

# Memory Scramble

Used for getting rid of phobias and for changing how you feel about traumatic events and bad memories.

1. **Get their commitment that they are now ready to let go of this and be free for a lifetime.** For example, you can ask, “Are you now ready to let go of this old fear and be free?” Look for a yes in their words *and* in their body. You can say, “Repeat after me, ‘I am now ready to be free for a lifetime.’” Have them say it three times.
2. **Discover the root cause, the first memory or the worst memory they want to scramble and feel differently about.** (For a phobia, if the first memory is not known, ask, “If you were to know, at what age was the first event? Just go inside and trust your instinct.”)
3. **Optional – Install a Champion State** (in case a bailout is necessary).
4. **Have them make an imaginary movie theater with a big blank screen.** Have them sit down in a comfortable chair in the movie theater. Give them some details of how the chair feels and maybe the sounds of the chair as they sit in it to make the experience feel more real.
5. **Optional – Have them press a button on their chair to install a powerful, protective force field around them.** Ask them what the force field looks like, sounds like, feels like.
6. **Optional – Have them bring up on the screen a still picture of themselves in a *positive* memory from any time.** This is NOT a memory of the event. This is just to get them used to seeing themselves on the screen.
7. **While their body remains in the chair with the protective force field around them, have them float up to the projection booth with you.** They can look down and see themselves in the chair below.
8. **Optional – Have them say words of encouragement to themselves in the chair below.** And have the them in the chair say something positive back. For example, have them say to their younger self in the chair below, “It’s going to be OK. You can do this!” Have the them in the chair, look back, smile and say, “I know! I got this!”
9. **Tell them what they’re about to do.** “See the button up here in the projection booth. Whenever you’re ready, you can press the button and it will start a black and white movie of the event, double speed all the way past the end where *you’re safe*

*now*. You don't have to watch the movie at all; you'll watch yourself in the chair below, protected watching the movie. Got it? I'll be with you here up in the projection booth safe together. Whenever you're ready, you can press the button and have the movie play black and white, double speed all the way past the end where you're safe and then white out the screen." Note: Having them press the button to start the movie puts them in control.

10. **They press the button and watch themselves watching the movie, all the way past the end and white out.** They don't watch the movie. They're watching themselves watch it. You can make the sounds of the movie going forward at double speed.
11. **Explain the second part, being *in the movie playing backwards to before the beginning*.** In a moment, when you're ready, you can press the button again, and this time you'll go up into the movie looking through your own eyes and have the movie go backwards super fast. People will talk backwards, move backwards, things will fall up, all the way to before the beginning where *you're safe now*. Got it? Ok, whenever you're ready, you can press the button."
12. Have the client **jump right into the movie *looking through their own eyes, and run it backwards in color***, hearing backwards talking all the way to before the beginning.
13. **This time add music.** "When you press the button again, you'll watch yourself watch the movie in black and white, double speed, all the way past the end again. And this time you'll add rich, stereo music, filling up the theater." They can play their favorite song, or circus music or any upbeat music they like.
14. **Repeat having them watch themselves watch the movie black and white, double speed, with music and then watching the movie backwards through their own eyes with music again and again, faster and faster** until the client can't get the old feeling back. Look for a change in their body language and their breathing.
15. **Check to make sure the change is positive in all situations and for all people.** For example, if they got rid of a snake phobia, make sure they still have some healthy fear of poisonous snakes. If the fear was related to heights, make sure they still have some healthy fear of heights.
16. **Test it** – "How do you feel now about that old fear of \_\_\_\_ (or that old memory) and how is it different now?" Have them answer out loud. "What difference does this make for you going forward?"
17. **Optional** – Have them make a small change *of their own doing* to add to the memory. For example, you could say, "If you want to, you can make a change in the memory of something you could have done differently to make things better. I'm not talking about some external change like someone else coming to rescue you. I'm talking

about some change that *you* make.” For example, changes could be something they could have said, or putting their hand in front of their face to protect them or pumping the breaks of the car so the break lights come on. Something like that. Have them repeat the memory with the new change of their own choosing over and over until they’re satisfied.

18. **Optional – What can they learn from the event?** “Float out above the movie theater where you’ve made all these great changes. Feeling deep gratitude for all the changes you’ve made, ask yourself what’s something you can learn from this event? A positive learning you can use for the future. Maybe even something positive you’ve learned about yourself.” Have them get the learning and tell you out loud what it is. Say, “That’s right. That’s a positive learning you’ll remember and you’ll use for the future. It will help both yourself and other people.”
19. If possible and helpful, test with a real stimulus. For example, if they had a fear of elevators, go on an elevator ride with them.
20. **Visualize your new future** – “Imagine a time in the future when you might be in a similar situation. What happens now that’s different? What positive difference does this new difference make for you?”

