of depression itself or an associated habit. Read at a moderate conversational pace. Remember you are speaking to the ‘part’ responsible for generating the behavior or pattern and not directly to your partner.

I’d like to speak to the part responsible for generating this _______. [Behavior, pattern, habit, etc.] And, as I don’t know the name of this part, I’m going to call it the Guardian Part... unless there’s another name you’d prefer... [Let give alternative if preferred]... because I know that there is a way in which this part has been protecting and taking care of _______ [Partner’s first name] in the past... And the first thing I’d like to do is to thank the Guardian Part for all it has done to be a good guardian to _______ [Name] for a long time... maybe for many years... And I’d like to reassure this Guardian Part that everything I am about to say and do will be in full support of its job of making sure that _______ [Partner’s name] gets the emotional benefits it is committed to getting... everything I do will only support the Guardian Part in providing these, and maybe even greater, benefits...

And so, I’d like to ask the Guardian Part if it would be willing to signal me if I am in contact with it... and this signal could be a skin-color change, or a finger twitch, or a micro-muscle movement, or a noticeable change in breathing... in fact it can be any visible signal the Guardian Part feels appropriate... and _______ [Name] can just continue to relax more deeply while this happens... Good... And I’d be grateful if the Guardian Part could just intensify the signal a little... Great. Thank you.

Note: It is helpful, but not necessary, that the signal is made. If you don’t see it after asking that it be turned up, simply thank the part and move on regardless.

And now I’d like to ask the Guardian Part if it would be willing to communicate to _______ [Name’s] conscious mind the emotional benefits that the behavior has been providing... and I’d like to reassure the Guardian Part that I will respect its desire for privacy if it feels that the conscious mind is not yet ready to receive that information... and if it is ready to communicate the benefits to the conscious mind, I’d like to ask the Guardian Part to give me a ‘yes’ signal, and to allow the communication to take place... Great...

Now, I’d like to ask the Guardian Part to go to the infinitely wise and all-creative part... to the higher self or the God-self or Source, and ask that infinitely wise and all-creative self to generate hundreds of healthy, alternative behaviors... wonderful... and next,
for the Guardian Part to choose from these **hundreds of alternative behaviors** at least **three alternative supportive behaviors** that are as immediate and effective at getting the same or even better benefits... choose at least **three alternative healthy behaviors** that will as immediately and effectively provide the same or better benefits... Good.

And I’d like to ask the Guardian Part to give a clear signal when the choices have been made... Great!

Now, I’d like to ask if there are any other parts that might object to these three alternative behaviors... and if there are any objections to signal clearly now... Great... Thank you...

Note: It is helpful, but not necessary, that the signal is made. If do not see the signal just carry on normally with the process.

So I’d like to ask the Guardian Part to join with these objecting parts and together to form a Team Guardian... and for this Team Guardian to go back to the **infinitely wise and all-creative part**... to the **higher self** or the **divine self** or **Source**, and to ask that infinitely wise and all-creative self to generate **hundreds more alternative healthy behaviors**... That’s it... And for Team Guardian to select at least **three alternative supportive behaviors** that provide as immediate and effective benefits as the old behavior... perhaps far more and far better benefits... Great... And for Team Guardian to signal clearly when the choices have been made... Wonderful...

And, once again, I’d like to ask if there are any other parts that might object to these three alternative behaviors... and these may be shy or hidden parts... they may be parts stuck in dark places or in the corners... And so, I’d like to welcome forward all remaining objecting parts now... Great ... Thank you...

Now I’d like to ask all these remaining objecting parts to join with Team Guardian and form a Total Team Guardian... and for this Total Team Guardian to go back to the **infinitely wise and all-creative part**... to the **higher self** or **divine self** or **Source**, and to ask that infinitely wise and creative self to generate **hundreds more alternative healthy behaviors**... Great... That’s it... And for Total Team Guardian to select at least **three alternative supportive behaviors** that provide as immediate and effective benefits as the old behavior... perhaps far more and far better benefits... Excellent! ... And for Total Team Guardian to signal clearly when the choices have been taken ... [Give a little time] ... Thank you ...

Note: Again, if you do not see the signal simply pause and then move on normally.
And now, I’d like to ask if all parts are in alignment and in agreement with the new behaviors… and if all parts are in alignment, to signal clearly by allowing ________ [Name] to take a nice deep breath in now … [Give a little time. Take a deep breath in yourself] … Thank you...

Note: In the very rare case that your partner is unable to take a deep breath in, simply cycle again through Total Team Guardian paragraphs, welcoming all remaining objecting parts. Then move ahead normally.

And so, now that all parts are in alignment, I’d like to ask Total Team Guardian if it would be willing to **take responsibility** for generating these **new, alternative healthy behaviors** for a period of just 10 days… and if it is willing, to signal ‘yes’ by allowing ______ [Name] to take another nice deep breath in now… [Give a little time. Take a deep breath in yourself]... Great.

Now I’d like to ask ______ [Name] to step into the future ten days from now, and to see and hear and feel what it is like now that you have been **free from the old behavior** for a period of ten days… and get a full sense of what you have been able to accomplish now that you are **generating new behaviors** that all parts are happy with… or perhaps you have been generating even better behaviors that have been revealed over the last ten days.

What does that really feel like… to be free from that old behavior… and generating these **brand new behaviors** that are so integrative and supportive?… Great… And now just imagine a situation arising that would previously have led to the old behavior, and see and hear and feel how **differently** you are responding and behaving, now that you are completely free… Wonderful...

And now step into the future six months from now, and let your body feel how good it is to have been **free from that old behavior** for a period of six months… What other healing has taken place during this time?… And in what unexpected ways has your life changed for the better now that you are **completely free from that ancient behavior**, and are generating much more resourceful behaviors that provide **at least** the same benefits?… Fabulous… And just bask in the consciousness of you six months from now, knowing that this wholeness, this consciousness is always present, always here… And now just come back to the present moment… And you may open your eyes now, when you are ready.

Well done! Great work!
Give yourself a little while to come around, relax and be still for a few minutes. There is nothing more to do here.

Then, over the coming days, you can just begin to notice the automatic shifts that are taking place in your behavior or pattern, as your other-than-conscious facilitates healthier choices and supports you in more wholesome and effective ways. Take note when you spot such changes in your day-to-day habits - you could even write them down in a notebook if you like - just to keep score of your wins.

Huge congratulations! You stuck it out. You did the work. You have completed all the closed eye introspections, all the deep emotional clearing work in this book! Great job!

I trust that by now you are experiencing significant shifts in your emotional wellbeing and in your attitude to life. If there are still some areas that need work it is simple - just go back to one of the three major processes here at any time and repeat it. It makes for good emotional housekeeping to clear out some old crud on a regular basis. Brandon and I do some version of these processes regularly, sometimes even once every week, because we know the body can hold onto a lot of past hurts and we want to stay as clear, open and vibrant in life as possible.