Causal event

1. When did I experience ……..for the first time?
   When was it?
2. How long did it take?
3. I go to the beginning of the event.
4. Where am I?
5. I go through the event from beginning to end. PRESENT TENSE!!
   Further on, is there anything else bothering me?
6. Did I have any unpleasant feelings (emotions, physical feelings) while saying it?
   What was **THE WORST**? NEGATIVE PROGRAM (negation) - THOUGHT
7. I cleanse **THE WORST** and all the other negations that I wrote down.

KOPR

5. I go through the event from the beginning to the end. PRESENT TENSE!!
6. Did I have any unpleasant feelings (emotions, physical feelings) while saying it?
   What was THE WORST? NEGATIVE PROGRAM (negation) –THOUGHT