

TPM Questions

Are you willing to feel this emotion and allow your mind to connect you to any place where you have felt this same emotion before?

When asking the Lord to reveal truth: Ask “What do you see, sense, feel or hear?” Say whatever comes to your mind, don’t filter it or try to figure it out, just say it.

Lord, what is it you want ___ to know about his belief?

Lord, ___ believes that What is it you want him to know about this belief?

For **assumptions** (such as “They didn’t want me.” “No one loved me.”)

What does it feel like to believe ... (“they didn’t want me?”)

How does believing you could “never make her happy” cause you to feel?

What are you feeling right there?

How did that make you feel?

Are you willing to lay aside the present situation and see if there are any earlier places where you felt this same emotion?

What is it that you believe that makes you feel this way?

Does the belief ___ feel true to you in this memory?

Is there any feeling of hesitancy or resistance to ...?

What do you believe will happen if ...?

What do you feel when you think about ...? (moving forward, letting the anger go, letting yourself feel)

What is it that you believe that is causing you to ...?

If you were to ... where would that leave you? (let the anger go, feel the pain)