

BULLSEYE TRIGGER WORKSHEET

Imagine that step number one is the outer ring of a bullseye. And each step takes you in one ring towards the center. The center of the bullseye represents our union with God/Love.

Step 1: Awareness of a trigger, any emotion that is not good. Name it.

Step 2: What is the story around the trigger? If you picked up the phone and called a friend to seek help around the emotion, what is the story you would tell them about it?

Step 3: Identify each player in the story. Understand that each of them is acting out a part in a script that you have requested they play, thank them for playing their part so perfectly on your behalf and forgive any judgment against them.

Step 4: Identify the theme. If the story playing out were actually true about you, i.e., "They ripped me off", "I was fired for no good reason", "He cheated on me", what would that mean about you? See if you can identify the core theme behind the belief. (people just take from me, I am always treated unfairly, nobody is ever loyal)

Step 5: Once the theme is identified, see where this same theme is playing out in other areas of your life. These themes can play out in your relationships to others, to money, to your body, to your home environment, etc.

Step 6: After you have identified how this theme is operating in all areas of your life, take ownership of it and realize that this theme was perfectly operating in your beliefs and projected outward into a "world" because you innocently chose NOT to know yourself as the Christ. In order to forget what you ARE, the dream had to be convincing, alarming, emotional, and it required others to play their parts in it.

Step 7: Once you know that it is a self-imposed theme that has been running throughout your life, gently inquire what is below the theme. If working with another, allow space for them to feel the answer to this question. The head cannot respond to this. What is operating below the belief that "people just take from me", "I am always treated unfairly, nobody is ever loyal"? What does it say about you? What must you be for these things to be true? In every case questioner will come face to face with a feeling of deep inadequacy and unworthiness.

Step 8: Look closely at how this core belief of unworthiness is what "protects" us from our Holy Self and therefore from God. We alone keep these themes running and operational. Why? What is the fear of coming all the way Home to God? Look at the fundamental belief of why we aren't already experiencing our Oneness with God. There is an underlying fear there. What is it? This theme is protecting us from God (Who we claim is Love!). Identify why we are needing protection from God.

Step 9: Offer this self-imposed protection theme to the Holy Spirit for removal.