

## Breakthrough Process of Timeline Therapy®

It means that we will begin by deconstructing the problem (2-4 hours) via a series of specifically worded/laid out questions, meant to reveal **“how”** the problem is stored at the brain level (notice that the question is “how” as opposed to “why”). Then **excavating** the root source of the problem (4-6 hours), each core emotion at a time (notice that this is a “pulling out” of the problem versus coping skills to deal with a problem that just stays there). And then, there is a **“clean up”** (2- 4 hours) of any aspects of the problem that may still have an energetic charge to it. All of this is done **only** with your full cooperation and commitment to resolve the problem, as well as your communication about what it is that you want to do/think/believe instead of the problem.

We are always in varied states of trance, whether we are consciously aware of it or not. This process uses the benefits of a trance state in which all your awareness is directed at the deconstruction and resolution of your problem. Even so, the trance state is semi-conscious, which means that **you remain aware** of yourself and your environment and can recall what happens during the session. Moreover, detailed notes are taken for the words you state at every point of intervention.