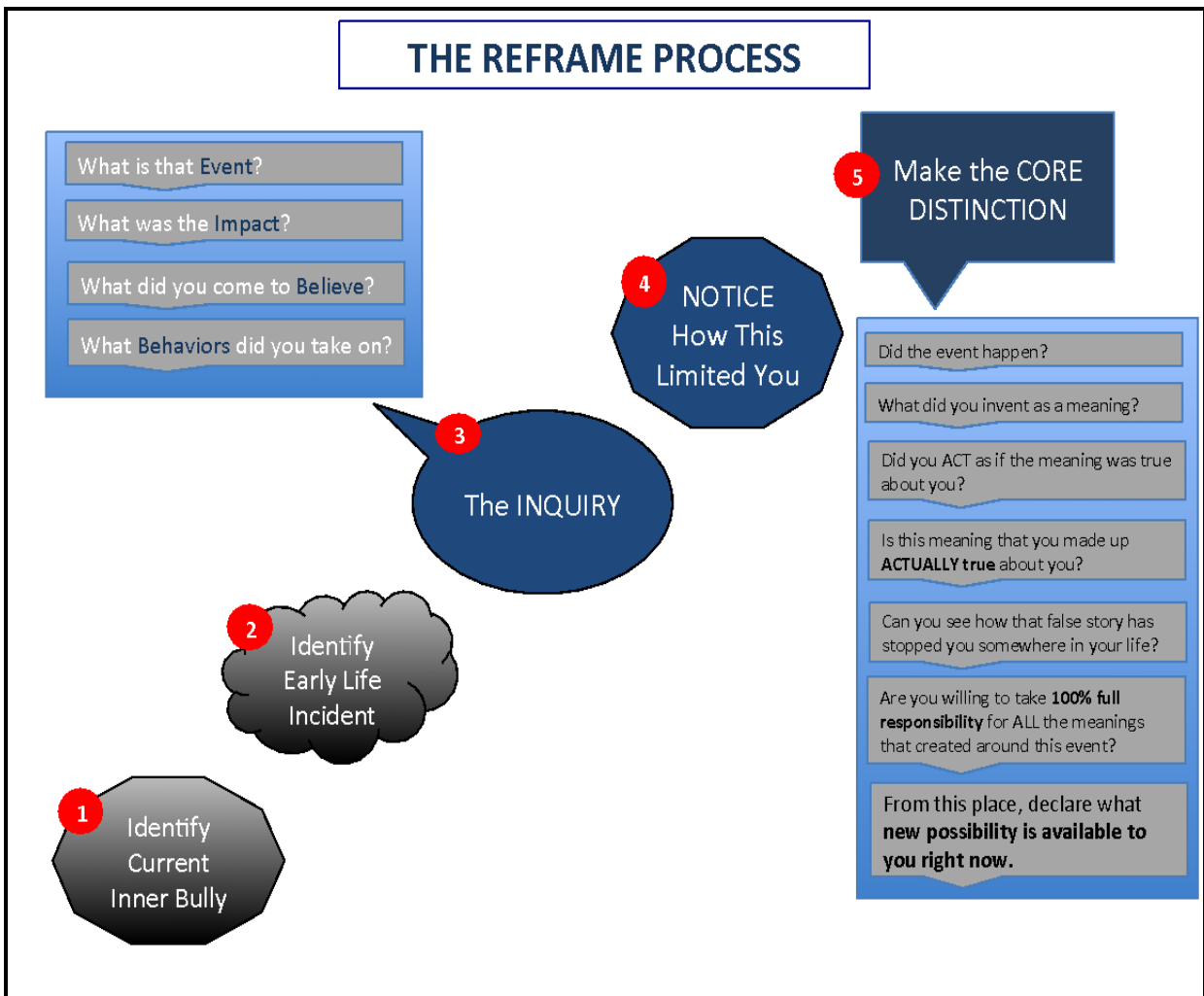




## Man on Purpose Course

### Week 4 Practice Document: The Reframe Process



1. Identify a top **Inner Bully** that is most up for you now.
2. Now close your eyes and allow yourself to drift back in time to a **Significant Event/Incident** early in your life that you notice connects or relates to the source of the behavior of this Inner Bully.

3. The **Inquiry...**

- What is that **Event**? Name and describe it factually, no interpretation. Just the data or facts about the event.
- What was the **Impact** on you personally from the event? Name your feelings, reactions and outcomes?
- What did you come to **Believe** about yourself as a result of this event?
  - i. Or: What did you make the event **mean** about you?
  - ii. Or: What's the **message** you say to yourself about who **YOU**?
- What are the **Behaviors** that you took on over time as a result of this belief/meaning/message?
  - i. These behaviors can be seen and measured in the descriptions of your Inner Bullies and possibly inside the Map of Your Life.

4. Notice that this underlying belief/meaning/message may have **kept you from what you really want** in your life. Is that true?

5. Now make **The Core Distinction** between the events that happened and the meaning that you attached to those events. Answer these questions...

- 1) *Did the event happen?*
- 2) *What did you invent (come to **believe** about yourself) as an interpretation or meaning of this event?*
- 3) *Did you ACT over time as if that meaning was true about you?*
- 4) ***Is this meaning that you made up, ACTUALLY true about you?***
- 5) *Can you see how this meaning, the "false story", might be stopping you from moving forward in your life?*
- 6) *Are you willing to take **100% full responsibility** for ALL the meanings that you have created around this event?*
- 7) *From this place, declare what **new possibility is available** to you right now.*