

Handout One for Advanced Webinar 43 – “The Preceptor’s Role in Mastery”

Subpersonality (description or name)	What behavior does it cause?	What thoughts or feelings are embodied by it?	Part of grouping (Y/N)? If yes, what type of a group (complex, chain)?	If part of a group, what is the group’s overall activity?
Example: “Bruce” strong, tan, 8-year- old boy	Acting out anger, breaking things, insulting others	Rage, revenge, avenging injustice	Yes, chain	Expression of unacceptable anger and violence

Ring Two – the Insight Component

1) What behaviors do you cause in me?	
2) What emotions [or feelings] do you cause in me?	
3) What thoughts do you cause in me?	
4) What associations or memories are connected with you?	
5) What do you want [or, what do you want from me, if you feel there is a demand upon you]?	
6) What do you mean [what is your significance]?	
7) What lesson do I have to learn from you?	
8) What gift do you have for me? [If you are handed something, notice what you are offered]	
9) What do I have to understand about you?	
10) What is your essence [or Transpersonal Quality]?	



Ring Three – the Behavioral Component

For this aspect of deep process, you will ask the subpersonality the following questions. [Remember to acknowledge after you receive a response.]

What triggers you?	
What thoughts trigger you?	
What memories trigger you?	
What people trigger you?	
What environmental objects or sensations trigger you?	
What events trigger you?	
With what decision did you begin?	
What were the circumstances when you first appeared?	
What did you perceive in that incident?	
What did you believe about what you experienced in that incident?	
What was your response to that belief?	

To stop a behavioral sequence of this subpersonality, you can do this sub-routine:

- Does that circumstance exist now?
- Do you perceive it is present?
- Do you believe it is present?
- Is that response required now?
- Since that response is not required now, are you willing to stop doing the response?
- Request: stop doing that response now.
- When it stops, acknowledge.

Ring Four – the Defenses Component

For this aspect of deep process, you will ask the subpersonality the following questions. [Remember to acknowledge after you receive a response.]

What are you attempting to avoid?	
What are you attempting to prevent?	
What are you trying to protect me from?	
What are you afraid of?	
What can you not accept?	
What are you blaming others for?	
What are you lying about?	
What are you trying to hide?	
What is the truth about you?	

Ring Five – the Projection Component

For this aspect of deep process, you will ask the subpersonality the following questions. [Remember to acknowledge after you receive a response.]

On which member(s) of your family are you projecting this issue?	
On which of your friends are you projecting this issue?	
On which strangers are you projecting this issue?	
Does responsibility for this issue belong to them? [Repeat this question until the answer is no.]	
Are you willing to take responsibility for this issue now? [If no, ask, “Why not?” Listen to the response and acknowledge, and then ask again, “Are you willing to take responsibility for this issue now?” Keep doing this until you get a “yes” answer.]	

Ring Six – the Attraction/Desire Component

For this aspect of deep process, you will ask the subpersonality the following questions. [Remember to acknowledge after you receive a response.]

What are you attracting from the universe by holding this issue?	
Do you desire this outcome?	
If you don't desire this outcome, what do you need to create instead to attract the outcome you desire?	
Are you willing to create this now?	
Did you create it? If no, ask, "Why not?" Listen to the response and acknowledge, and then ask again, "Are you willing to create this now?" Keep doing this until you get a "yes" answer, acknowledging it did create that outcome.]	



Ring Seven – the Life Component

For this aspect of deep process, you will ask the subpersonality the following questions. [Remember to acknowledge after you receive a response.]

In what forms do you exist? Show me all of them.	
How long will you persist?	
What will it take for you to be completed and finished?	
What do you need to do, be, have, experience, or know before you can finish?	
How will you know that this condition is present, so you can finish?	
Are you willing to create this condition now?	
Did you create it? If no, ask, “Why not?” Listen to the response and acknowledge, and then ask again, “Are you willing to create this condition now?” Keep doing this until you get a “yes” answer, acknowledging it did create that outcome.]	

