



INTRODUCTION TO TIME LINE THERAPY®

GreatnessU Time Line Therapy® Training Is Approved by:

THE TIME LINE THERAPY™ ASSOCIATION

IMPORTANT NOTE: THE FOLLOWING SECTION IS MEANT FOR INTRODUCTION PURPOSES ONLY. IF YOU WISH TO BE CERTIFIED TO WORK WITH OTHERS THEN PLEASE REGISTER IN THE GREATNESS U MASTERY SERIES PROGRAMS





TIME LINE THERAPY®

TRADEMARK AND COPYRIGHT NOTICE

The Time Line Therapy™ model has become widely known as one of the most effective methods for creating quick, lasting change for an individual. Combining this information with advanced NLP and hypnosis techniques will accelerate your competence to a level rarely found in the self-improvement community.

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Time Line Therapy® Certification Training is only available through live supervised instruction. Time Line Therapy™ processes and techniques are taught by approved institutes at three levels:

Time Line Therapy® Practitioner Training

Master Time Line Therapy® Practitioner Training

Time Line Therapy® Trainer's Training

Certified Time Line Therapy® Trainers train others in Time Line Therapy™. While we encourage you to share with others what you learn here, this training does not license you to teach Time Line Therapy® Practitioner trainings. Please contact the Time Line Therapy™ Association for information on becoming an Approved Institute for Time Line Therapy™.

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TIME LINE THERAPY™

THE MAJOR TECHNIQUES

1. **Eliciting the Time Line.** Discovering the direction and location of the client's Time Line.
2. **Discovering the Root Cause or First Event** for a Negative Emotion or Limiting Decision.
3. **Releasing a Negative Emotion.** (Including: anger, sadness, fear, hurt, guilt, etc. **NOTE: THIS IS ALSO THE ORDER IN WHICH TO RELEASE THE EMOTIONS**)
4. **Removing a Limiting Decision.** (Including "not good enough", "can't make enough money", or "can't have a great relationship".)
5. **Changing the Direction/Location of the Time Line.** (Switching from In Time to Through Time or vice versa.)
6. **Creating Your Future®** (Putting an event in the client's future in a way that creates it happening.)



TIME LINE THERAPY™

MAJOR PREMISE

ALL

LEARNING

BEHAVIOR

CHANGE

IS UNCONSCIOUS



PRIME DIRECTIVES OF THE UNCONSCIOUS MIND

1. **Stores memories**
Temporal (in relationship to time)
Atemporal (not in relationship to time)
2. **Makes Associations** (links similar things and ideas), **and Learns Quickly**
3. **Organizes all your memories**
(Uses the Time Line. Mechanics is the Gestalt)
4. **Represses memories with unresolved negative emotion**
5. **Presents repressed memories for resolution.**
(to make rational and to release emotions)
6. **May keep the repressed emotions repressed for protection**
7. **Runs the body**
Has a blueprint:
of body now
of perfect health (in the Higher Self)
8. **Preserves the body**
Maintain the integrity of the body
9. **Is the domain of the emotions**
10. **Is a highly moral being** (the morality you were taught and accepted)



PRIME DIRECTIVES OF THE UNCONSCIOUS MIND

11. **Enjoys serving, needs clear orders to follow**
12. **Controls and maintain all perceptions**
 - Regular
 - Telepathic
 - Receives and transmits perceptions to the conscious mind
13. **Generates, stores, distributes and transmits “energy”**
14. **Maintains instincts and generate habits**
15. **Needs repetition until a habit is installed**
16. **Is programmed to continually seek more and more**
 - There is always more to discover
17. **Functions best as a whole integrated unit**
 - Does not need parts to function
18. **Is symbolic**
 - Uses and responds to symbols
19. **Takes everything personally. (The basis of Perception is Projection)**
20. **Works on the principle of least effort**
 - Path of least resistance
21. **Does not process negatives directly**



QUESTIONING FOR RESULTS

Question:

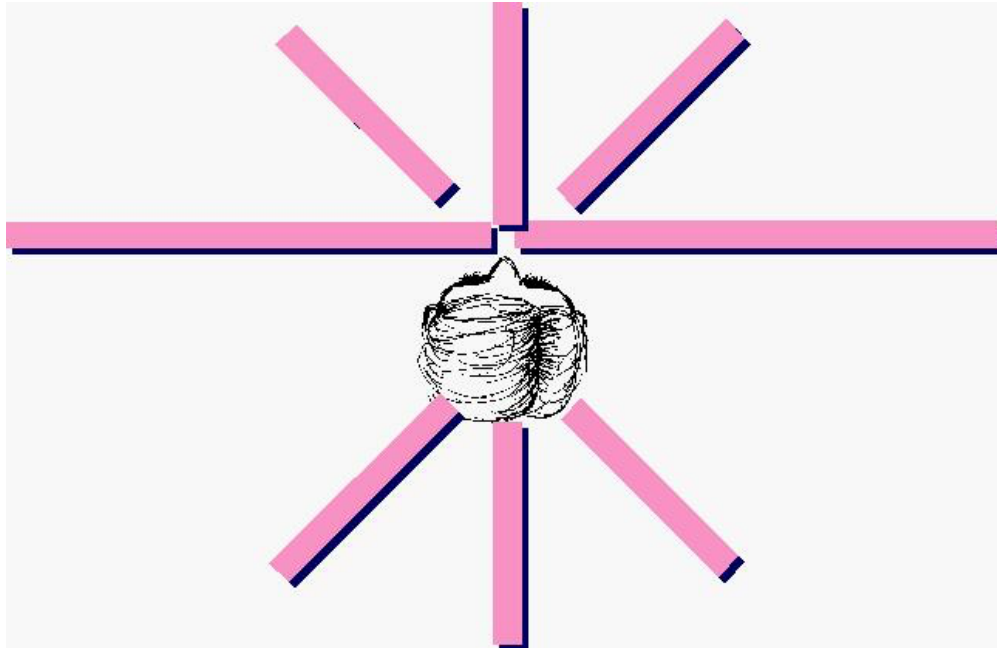
How do you ask questions that produce the most results?

Answer:

Ask yourself, "What is the question that I can ask which by the very nature of the presuppositions in the question itself will cause the client to make the greatest amount of change by having to accept the presuppositions inherent in the question?"



ELICITATION OF THE TIME LINE #1



(We do this with the client awake – not in trance – increasing unconscious trust & cooperation.)

“If I were to ask your unconscious mind, where your past is, and where your future is, I have an idea that you might say, “It’s from right to left, or front to back, or up to down, or in some direction from you in relation to your body. And it’s not your conscious concept that I’m interested in, it’s your unconscious. So, if I were to ask your unconscious mind where’s your past, to what direction would you point?”

(Always note all analog behavior in elicitation)

“And your future, what direction would you point if I asked your unconscious mind, where’s your future?”

NOTE: As you elicit the Time Line, make sure that you understand that however your client does it (how they organize the past and future) is perfect for your client. Make no value judgments about the organization of your client’s Time Line until you find out if it works for your client.

If there are two or more Time Lines, say, “Which of these Time Lines would be the best to use to cause the most pervasive and long lasting change to occur?”



ELICITATION OF THE TIME LINE #2

Please use this page ONLY IF page 181, does not work

Maintain the relationship and communication with the unconscious mind so as to discover the unconscious storage and organization.

1. Can you remember something that happened 1 week ago?
2. Good, as you do, can you notice where it comes from? (Alternatively, since some clients can't notice where a memory comes from, they "can notice where it goes to.")
3. Repeat the process for 1 & 2 for 1 month ago, 1 year ago, 5 years ago, and 10 years ago.
4. Now, repeat 1 & 2 for 1 month in the future, 1 year in the future, 5 years in the future, and 10 years in the future.
5. Now, ask the client, "Do you notice that this arrangement implies a line, or some linear arrangement of your memories?"

The arrangement may be linear or it may not. Allow your language and your behavior to be non-directive so as to discover and not install the Time Line for your client.



FIRST TEST OF ELICITATION

“Now, would you bring to mind the directions that you pointed to (or the memories of the past and future that you noticed). Do you notice that they imply a line?”

If no: “Well, could you notice that?”

If still no: “Is your past arranged by location, for example, where you lived?”

If yes: “How would it look if, for purposes of this process, it were stretched out in a line?”

(Remember Time Line Therapy™ is not *only* a visual process, it can be done visually or auditorily or kinesthetically.)

“Good, now when I say line, I don’t mean to imply only visual, because in a moment I’m going to ask you to float up above that line, and by float, I also mean as sounds floating on the wind, or floating in the bathtub, or visually. However you float up above your Time Line is perfect. So, can you just float up above your Time Line?”

(If client is doing the process visually) “Make sure you are looking through your own eyes.”

Now, remaining above your Time Line just float back into the past (pause). Are you there?”

“Good, float back toward now, and stop there (pause). Are you there? Good. Now, facing toward the future, float up higher and farther back into the past.

“And now, float out into your future (pause). Are you there?”

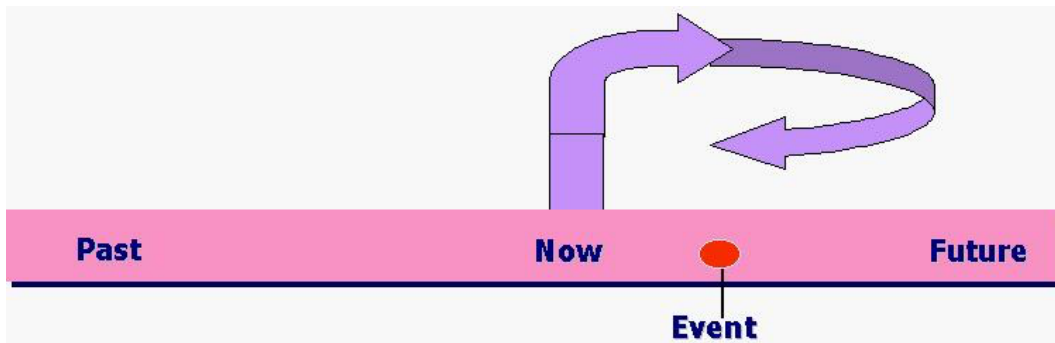
“Now, float up higher. Float so high that your time line seems like one inch long.”
(pause)

“Good, float back to now, and float down into now and come back in the room.”
(pause)

“How was that?”



ANXIETY



Procedure: (Make sure you are working on a specific event.)

1. "What are you anxious about? What specifically?"
2. "Good, just float up above the Time Line..."
3. "And float out above the future to 15 minutes after the successful completion of the event about which you thought you were anxious. Tell me when you're there."
4. "Good. Turn and look toward now, along the Time Line."
5. "Now, where's the anxiety?" ¹
(If Client says, "It's Gone" go to #6.)
(If Client says, "It's still there," then ask, "Are you imagining it completing successfully?" If "no," then talk about successful completion for the event and then to go #3.)
6. "Come back to now."
7. If desired, test by having the client think about what used to make them anxious, and notice that there is no anxiety.
8. If you are eliminating all anxiety, then go to #1 using a new event.

¹ NOTE: If anxiety does not disappear, then reframe, "I know that there's a part of you that thinks it's important for you to have some anxiety to motivate you, and I agree that it's important for you to be motivated. The problem is that anxiety is not good for the body. Are there other ways that would be OK for you to motivate yourself, and let the anxiety go?"

Additionally, anxiety may be the result of fear, which has not been released. For a Presenting Problem of anxiety, always release fear first.



S.M.A.R.T. GOALS

Goal: “An aim or an end in mind.”

Aim relates to direction

End relates to outcome

S

Specific
Simple

M

Measurable
Meaningful to you

A

As if now
Achievable
All areas of your life

R

Realistic
Responsible / Ecological

T

Timed
Toward What You Want



STEPS FOR PUTTING A SINGLE GOAL IN YOUR FUTURE

1. **Be sure the goal is stated so it is S.M.A.R.T.**
2. **Get the last step:**
“What is the last thing that has to happen so you know you got it?”
3. **Make an Internal Representation:**
A Visual representation,
and a Auditory representation,
and a Kinesthetic representation.
4. **Step into the Internal Representation – associate the Client**
5. **Adjust the SubModalities –** Adjust them for the most positive Kinesthetic or for the most “real” feeling.
6. **Step out of the Internal Representation – dissociate the Client.**
7. **Take the Internal Representation and float above now.**
8. **Energize the Internal Representation with four deep breaths:** Have the Client breathe in through the nose, out through the mouth, and blow all the energy into the Internal Representation.
9. **Float out into the Future:** Take the Internal Representation and float above the Time Line out into the future.
10. **Insert the Internal Representation into the Time Line:** “Let go of the Internal Representation and let it float right down into the Time Line.
11. **Notice the events between then and now re-evaluate themselves to support goal:**
The Client may or may not have an experience of the reevaluation, so we call it to his (her) attention.
12. **Float back to now.**



STATEMENT OF SCOPE OF PRACTICE

For Time Line Therapy™ Practitioners

“Scope of Practice” relates what kind of interventions a practicing Time Line Therapy™ Practitioner should do and with whom. The answer to this question depends upon whether you are licensed or unlicensed.

Unlicensed Practitioner: An unlicensed practitioner should confine his/her practice to:

- smoking,
- weight loss,
- stress reduction and
- some performance enhancement issues.

If the practitioner intends to accept a client with issues that do not fall into these areas, then the practitioner should receive further training in Time Line Therapy® at the Master Practitioner level. In addition, the Practitioner should also get a written referral from a licensed person or should be under the direct supervision of a licensed person.

A Time Line Therapy™ Practitioner should definitely NOT perform outside the scope for which (s)he is trained and licensed.

Licensed Practitioner: A licensed practitioner may use Time Line Therapy™ Techniques for additional issues, provided that those issues are consistent with the practitioner’s license and if the practitioner has received Time Line Therapy® Training at the Master Practitioner level.

Additional Considerations:

1. If the presenting problem or the personal history that you gather from the client indicates to you that the client is dangerous to self or others, then the client is beyond the scope of treatment by an unlicensed practitioner. Someone of this kind is best referred to a practitioner who is trained to handle clinical issues.



2. Under certain circumstances, highly traumatic or repressed material could indicate that if you are not trained in interventions that deal in this area, it would be best to refer the client to a practitioner who is trained to handle these issues.

3. A client who seeks treatment for a physiological and/or a life-threatening disease should be advised that such treatment is “controversial” and should be encouraged to get a diagnosis and referral from a Medical Doctor before proceeding. NOTE: It is not illegal to use Time Line Therapy™ Techniques for, say, helping to alleviate an ulcer or its symptoms. It is, however, illegal to claim to use Time Line Therapy™ Techniques to cure any physical condition.

Practicing beyond your Scope of Practice or making claims which are illegal or unethical will result in de-certification by the Time Line Therapy™ Association.