



CALM CURE

TECHNIQUE COACH SCRIPT

CALM CURE Script



STEP 1 – CLARIFY THE CONFLICT

- How does the condition/problem make you feel? (Optional: Describe your inner experience of how it feels to be living with the symptoms/condition/problem in a few words/phrases.)
- Where in your life have you felt this way? (Optional: Recall a life event or experience when you've felt the same way as how the symptoms/condition/problem is making you feel.)
- What is happening that you do not want? (Optional: What is it about what happened that made you feel the same way as how the symptoms/condition/problem makes you feel? Note: State the root-cause resistance in one word/short phrase.)
- What would you rather be experiencing instead? (Note: State question in past tense if more appropriate. Continue when you have clarified the resistance and attachment.)

STEP 2 – CALM CO-EXISTING

- Repeat after me: All things are possible and I am willing to experience [state the attachment] sometimes and I am willing to experience [state the resistance] sometimes.
- Rest into the willingness for both possibilities to calmly coexist within you and to occasionally show up in your life.
- On a scale of 0-10, with 10 being very high, how would you rate your willingness for both life experiences to happen? (Note: If the rating is below 10/10, go to Step 3.)
- On a scale of 0-10, with 10 being very high, how would you rate your peace with experiencing the condition/problem? (Note: If the rating is below 10/10, go to Step 3. When the rating is 10/10 for both questions, you have successfully calmed the conflict.)



STEP 3 – CALM THE CONFLICT

CALM PAST

- Recall a memory of a symbolic event when [state the root-cause resistance] has shown up in your life.
- What can you know now, that if you had known it in the past, you would have never resisted the event in the first place? (Note: Ask a few times until you find the antidote learning(s) for the RCR.)
- Where do you feel these knowing(s) within your body?
- Imagine the movie of the memory, but this time looking through the eyes of the ‘younger you’ with the knowing(s) in that area of your body. (Note: Allow 30-60 seconds to do this.)
- On a scale of 10-0, with 0 being ‘the resistance is gone and you are at peace with it now’, how would you rate the memory? (Note: If 0/10, repeat Step 2. If above 0/10, do Calm Future.)

CALM FUTURE

- Is it possible for you to be at peace with experiencing [state the root-cause resistance] at some point in your life?
- What will the ‘future you’ know, to be at peace with it then?
- Where do you feel these knowing(s) within your body?
- Recall a memory of a symbolic event when [state the root-cause resistance] has shown up in your life.
- Imagine the movie of the memory, but this time looking through the eyes of the ‘older you’ with the knowing(s) in that area of your body.
- On a scale of 10-0, with 0 being ‘the resistance is gone and you are at peace with it now’, how would you rate the memory? (Note: If 0/10, repeat Step 2. If the rating is above 0/10, then return to Step 1 to re-clarify the conflict, as you need to use the Calm Cure on a different conflicted experience.)