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## Getting the Most out of Your Session

Before your session, take the time to sit down and write out the answers to these questions. You can even start days beforehand, if that is possible. Going through this exercise will start things cooking inside you and focus you so that you will get much more value out of your session time.

1. What do you want to focus your session on today?
2. List all your negative feelings about it.
3. What are the negative things you tell yourself about this issue?
4. When did this issue start & how long has it been going on?
5. Back when you were a child, when did you first feel the same kind of negative feelings?
6. What limiting beliefs or decisions did you make as a result of the event you described in question 5?
7. Did anyone in your family (include primary care-givers) model similar attitudes or feelings while you were growing up? Who?
8. Who do you secretly blame or hold accountable for your situation?
9. Where do you feel this issue in your body? What are the sensations you feel there?
10. What are your hidden gains from having this issue? What is the "pay off" for having this issue as it is? For example, does this issue solve some other problem? Does having it keep you safe or protect you from something? Would someone else be upset if you resolved this issue? Do you believe you do not deserve relief from this problem?
11. What is the downside to resolving this issue? What would you lose if it disappeared?
12. Without this issue, who would you be?