

LEFKOE INSTITUTE

Steps of the Lefkoe Stimulus Process (LStimulusP)

Used to stop the occurrence of a “negative” emotion that is always caused by a specific stimulus.

1. What negative or unpleasant emotion do you want to eliminate? Client’s answer: _____

2. What stimulates the _____? For example, anger stimulated by
[name the emotion]

being asked to do something or fear stimulated by someone being angry with you.

Client’s answer: _____
[the current stimulus]

3. What were the circumstances during which you first experienced _____?
[name the emotion]

whenever _____?
[the current stimulus]

Client’s answer: _____

[Note: If there aren’t any earlier events that caused the specific emotion, it is probably the result of a belief and should be handled using the Lefkoe Belief Process.]

4. What meaning did you give to those earlier circumstances that caused the _____
[name the emotion]

whenever _____?
[the current stimulus]

[Note: Assist the client to realize that, if the emotion is fear or guilt, the meaning given to the earlier events is a threat to the client’s survival. If anger or any other negative emotion, the meaning is a lack of choice that is experienced as powerlessness.]

5. Can you see that _____ was caused by the meaning you gave to
[name the emotion]
_____? It was never caused by _____
[the original circumstances that caused the emotion] [the current stimulus]

In other words, is it real to you that the only reason you feel _____ today
[name the emotion]

whenever _____ is that you never made that distinction as a child?
[the current stimulus]

6. To make this distinction real, let’s imagine that earlier in life the circumstances that originally caused the _____ had been different. [Describe a childhood
[name the emotion]

situation that includes the current stimulus but that doesn’t include a perceived threat to survival (if fear or guilt) or not having a choice (if anger or any other negative emotion).] **If that had**

happened instead, would _____ have caused _____ then?
[name the current stimulus] [name the emotion]

If it didn’t cause the emotion then, would it cause the emotion now? [The answer should be, no.]

7. Close your eyes and take a deep breath. Imagine _____ occurring
[the current stimulus]

in a new situation that doesn’t already have an emotion attached to it. As you imagine it, do you still feel _____? [It will have disappeared.]
[name the emotion]

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180 Forrest Avenue, Fairfax, CA 94930-1805 * P: 415-456-7300 * Fax: 415-485-3865
Web site: www.decisionmaker.com * email: morty@decisionmaker.com