

LEFKOE INSTITUTE

Steps of the Lefkoe Sense Process (LSenseP)

To be used to eliminate a negative emotional “sense” of oneself.

1. Close your eyes, look inside, and find your sense of yourself. Don't worry about putting words on the sense. Your experience might be in the form of pictures, images, feelings, or vague thoughts. Just try to experience it as fully as you can right now. [Give the client a moment to think.] ... **Now that it is real, please use a few words to describe that sense so that I can get a idea of your experience, even though the words are not your experience.**

Client's description of sense: _____.

2. What are the events when you were a young child that first caused
_____?

[describe the sense using client's exact words]

3. Is it real to you that your current sense of yourself was caused by these events you just mentioned? [The answer should be, yes.]

4. Is it real to you that the only reason that _____ **is your**
[describe the sense using client's exact words]
sense of yourself today is that as a child you never distinguished between you and the specific circumstances outside of you that really caused the _____ **?**

[describe the sense using client's exact words]

In other words, can you see that the _____ **was never**
[describe the sense using client's exact words]
inherent in you—it was never who you really are? [The answer should be, yes.]

4. To make this distinction real, if earlier in life the circumstances that originally caused the
_____ **had been different, if** _____ **had happened instead, would you have had the** _____ **then?**
[describe the sense using client's exact words] *[state the opposite of what actually happened]*
[describe the sense using client's exact words]

If you didn't have it then, would you have it now? [The answer should be, no.]

5. Close your eyes and look inside. Do you still experience yourself as _____ **?**
[describe the sense using client's exact words]

[The answer should be, no.]

Note: Sometimes the entire sense will be gone at the end of the process. If only some aspects of the sense have been eliminated, do the process again with whatever words describing the sense still feel true to the client.

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