



Inquiry Sheet

Resetting Outdated Survival Programming

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Once you have identified an outdated survival programming that is limiting you, we can gain a deeper understanding of it by doing an inquiry.

By getting curious about the experience, we gain a deeper understanding of what is *truly* going on, bringing the old programming out of the shadows and into our conscious knowledge. This serves to override the affect it is having in your life by placing your conscious mind back in the driver's seat of your life.

You will have the most success with this inquiry if you suspend all judgement. Practice having an open mind without needing to *know* the answers. Start by filling out the following:

Outdated programming/emotion: _____

Age: _____

Inquiry Process:

Have a pen and paper handy to write your answers. Sit in a quiet place where you will not be disturbed. Start by taking three long slow breathes while you imagine your energy moving from your head into your body. Once you have your energy centered in your body, you are ready to begin.

Keeping in mind the emotion that you identified above and the age that you were when the imprint occurred, ask yourself each of the following questions. Then, sit quietly and listen for anything that comes to mind.

Note: do not try to *think* the answer. Often the first thing that pops into your head is where you want to start. Write it down and ask the question again. You may have to repeat this several times before you are ready to move on. If no answer comes, do not worry. It may take several tries to finally open your subconscious to communicate with you.

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1. What things were happening in your life around this time that may have contributed to this imprint? What was your family life like? Where were you going to school? What friends did you have? By doing this inquiry you are accessing the memory of that time.
2. Think about the age you were when his imprint happened. What do you imagine it would have felt like to have this experience? It may help to think of this part of yourself as separate from you and observe how he/she must have been feeling. (For example, confused what to do with the feelings, feeling like he/she is the cause of the problem, feeling like he/she had no resources, etc.)
3. What resources do you imagine this part of yourself would have had at that time to cope with that feeling? It helps to think of children you know at this age - what resources do they have? For example, if you were 2 years old, anger may have been how you communicated your upset. If you were older, being a “good girl” or “good boy” may have been your solution, or maybe you made yourself small so as not to get in the way.
4. What conclusions might you have come to about yourself at that time? Here are some examples: I am stupid. I am unlovable. There is something wrong with me. I am unsupported. I am unseen. No one will help me, I have to do it all on my own.
5. How does this belief affect your coping skills now? (For example, I do not know how to help myself, I feel limited in my resources even though I know I’m not, etc.)
6. If you close your eyes and imagine the little one you have been working with, where do you sense he/she to be in relationship to you? (inside you? behind you? in the corner on the floor? can’t find him/her?)
7. What is he/she doing? (Ex: slumped over, standing defiant, crying, etc.)
8. Can you imagine yourself moving closer to him/her?
9. What does he/she do then? (Ex: move closer, move away, smile, look angry, etc.)
10. Can you talk to him/her? If so, what does he/she have to say?
11. See if you can find compassion in yourself for the experience he/she had. Can you console him/her with love and acceptance, like you would a child or a friend?

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Anytime you experience these feelings, know that it is an activation of this old programming. Like a parent, you can offer this programming your acceptance, love, and support. This will help reprogram your brain to override the old imprint and allow your adult conscious brain to take charge in the situation.

You may need to do this inquiry more than once if information is not readily coming available. If you get stuck on one question, just move on to the next and come back to the question at a later time. You can also bring it to your next session and we can work on it together.

Good luck!