

LEFKOE INSTITUTE

Steps of the Lefkoe Stimulus Process (LStimP)

1. What negative or unpleasant emotion do you want to eliminate? Client's answer: (1)_____

2. What stimulates the _____? For example, fear stimulated by being
(1) [name the emotion]
criticized or fear stimulated by someone being angry with you. (See the list of 40 stimuli.)

Client's answer: (2)_____.
(2) [the current stimulus]

3. What were the circumstances during which you first experienced _____
(1) [name the emotion]
whenever _____?
(2) [the current stimulus]

Client's answer: (3)_____.

[Note: If there aren't any earlier events that caused the specific emotion, it is probably the result of a belief and should be handled using the Lefkoe Belief Process. This process should be used ONLY after eliminating all relevant beliefs.]

4. I suggest that the source of the _____ was not _____, but instead
(1) [name the emotion] (2) [the current stimulus]
was the meaning you give to those earlier circumstances that accompanied _____.
(2) [the current stimulus]

5. Can you see that _____ was caused by the meaning you gave to
(1) [name the emotion]
_____?
(3) [the original circumstances that caused the emotion] It was never caused by _____.
(2) [the current stimulus]

Moreover, is it real to you that the only reason you feel _____ today
(1) [name the emotion]
whenever _____ is that you never made that distinction as a child?
(2) [the current stimulus]

6. To make this distinction real, imagine that earlier in life the circumstances that
originally caused the _____ had been different. Describe a childhood
(1) [name the emotion]
situation that includes the current stimulus but that doesn't include a perceived threat to
survival. _____.
If that had happened instead, would _____ have caused _____
(2) [the current stimulus] (1) [name the emotion]
then? [The answer should be, no.] If it didn't cause _____ then, would it
(1) [name the emotion]
cause _____ now?
(1) [name the emotion]

7. Close your eyes and take a deep breath. Imagine _____ occurring
(2) [the current stimulus]
in a future situation. As you imagine it, do you still feel _____?
(1) [name the emotion]

[It will have disappeared.]

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