

# SSF Personal Breakthrough Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Beginning the Session

**1. Introduction** (*NLP Model of Communication, Perception is Projection, C>E, Gray Zone, Importance of focus, NLP Presuppositions, Prime Directives, etc*)

## 2. Detailed Personal History

(Note if the client is at cause)

**Why are you here? Why else? Why else? Etc.**

Elicit all reasons for client being here.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

**How do you know you have this problem? How is that a problem?**

**How do you do it? When do you do (not do) it?**

**Can you do the problem now?**

Elicits a reality strategy for problem and any diagnoses made.

---

---

---

---

---

---

---

---

---

---

**How long have you had it?**

Was there ever a time when you didn't?

What have you done about it?

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

**What happened the first time you had this?**  
What emotions were present?

---

---

---

---

---

---

---

---

---

---

**What events have happened since then?**  
What emotions were present?

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

In each of these events, what is the relationship between the event and your current situation in life?

---

---

---

---

---

---

---

---

---

---

---

**Tell me about your parents, brothers, sisters, etc.**

What is the relationship between this person (mother, father, etc.) and your current situation?

---

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

Tell me about your childhood in relationship to this problem.

---

---

---

---

---

---

---

---

---

---

**Is there a purpose for this problem?**  
Is there a reason for having the problem? Ask your unconscious mind.

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

**When did you choose to have this situation be created?  
Why? Ask your unconscious mind.**

---

---

---

---

---

---

---

---

---

---

---

**Is there anything your unconscious mind wants you to know, or is there anything you're not getting which, if you got it, would allow the problem to disappear?**

---

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

Is it OK with your unconscious mind to support us in removing this problem today, and for it to allow you to have an undeniable experience of it, when we are complete?

---

---

---

---

---

---

---

---

---

---

How will you know when this problem has totally disappeared? (Get the client's evidence procedure.)

---

---

---

---

---

---

---

---

---

---

So, when we get rid of \_\_\_\_\_, will the presenting problem totally disappear?

# SSF Personal Breakthrough Worksheet

## 3. Elicit Values




# **SSF Personal Breakthrough Worksheet**

**4. Determine if the client is willing to play at 100% - Check congruence**

**5. Set Outcomes**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

## **6. Set up frames for Therapy (Any others not covered)**

## **7. Tell client about the Three Requisites for Change**

- Get rid of negative emotions, limiting decisions, parts, align values, inserting events into the future
- Taking action (may include enforcing your boundaries)
- Focusing on what you want (your evaluations become suggestions to your unconscious mind)

## **Intervention**

## **8. Start with negative emotions**

- Anger, Sadness (break), fear, hurt, guilt and any others uncovered during the DPH
- 
- 

## **9. Find out if greater problem is gone**

- If not, find the limiting decision and handle it

## **10. Eliminate all limiting decisions**

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

## 11. *Do Parts Integration(s)*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# SSF Personal Breakthrough Worksheet

**12. Review all your written material**

**13. Test all negative emotions**

**14. Remind client of evidence procedure and have them check**

**15. Go back and release anything else you have found**

- Prime concerns
- Conflicts - Parts integration
- Manage States - Collapse Anchors, Chaining Anchors, Install Resource Anchor
- Minor States/Behaviors - Swish, Strategies, Logical Levels of Therapy
- Motivation/Beliefs - Mapping Across (Like/Dislike), Belief Change, Change Personal History
- Install States, Strategies – Metaphors, Conversational Hypnosis
- Negative Energy - Formal Hypnosis, EFT, Reiki
- Anything else you can think of...

---

---

---

---

---

---

---

---

**16. Check for ecology and conflicts (Including Values adjustments)**

---

---

---

---

---

---

---

---



# SSF Personal Breakthrough Worksheet

## 18. Future Pace

- One year, five years, ten years
- Handle possible "Doubting Thomases" back home
- Ask, "Looking back, when did the problem totally disappear?"

## 19. Remind client of evidence procedure and have them check again

## 20. Set future goals, insert into timeline

---

---

---

---

---

---

---

---

---

---

## 21. Remind the client of the Three Requisites for Change

- Negative emotions, limiting decisions, parts, align values, inserting events into the future
- Taking action (may include enforcing your boundaries)
- Focusing on what you want (your evaluations become suggestions to your unconscious mind)

## 22. Assign any appropriate tasks

## 23. Schedule a follow-up

Date/Time: \_\_\_\_\_

Phone

In Person