



Projection Interview

Talk, move and sound about that thing “over there” that's got your attention. Exaggerate whatever you are thinking and doing.

Say what “it” is (the “thing” that has your attention) in a short phrase. Don't include any people's names but refer to the situation. This is the TOPIC.

TOPIC: _____

Get into the accusatory/overwhelmed/alerted stance of liking or not liking whatever is “over there.” When you are ready, complete the following sentences:

1. The bad (or good) thing that just did or is about to occur with _____ (TOPIC) is...
2. The most important thing to stop or prevent or make happen with _____ (TOPIC) is...
3. The first time in my life I remember something like _____ (TOPIC) happening was...
4. Who or what else from back then _____ (TOPIC) reminds me of is...
5. If I did _____ (TOPIC) or had _____ (TOPIC) happen back then, what likely would have happened to me is...
6. If I let myself experience _____ (TOPIC) now, what might happen is _____ and then what might happen is...
7. So what I'm really scared about happening to me is...

When ready, take a big step back into your own file, notice your body sensations and feelings, and give yourself drops, spritzes or big bucketsful of love.

Optionally do Fear Melters and apply even more love. See what you notice.