

“Back to the Future” Process

Rewriting the past for a better future

Get the Data | Active Listening

1. **“Tell me the key elements of the situation: who, where, what, etc.”** (Not story time!)

Taking it into the Body | Feel it

2. **“Now, close your eyes; feel into what you just said.”** (Play back the JUICY parts.)
3. **“How do you feel in your body as you think about _____?”**
 - a. “Where do you feel it in your body?”
 - b. “What does it feel like?”
 - c. “Does it have a shape? Color? Smell? Size? Sound?” (Etc. Get them to *FEEL* it.)
4. **“What is the message this _____ is giving you?”** (It’s OK if they don’t know.)

Time Travel | Uncovering the Wound

5. **“Really feel the _____. When was the first time you remembering feeling this?”**
 - a. If they can’t remember, ask “When was another time you felt this _____?”
6. **“Describe the situation: How old were you? Who was there? What was happening?”**
7. **“What judgments or beliefs did your younger self form about yourself and the world?”** (IMPORTANT: REMEMBER the judgments/beliefs or write them down.)
8. **“What has been the cost or impact of you believing that you are [insert belief] and the world is [insert other belief/judgment]?”** (They need to *feel* what it’s costing them.)

Clarifying Intent

9. **“What do you want to happen here?”**
10. **“If this happens, what will you have to give up?”**
11. **“What will be different? How will you know?”**

Enrolling the Golden Support

12. “Envision an ideal person or thing that can be a strong source of support for your child in this situation. Invite them in. What is their name? Welcome them.”

- a. **“Do you understand how this little child came to adopt these beliefs about [him/herself] and the world?”**
- b. **“How do you feel towards little _____ ?”** (insert person’s name)
 - i. If they don’t feel love towards the child, don’t proceed. We’re looking for a Golden *SUPPORT*. *Thank the current part for coming and ask them step aside.*
 - ii. *To find a new Golden Support, ask “What did your little child need at this time that they didn’t get? If you could go back in time and give your child anything, who or what would you give them at this time?”*
 - iii. Enlist this new part: Repeat steps 12, 12(a) and 12(b).
- c. **“What is it that you want to tell little _____ ? Tell them.”** (WRITE this down.)
 - i. **“What else does little _____ need to hear from you?”**
 - ii. **“What do you want to give little _____ ?”**

13. “Can I [the facilitator] step into the place of the [Golden Support] for a moment?”

Have the participant become the little child. Play back the exact words that the ally said to the child.

14. “Can you feel the strength and support of _____ ?” (Golden Support)

15. “How does it feel to have that strength and support inside of you?” (Answer is likely love, joy, power, connection, etc.)

- a. “Where do you feel it in your body?”
- b. “What can you do to remember this feeling and reconnect with this support when you need it?”

Exploring Options As an Adult

16. “How will this new source of strength and support change your life today?”

Anchoring the Affirmation & Closing

17. “From this place, is there an affirmation statement that you would like to make?”

18. “Are you complete?” (for now)