

## PROTOCOL : ARIADNE'S THREAD

**Objective** : To find the origin of the beliefs. To transform the limiting decisions.

1. Define the limiting belief
2. Metaphore of the thread (cable, rope...), Ariadne's thread which represents the belief, with the 2 ends of the thread.
3. P holds one end and pulls the thread towards him (like a fishing line or a wool thread – the limiting belief) which leads to the event, the origin of the belief.
4. Make P describe the event (without asking for the feeling).
5. If possible, P ASSOCIATES himself with the character experiencing the event at the origin of the belief and T asks the following questions :

- *What is the meaning given to this experience ?*
- *What is your opinion about the other person or people ?*

*about yourself ?*

*about your life ?*

*about the world ?*

*about the future ?*

- *What is the unmet need ?*
- *What are the decisions that you can make at moment ?*



*that*

6. DISSOCIATED : take some distance, step back from this.
  - *What are the consequences of those decisions ?*
  - What other meaning can you give as an adult today ? (if no answer, bring a wise person, a mentor, a master who will propose other alternatives to interpret this event).
7. Transmit to the character at the origin of this belief this new meaning and... allow the necessary time for integration.
8. ASSOCIATED
  - P verifies the ecology of the **new belief** (about one's self, life, etc.)
  - *What other decisions can be made now ?*
9. Let P grow up with Ariadne's thread which evolves, changes color and structure. Verify on the triggering event.
10. Bridge to the future.