

HOW TO CLEAR WHAT PUSHES OUR BUTTONS

"Facing vs. Avoidance" - Visualize a specific scene from a particularly charged moment from your past ... or imagine a scenario which you are anticipating may be disturbing in your future. Now place yourself physically facing the person, place, or thing which is upsetting to you and perform the following steps.

(1) Choose a moment: Recall a precise scene and moment in time—no more than a 5 second interval--in which your buttons were being pushed by another person or by a circumstance in life. This moment may have actually occurred in the past, or you may invent a moment which typifies a common repetitive occurrence ... you may also feel free to create a scene in your mind which you anticipate may trouble you or trigger you sometime in the future.

Important to note with this past or future scene are **four facts** which describe this moment in time precisely: i.e., (1) **'what time of day is it?'**, (2) **'where exactly am I?'**, (3) **'where exactly is my subject?'**, and (4) **'what specifically is being done or said?'**. Write these descriptive points down on paper, so you may replay this scene back in your mind precisely each time you read it. The more real you can imagine this moment, the more likely it will reveal to you all of the subtle buttons which it triggers inside of you. An example of a specific scene written out may read something like this: “(1) Its 4:30 p.m., (2) I’m standing in the kitchen cooking facing the stove, (3) My husband is in the doorway, (4) He says, “Is that food that I smell in here, or did something die in the garbage disposal?”

(2) Rate: Ask, “On a scale of 0-10, If ‘0’ = feeling nothing but total joy, how un-joyful do I feel considering everything that is happening in this moment of time?”

This number will be used as our starting level of upset or ‘un-joyfulness’, which will be reassessed again and again as we repeat the steps of the clearing process to see if it is decreasing.

(3) Feeling: Put this feeling into a simple sentence of the following structure, “I am feeling a ‘X’ un-joyful in this moment”, such as for example, “I am feeling a ‘6’ unjoyful in this moment”. Repeat over and over what you are feeling using this sentence ...

“I’m feeling a ‘X’ un-joyful in this moment ... I’m feeling a ‘X’ un-joyful in this moment ... I’m feeling a ‘X’ un-joyful in this moment ... ”

Stay vulnerable & connected with all the feelings that are being triggered – like a child would be -- repeating the sentence over and over, until either at least minute to a minute and a half passes or the feelings fully subside. Our tendency is to try to avoid facing all that is challenging and to try to protect ourselves against things which push our buttons or trigger our upset. Thus, periodically refresh the visualization of what is in front of you, facing it until the upset feelings fully subside.

(4) Re-Rate: Return to **Step 1** and re-rate how you are feeling after re-visualizing the same exact moment. You should feel the emotional charge reducing around the situation, which will give you feedback about how effectively you are using this process. Continue with these steps until you’re happy with how much your emotional upset has subsided, or until you clear your way feeling of total joy in the face of all that is happening in the moment you chose to heal.