# **PROTOCOL : Reimprinting**

***‘’Wanting to remain what we used to be prevents us from becoming what we are !’’***

**Objective** : To find and integrate new beliefs to experience new emotional and behavioral choices related to recurrent patterns of the same kind.

**Technique** : on a timeline, find again the imprints of programming and/or structuring situations (most of the time between conception and age 7 or 8). Bring resources that were missing at the time and integrate them until the present moment – and project them into the future. P identifies a recent situation where an inappropriate reaction coming from a limiting belief manifests.

1. Set up a timeline. P steps on the timeline and associates himself with this situation.
2. P steps backward on the timeline until he no longer feels the unpleasant sensation (in some cases we will go back to the time of conception)
3. Once the sensation disappears, make P move forward again until the sensation starts to come back (Pivotal Point – Seen in Level 1 Training)

*- How old are you ?*

*- What is happening ?*

*- With whom are you ?*

*- etc.*

1. Dissociate P and ask him what he would need at this moment :

P finds a positive experience where he felt this resource and associates himself with it.

P then symbolizes it with a color, object, and sends it to the moment before the programming event on the timeline.

1. P stands on the timelime again, associated with the resource (color, symbol…) and T verifies the new feeling related to the event.
2. Once it tests positive, P goes back to the present.
3. Bridge to the future.

(Institut Ressources Belgique)