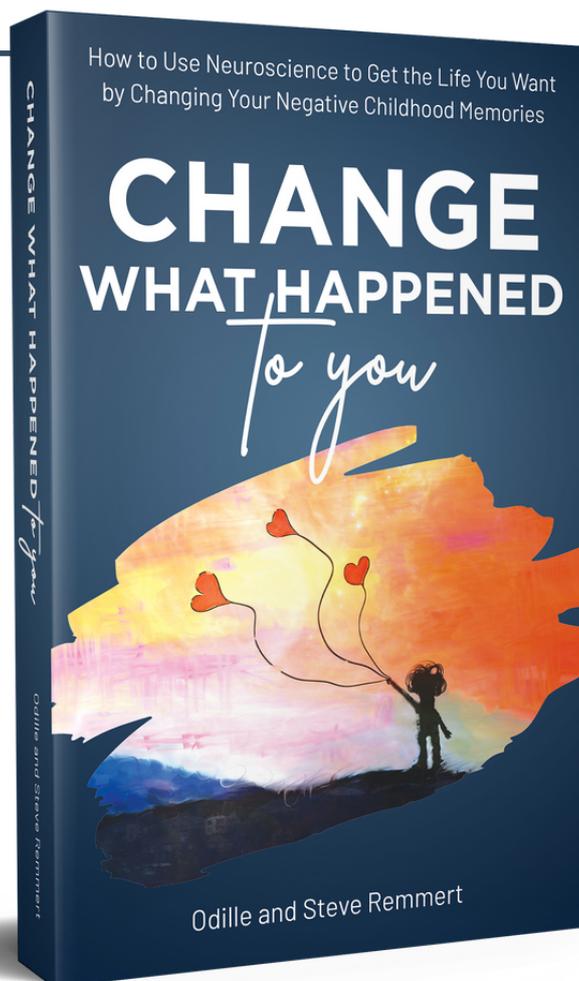


CHANGE WHAT HAPPENED *To you* WORKBOOK



A workbook to use with the book:
CHANGE WHAT HAPPENED TO YOU

ABOUT THIS WORKBOOK

How it works

This workbook is designed as a practical tool to make it easier for you to get results using the techniques in the book.

The exercises in this workbook are not in chronological order according to the chapters in the book, but rather in an order that allows for practical application. We have, however, referenced the Chapter Number for each section.

DAILY ACTIVITY TRACKER

At the back of the workbook, you'll find 30 pages of Daily Activity that you can use to keep you on track for 30 days, moving forward.

ABOUT THIS WORKBOOK

Order of Contents

A Note from Odille and Steve

Set Your Destination: Touchstone

Pillar One: Brain and Body Chemistry (The Beginner's Exercise)

Pillar Two: Childhood Memory Transformation

- The Detective Work (the 3 detective questions)
- Memories to Be Changed
- Memory Changing Process
- New Memories

Pillar Three: Zero Tolerance

- Things that feel good
- Self Talk
- Daily Activity
- Gateway Thoughts

Rest and Repair Stops - Troubleshooting

- Bookmark Memories
- Generational Childhood Memory Transformation
- Due Justice Technique
- Extra Detective Work
- Culture and Religion
- Reverse Engineering

30 Days of Daily Activity

INTRODUCTION

Note From the Authors

Think of the changes you want to make in your life—whatever they are—as a destination.

This workbook companion to the book is designed to help you get from wherever you are now to that destination.

Whether that is peace of mind, feeling happier, being in a loving relationship, feeling confident and safe, feeling loved and connected, improving your financial situation, improving your physical or mental health, or changing anything else about your life or yourself, the way to get there is by learning to drive your vehicle, setting the GPS coordinates to match that desired destination, and then staying on the road until you reach it.

We are so excited for you!

With Love,

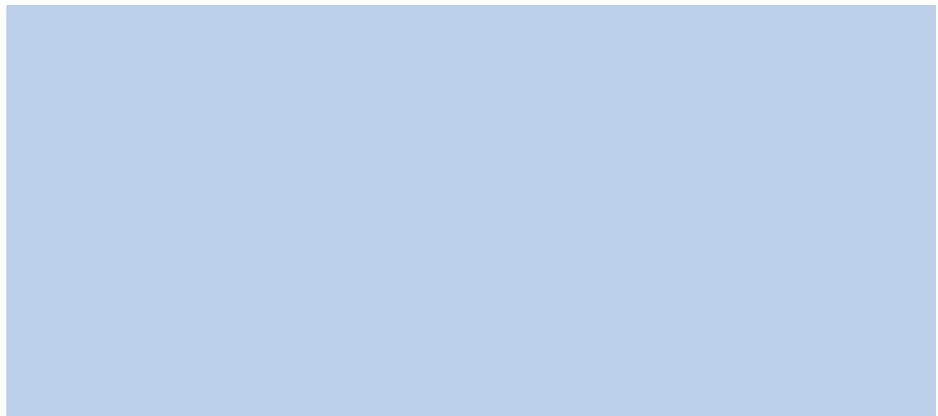
Odille and Steve

DESTINATION

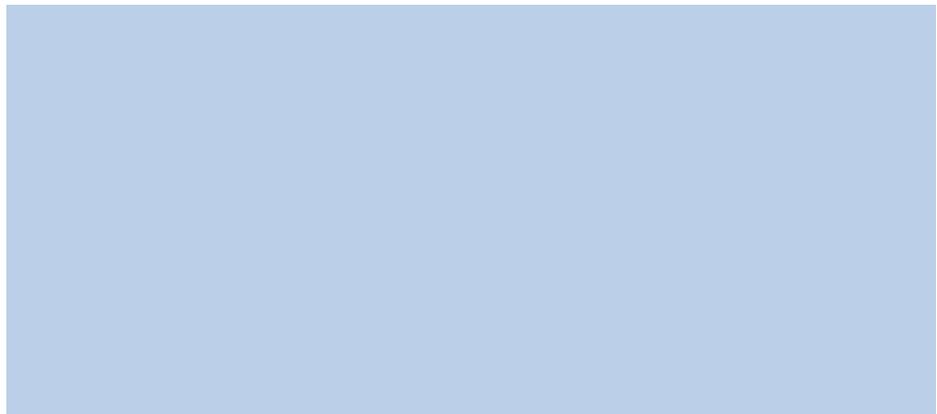
TOUCHSTONE - Chapter 18

Follow the directions in Chapter 18 and then fill in the following...

Details of
your End
Destination



Touchstone
- Feelings
and Phrase



DONE!

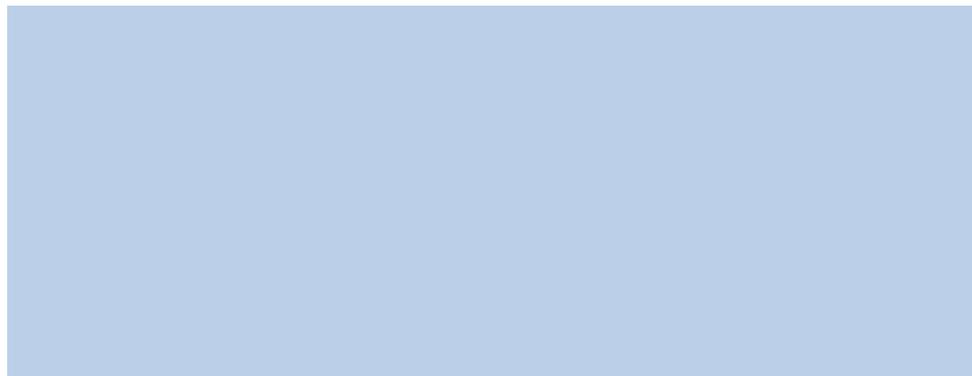


PILLAR ONE

BRAIN AND BODY CHEMISTRY

THE BEGINNER'S EXERCISE - Chapter 2

Subjects I can use for the Beginner's Exercise. People / pets / animals / places / activities that I love (without any guilt, regret, or worry).



DONE!



Download the MP3 Audio Guide of the Beginner's Exercise

MP3 Audio Guide



DONE!



Continued on next page...

THE BEGINNER'S EXERCISE

Continued

Set Reminders to practice The Beginner's Exercise Throughout the Day, every day

DONE!



Practice the Beginner's Exercise

Morning



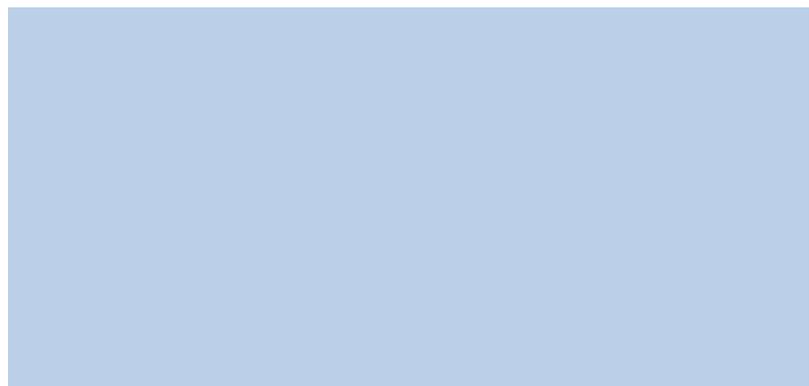
At least once during the day



Evening



Observations and notes



DONE!



PILLAR TWO

CHILDHOOD MEMORY TRANSFORMATION

THE DETECTIVE WORK - Chapter 5

Question 1:

How do I
know? /
What's
the worst
thing
about it?

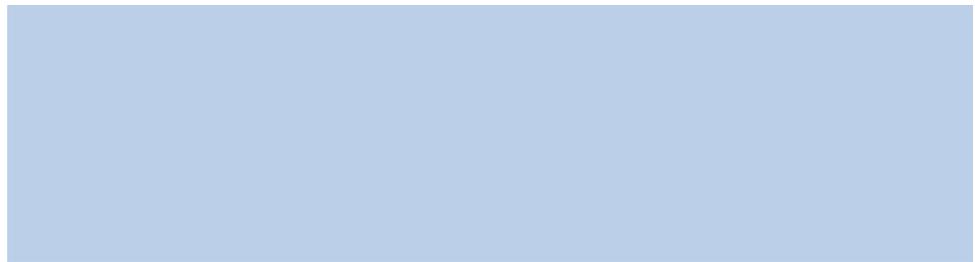


DONE!



Question 2.

How does
that feel?



DONE!



Continued on next page...

The Detective Work

Continued

MEMORIES TO BE CHANGED

Add to this list as you find more memories

Question 3.

Where in my childhood did I feel the same feeling?

NOTE: It may be a different topic but the same feeling.

Name of Memory	Approx. Age

DONE!

Continued on next page...

CHANGING MEMORIES – Chapter 5

MEMORY CHANGING PROCESS

Remember to get help from a professional before addressing trauma



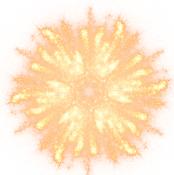
1. Take a deep breath, close your eyes, and think of your favorite color. Imagine being surrounded by that color and allow yourself to feel the feeling of that beautiful color.



2. Now, think of your subject—that person, animal, place, or activity you love (with no negative emotions attached—no guilt, longing, or regret etc.)—and imagine holding that subject, in your arms, in a hug.



3. Focus in on the feeling—the physical feeling of that love—in your chest or solar plexus. If you have trouble feeling it at first, think about all the reasons you love this person, animal, place, or activity.



4. Imagine that feeling of love as a ball of light or energy, and imagine it spreading down to your toes, up to the top of your head, and out to your fingertips, so that you're now full of that light, that love for your subject.

Continued on next page...

Changing Memories

Continued

MEMORY CHANGING PROCESS

Remember to get help from a professional before addressing trauma



5. Now, imagine “pressing pause” on that for a moment, and go to the first (earliest) memory on your list. Briefly notice how strong any negative emotions are in this memory from zero to 10. Don’t take longer than a few seconds to notice this. Think of these negative emotions as a hot bath. You want to just very briefly dip your toe into the water to see how hot it is, rather than getting into it.



6. Next, “press pause” on that, and go back to imagining being surrounded by your favorite color. Allow yourself to fully embrace the lovely feeling of that color, and then imagine hugging your subject. Again, to make those good feelings stronger, think of the reasons you love this subject. If it’s a person or animal, have they ever done anything funny? Focus in on all those good feelings and imagine that love as a light spreading all the way through your body.

Continued on next page...

Changing Memories

Continued

MEMORY CHANGING PROCESS

Remember to get help from a professional before addressing trauma



7. Now, “press pause” on that again, and go back to the negative memory. Notice how strong the negative feelings are now. Are they still the same? Are they stronger? Are they weaker? Just spend a few seconds on this—remember, you’re just dipping your toe in, don’t fully get into it. If the negative emotions were a seven before, where are they now?



8. Immediately “press pause” on that negative memory and go back once again to imagining being surrounded by your favorite color and hugging your subject. Allow yourself to fully focus on the details of what you love about that color and your subject.



Repeat this process, back and forth (spending much more time in the good feelings than in the negative memory) until there are no negative emotions left in that old memory when you think of it. Then you’re ready to move to the next step.

Continued on next page...

Changing Memories

Continued

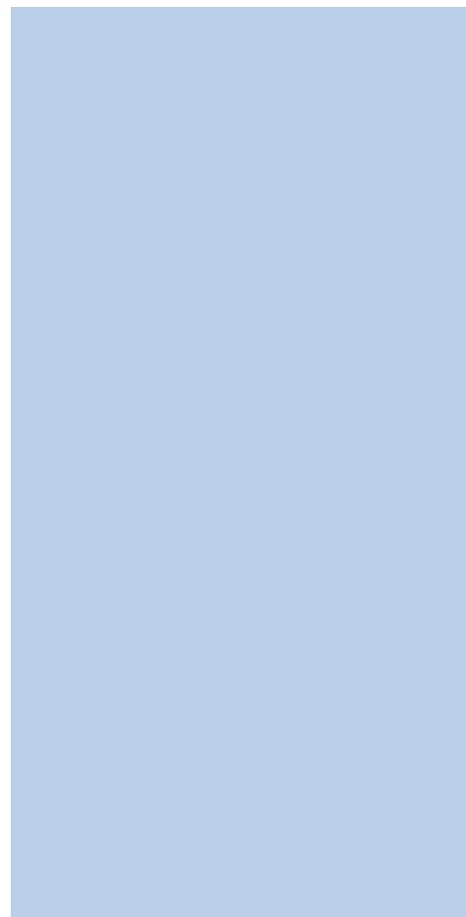
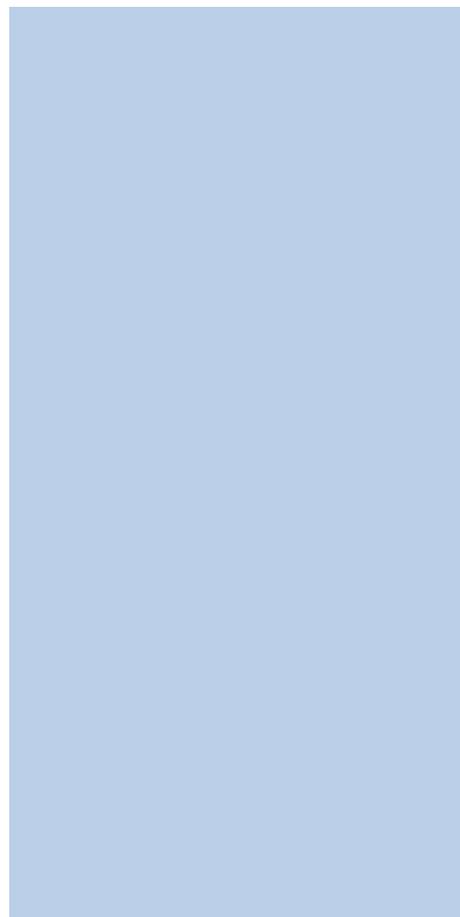
NEW MEMORIES

Add to this list as you create new memories

New
Memories
with good
feelings.

Steppingstone Memories*
(Optional - if needed)

Final
New Memories



*See Chapter
19 for
Steppingstone
Memories

DONE!



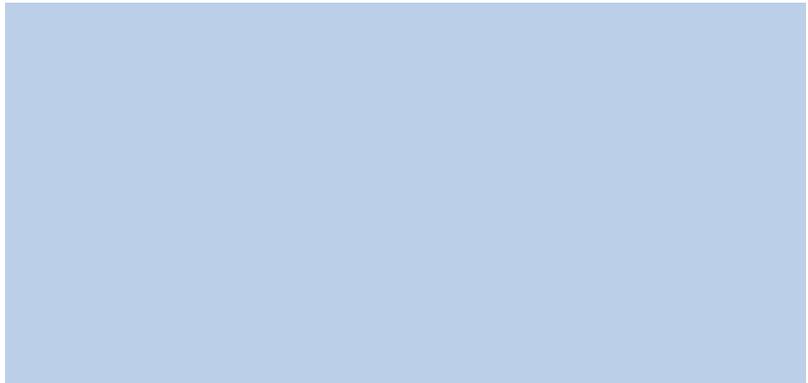
PILLAR THREE

ZERO TOLERANCE

ZERO TOLERANCE - Chapter 10

Add to this list as you think of new ideas

Things that
make me smile
- that I can
think about
and focus on
for at least 60-
90 seconds



DONE!



Activities I can
do that feel
good



DONE!



Continued on next page...

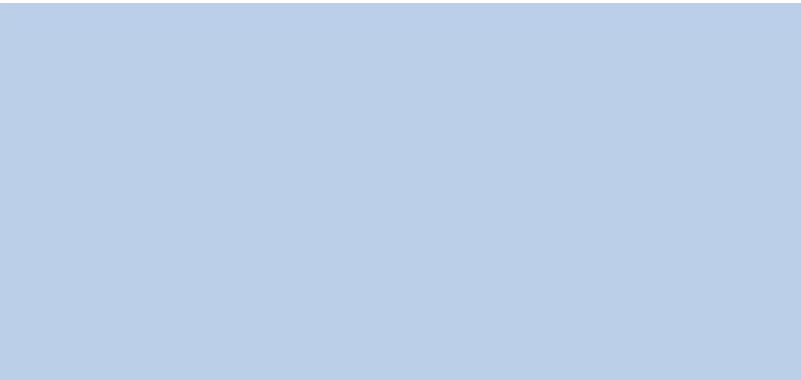
PILLAR THREE

ZERO TOLERANCE

SELF TALK - Chapter 22

Add to this list as you think of new ideas

NEW self-talk	 <p data-bbox="1171 1294 1315 1339">DONE! </p>
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<i>Extra Notes</i>	 <p data-bbox="1171 1892 1315 1937">DONE! </p>
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Continued on next page...

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

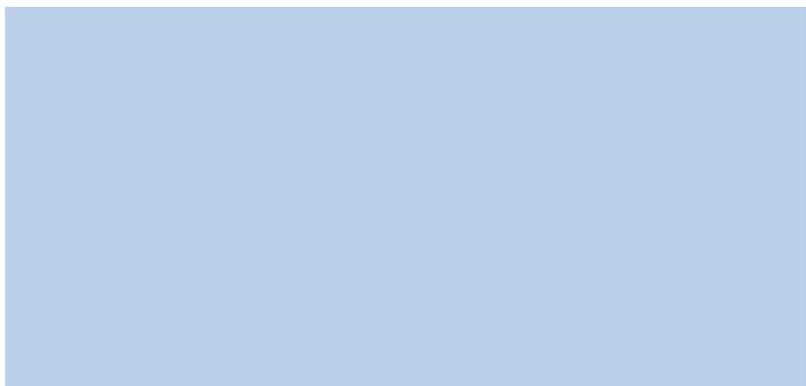
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Gateway Thoughts

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening



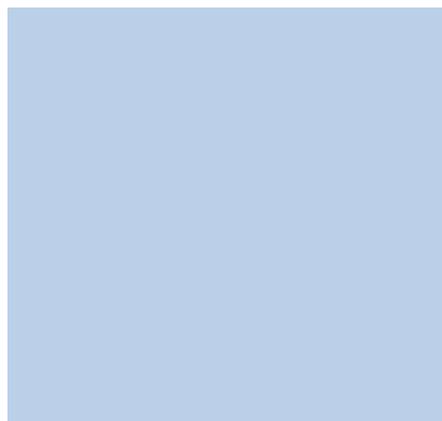
Do at least one thing I love

DONE!

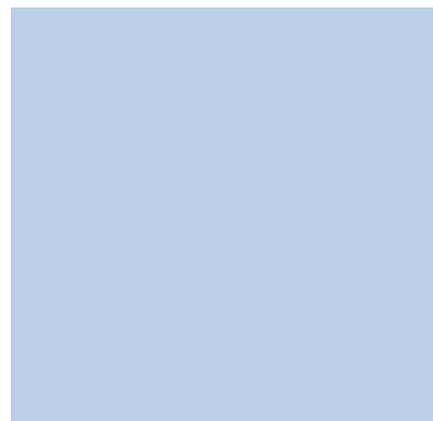


Gateway Thoughts I've noticed - and what I changed them to.

Original Gateway Thought



NEW Empowering Thought



DONE!



REST AND REPAIR STOPS

Bookmark Memories

1. Bedtime Story: You're a child, lying comfortably in bed. Your parents are sitting either side of you, reading you a bedtime story. They're smiling, taking it in turns to read, both of them fully engaged. You all laugh together as each parent does the funny voices of the characters. There's no need to know what the book or story is (although you can if that feels good). Focus in on the feeling of being together, and the relaxed, loving atmosphere.

Feelings: Safety, love, connection.

Contradicting memories / thoughts / feelings	
--	--

Memories to be changed	
------------------------	--

New Memories that support this Bookmark Memory	
--	--

Continued on next page...

REST AND REPAIR STOPS

Bookmark Memories

Continued

2. Light Up a Room: You're walking into a room, and your parents' faces light up as they see you. They immediately stop what they're doing, and fully focus on you. Again, you don't need details, just concentrate on the feeling as your parents' faces light up, and they stop what they're doing to focus on you because they love you so much.

Feelings: I'm important, valued, loved, worthy. I light up a room.

Contradicting memories / thoughts / feelings	
Memories to be changed	
New Memories that support this Bookmark Memory	

Continued on next page...

REST AND REPAIR STOPS

Bookmark Memories

Continued

3. Empowerment to Speak: You're talking, and both of your parents are listening, allowing you to speak, nodding, understanding, and agreeing with you. You don't need to know what you're saying, or even the topic. You just need that feeling of talking, and them listening, engaged, and agreeing with you.

Feelings: I have the power to speak. It's safe to speak. I'm heard, I'm important, I'm interesting, I'm valuable, I'm safe.

Contradicting memories / thoughts / feelings	
Memories to be changed	
New Memories that support this Bookmark Memory	

Continued on next page...

REST AND REPAIR STOPS

Bookmark Memories

Continued

4. The Power to Say No: You're saying "No" to your parents. You don't need to know what you're saying no to, just the feeling of saying "No" to something you don't want. Your parents say, kindly, compassionately, supportively, and lovingly: "Okay, of course, no problem. What would you like instead?"

Feelings: I have the power to say "No" and that is respected. I am empowered to choose what I want to experience. It's safe to say "No."

Freedom.

Contradicting memories / thoughts / feelings	
Memories to be changed	
New Memories that support this Bookmark Memory	

Continued on next page...

REST AND REPAIR STOPS

Bookmark Memories

Continued

5. It's Safe and Normal to Have Fun: You and both of your parents are playing a game or doing a fun activity together.

Feelings: I'm safe. It's safe to have fun. It's normal to feel good. Connection.

Contradicting memories / thoughts / feelings	
--	--

Memories to be changed	
------------------------	--

New Memories that support this Bookmark Memory	
--	--

Continued on next page...

REST AND REPAIR STOPS

Bookmark Memories

Continued

6. Physical Affection: You're sitting on the sofa with your parents either side of you, cuddling.

Feelings: Physical affection. I'm safe, loved, valuable, worthy. Peacefulness.

Contradicting memories / thoughts / feelings	
--	--

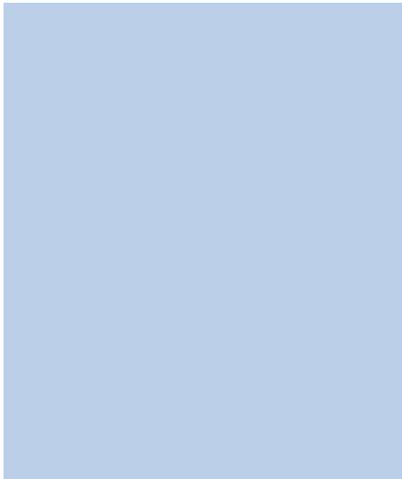
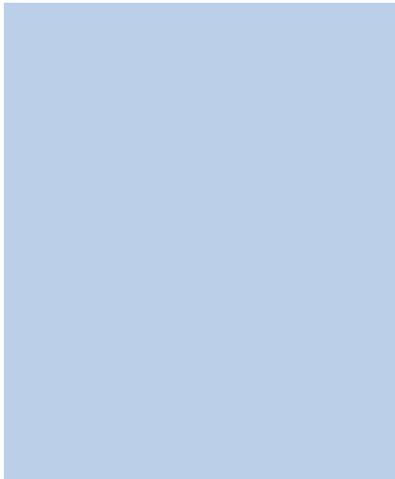
Memories to be changed	
------------------------	--

New Memories that support this Bookmark Memory	
--	--

REST AND REPAIR STOPS

Generational Childhood Memory Transformation

Read through the Generational Childhood Transformation meditations in Chapter 14 and/or listen to the [Audio Guides](#). Download the MP3 audio guides [here](#).

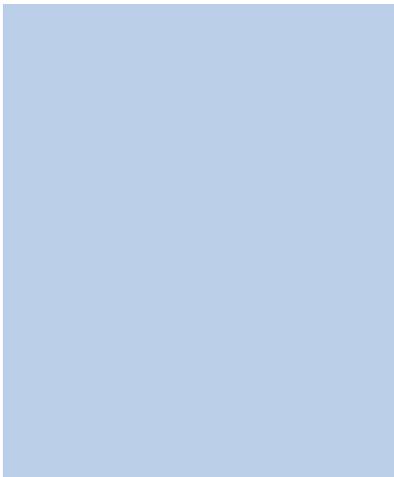
<p>Maternal Grandmother</p> <p>Make a note of any contradicting memories - and what you change them to.</p>	<p>Contradicting Memories</p> 	<p>NEW Memories</p>  <p>DONE! </p>
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Continued on next page...

REST AND REPAIR STOPS

Generational Childhood Memory Transformation

Continued

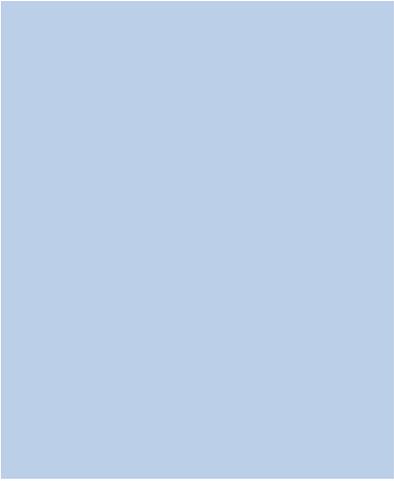
<p>Maternal Grandfather</p> <p>Make a note of any contradicting memories - and what you change them to.</p>	<p>Contradicting Memories</p> 	<p>NEW Memories</p>  <p>DONE! </p>
<p>Mother</p> <p>Make a note of any contradicting memories - and what you change them to.</p>	<p>Contradicting Memories</p> 	<p>NEW Memories</p>  <p>DONE! </p>

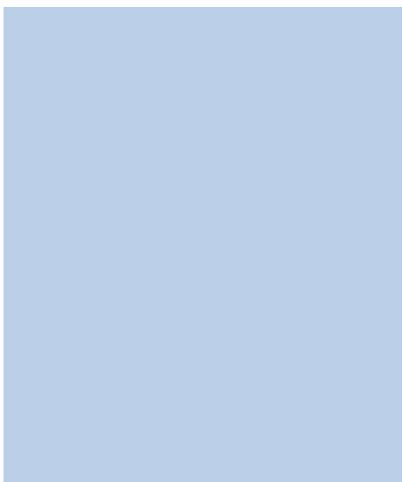
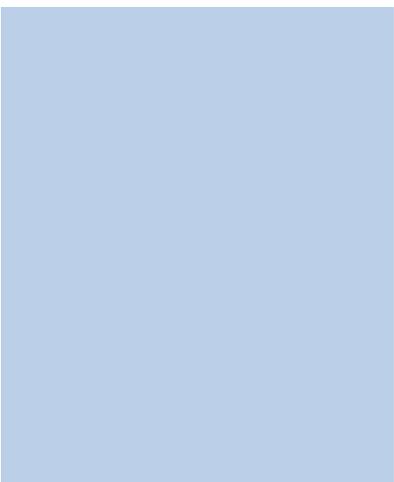
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REST AND REPAIR STOPS

Generational Childhood Memory Transformation

Continued

<p>Paternal Grandmother</p> <p>Make a note of any contradicting memories - and what you change them to.</p>	<p>Contradicting Memories</p> 	<p>NEW Memories</p>  <p>DONE! </p>
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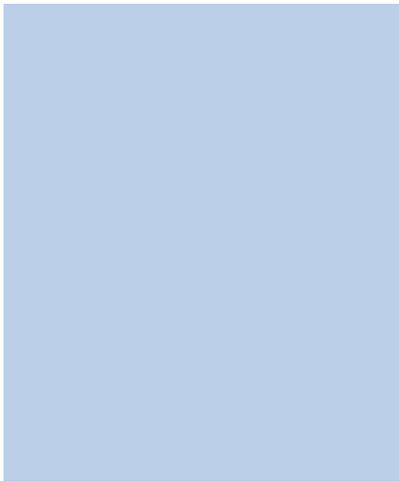
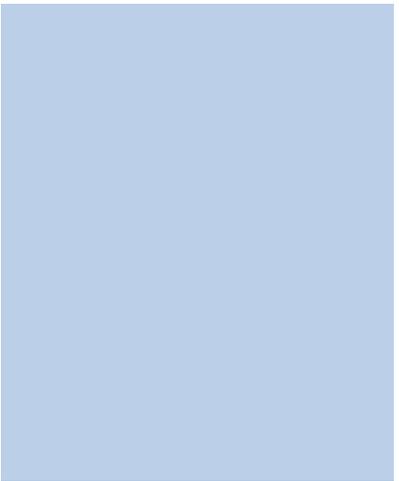
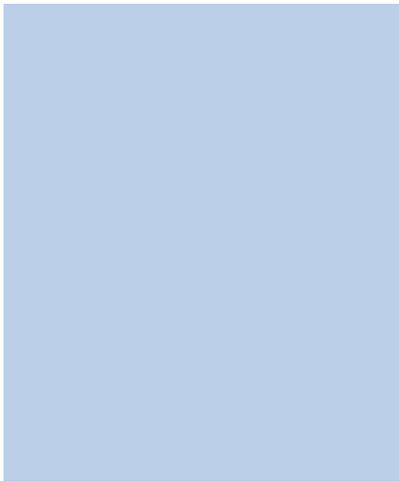
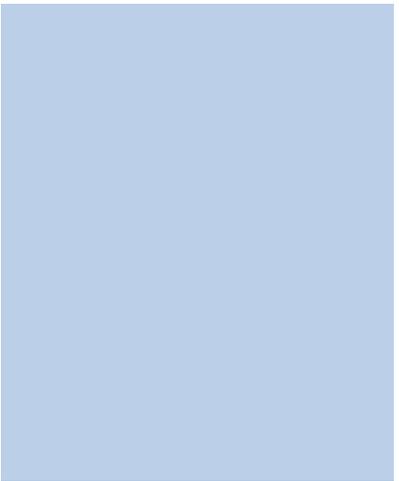
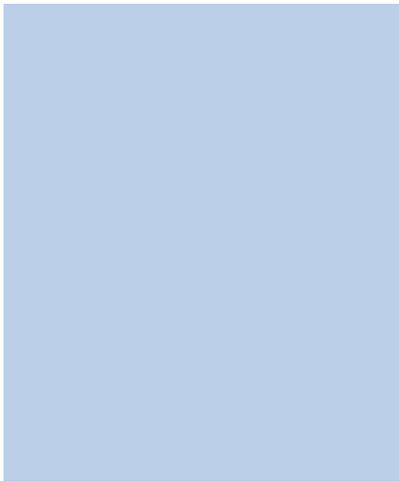
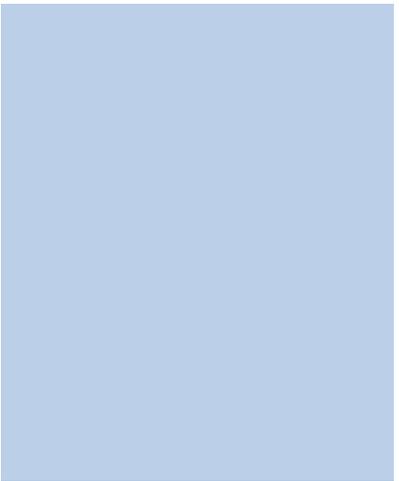
<p>Paternal Grandfather</p> <p>Make a note of any contradicting memories - and what you change them to.</p>	<p>Contradicting Memories</p> 	<p>NEW Memories</p>  <p>DONE! </p>
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Continued on next page...

REST AND REPAIR STOPS

Generational Childhood Memory Transformation

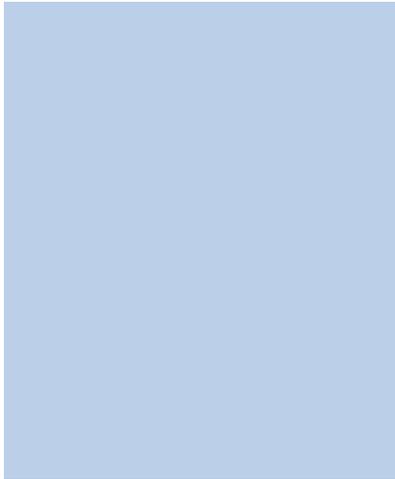
Continued

<p>Father</p> <p>Make a note of any contradicting memories - and what you change them to.</p>	<table><thead><tr><th data-bbox="507 712 906 824">Contradicting Memories</th><th data-bbox="970 712 1369 824">NEW Memories</th></tr></thead><tbody><tr><td data-bbox="507 824 906 1305"></td><td data-bbox="970 824 1369 1305"></td></tr><tr><td colspan="2" data-bbox="1042 1350 1305 1417">DONE! </td></tr></tbody></table>	Contradicting Memories	NEW Memories			DONE! 	
Contradicting Memories	NEW Memories						
							
DONE! 							

<p><i>Extra Notes</i></p>	
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REST AND REPAIR STOPS

DUE JUSTICE TECHNIQUE - Chapter 15

<p>Due Justice Letters to Write</p>	<p>Letters to Write</p> 	<p>Letters Written</p>  <p>DONE! </p>
---	--	---

<p><i>Extra Notes</i></p>	
---------------------------	--

REST AND REPAIR STOPS

EXTRA DETECTIVE WORK - Chapter 20

<p>If this problem were a person, who would it be?</p>	<p><i>Name</i></p> 	<p><i>Negative Childhood Memories to Change</i></p>  <p><i>DONE!</i> </p>
--	---	---

<p>Who or what does this problem / person remind me of?</p>	<p><i>Name</i></p> 	<p><i>Negative Childhood Memories to Change</i></p>  <p><i>DONE!</i> </p>
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REST AND REPAIR STOPS

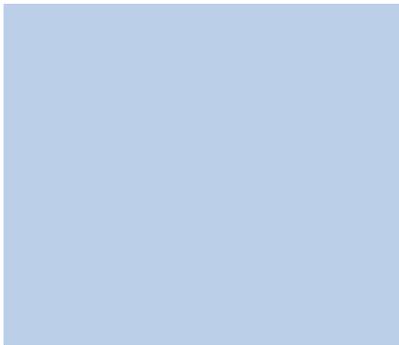
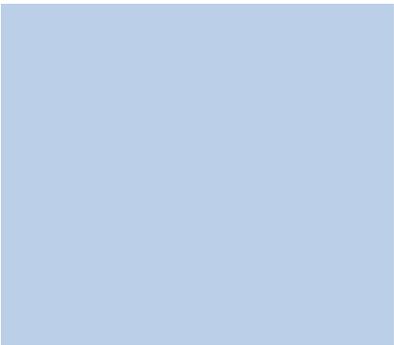
EXTRA DETECTIVE WORK - Chapter 20

<p>What does this problem mean to me, and where in my childhood did I experience that meaning?</p>	<p>Name</p> 	<p>Negative Childhood Memories to Change</p>  <p>DONE! </p>
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<p><i>Extra Notes</i></p>	
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REST AND REPAIR STOPS

EXTRA DETECTIVE WORK - Chapter 20

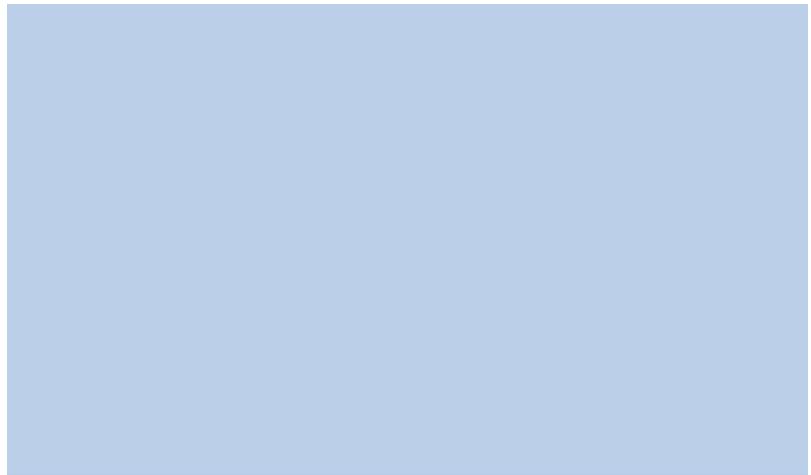
<p>If this doesn't change, what's the worst thing that could happen? What am I most worried about? What does that remind me of from childhood?</p>	<p>Name</p> 	<p>Negative Childhood Memories to Change</p>  <p>DONE! </p>
--	--	---

<p>What good memories do I have from childhood that remind me of this issue or person?</p>	
--	--

REST AND REPAIR STOPS

EXTRA DETECTIVE WORK - Chapter 20

How was I
punished, as a
child, when I
did something
wrong?



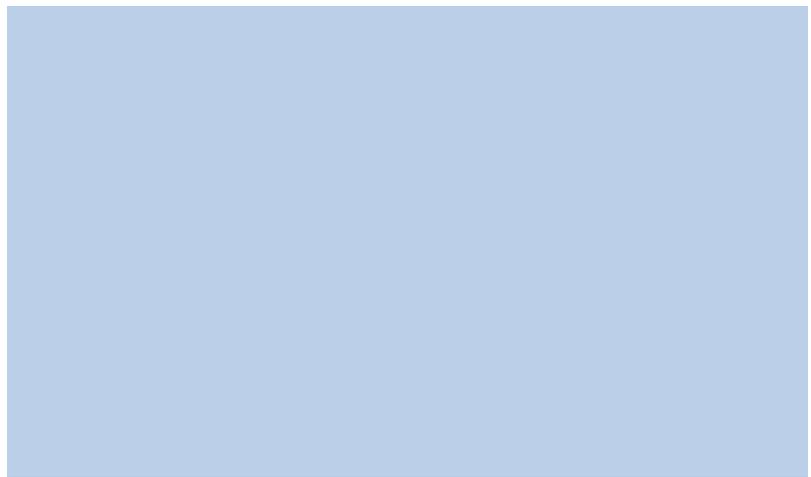
Extra Notes



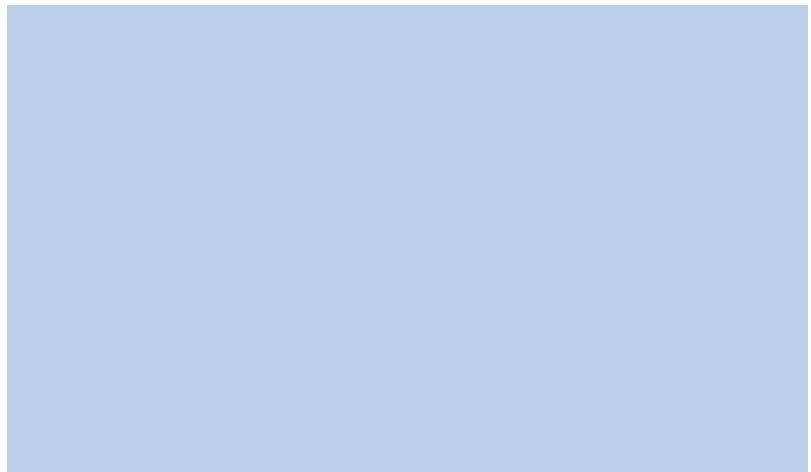
REST AND REPAIR STOPS

CULTURE AND RELIGION - Chapter 23

New Cultural
and/or
Religious
History,
stories, and
heritage

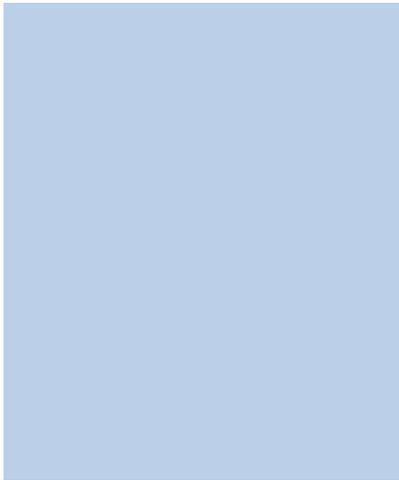


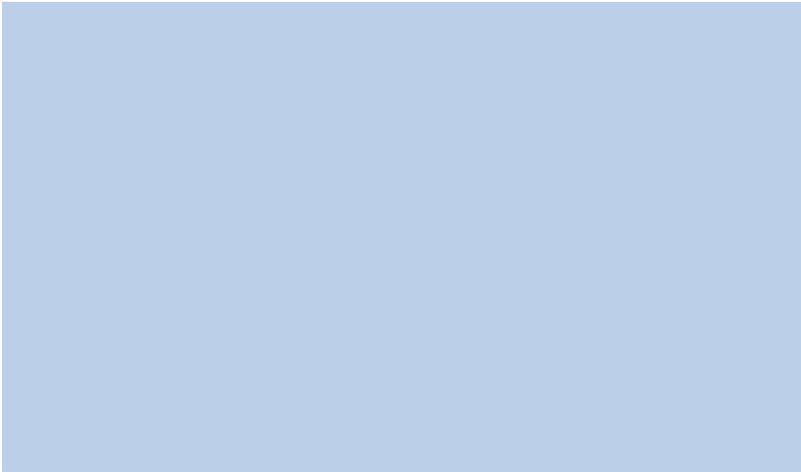
Extra Notes



REST AND REPAIR STOPS

REVERSE ENGINEERING - Chapter 24

<p>New memories that prove what I want now</p>	<p>What I want now</p> 	<p>New childhood memories that prove it</p>  <p>DONE! </p>
--	---	--

<p><i>Extra Notes</i></p>	
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PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 1

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

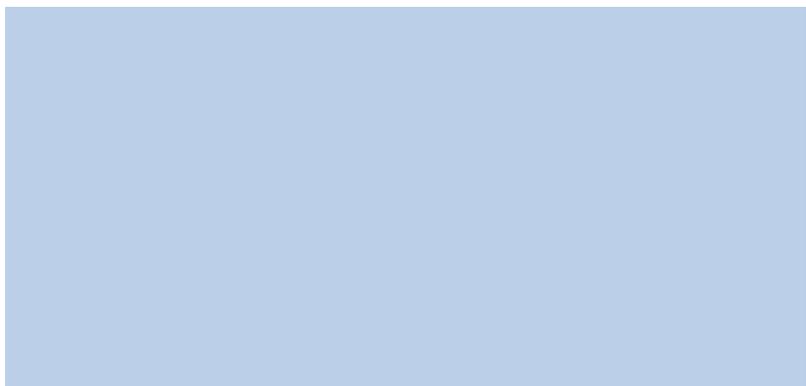
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 2

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

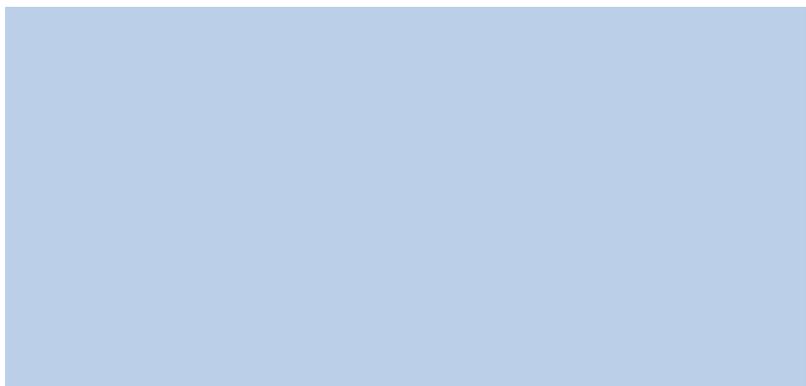


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 3

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

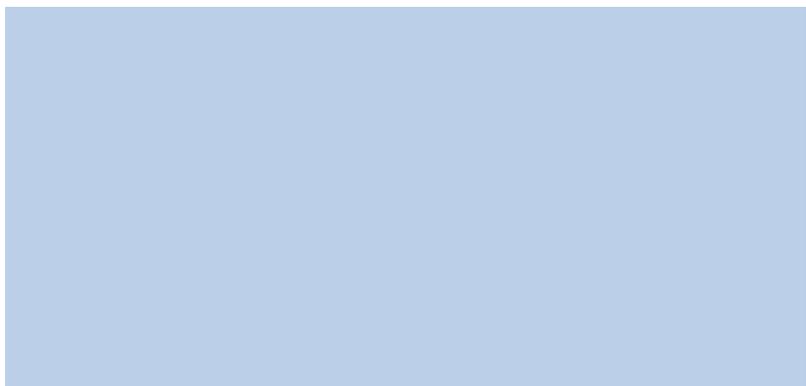


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 4

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

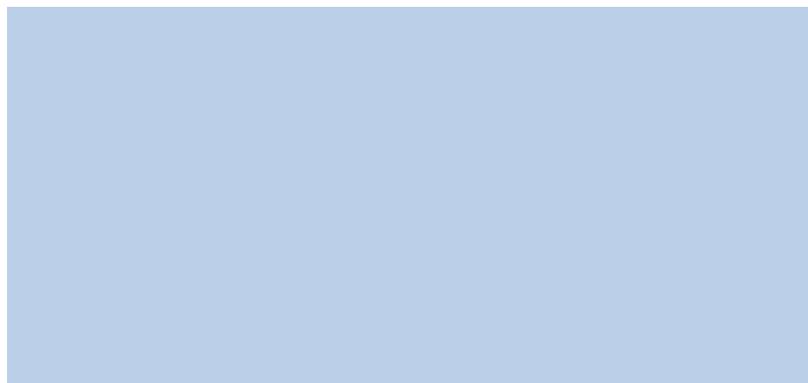


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 5

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

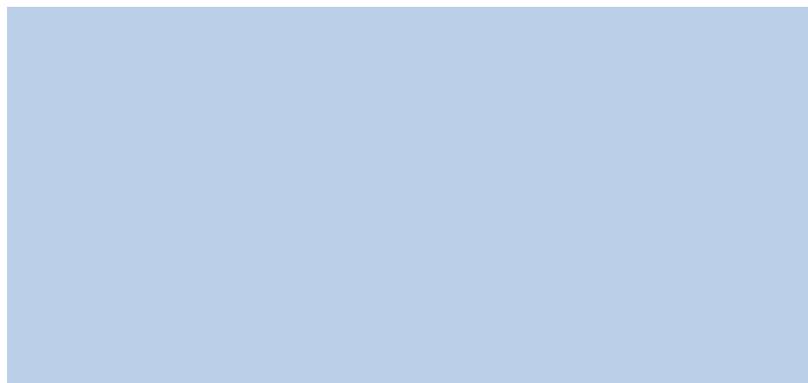


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 6

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

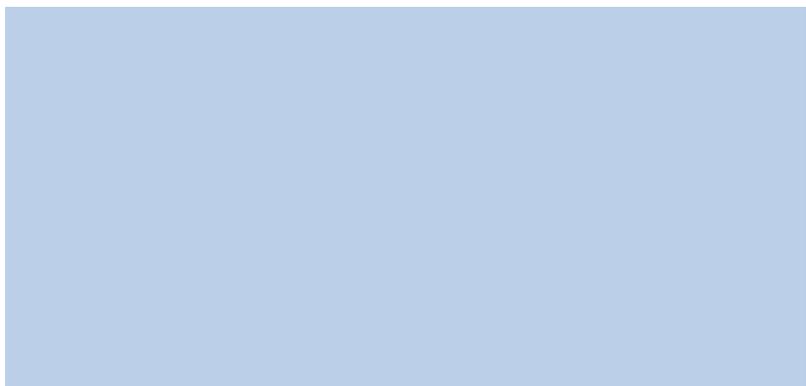
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 7

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

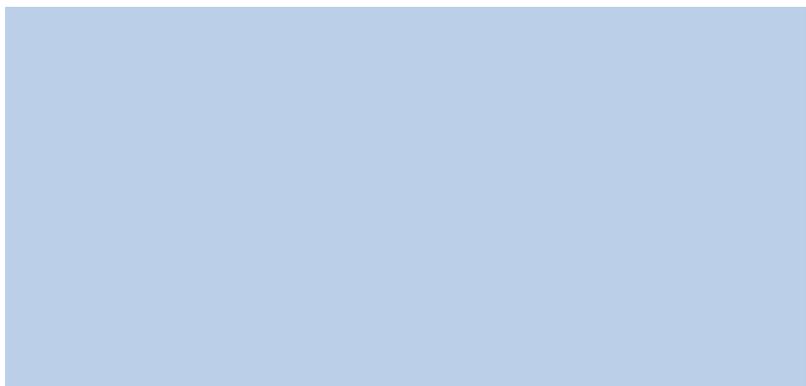


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 8

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

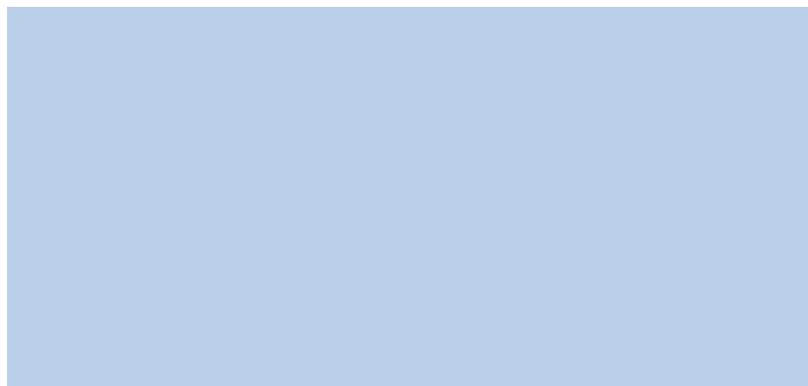


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 9

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

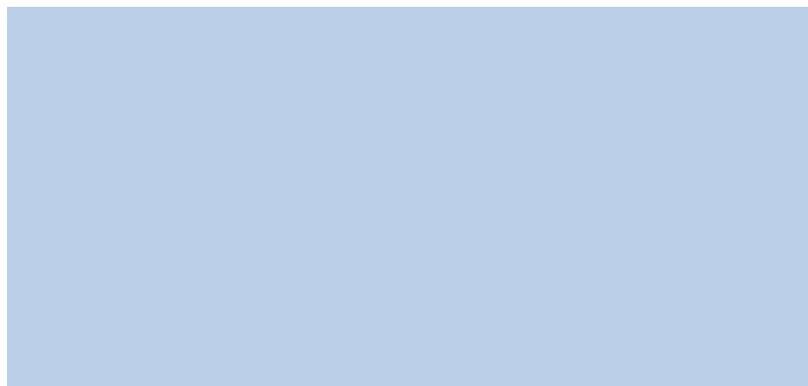


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 10

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

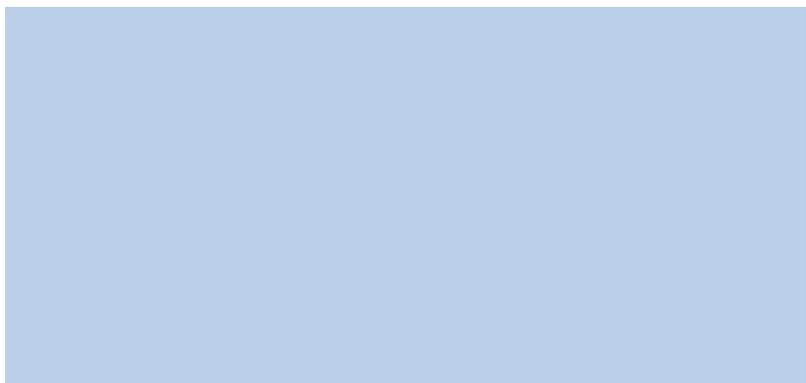


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 11

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

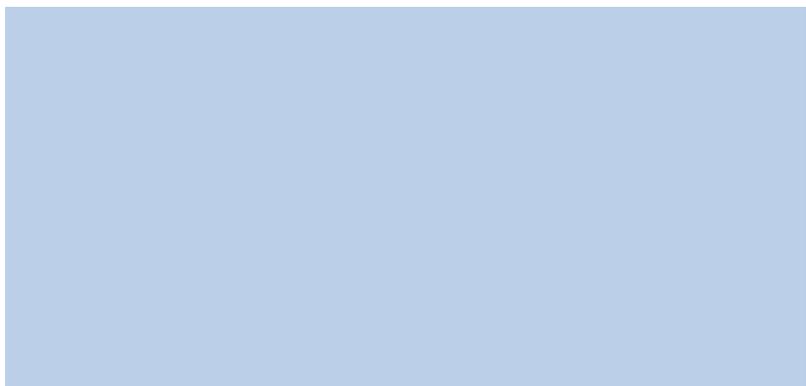


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 12

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

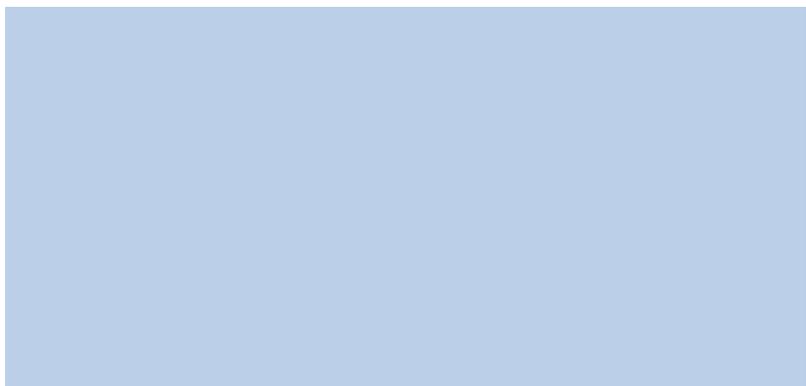
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 13

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

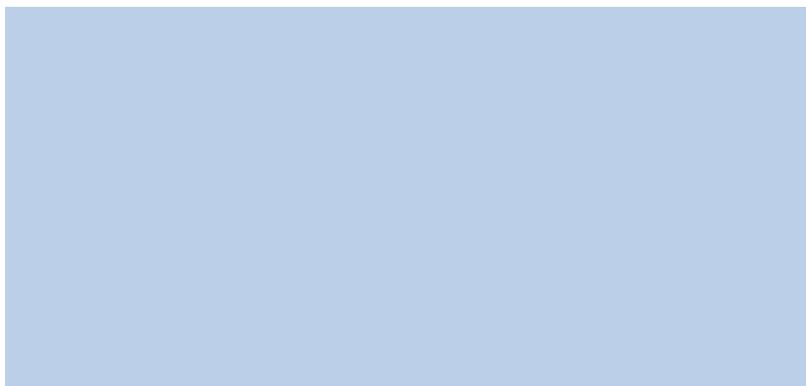
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 14

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

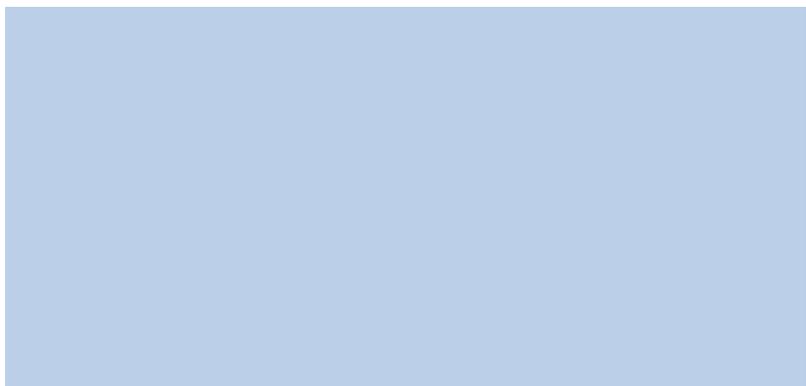
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 15

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

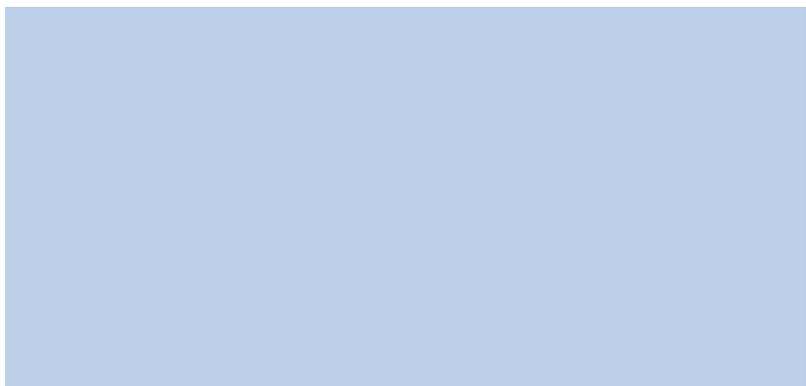
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity **Day 16**

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning

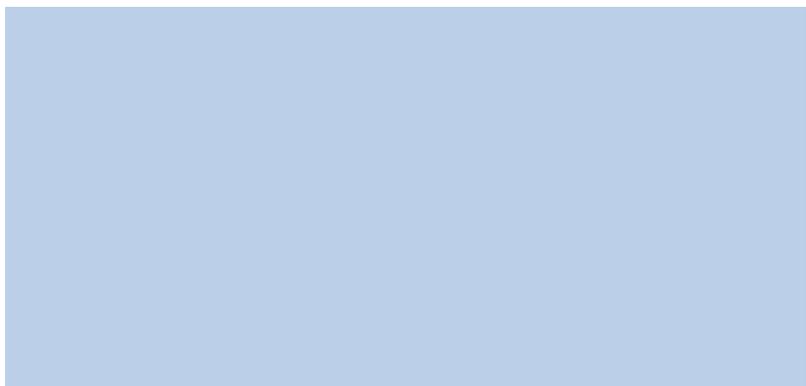
At least once during the day

Evening

Do at least one thing I love

DONE!

Observations and notes



DONE!

PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 17

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

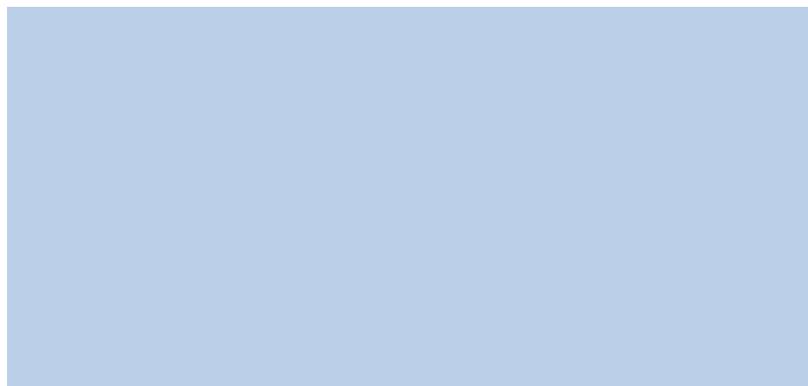


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 18

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

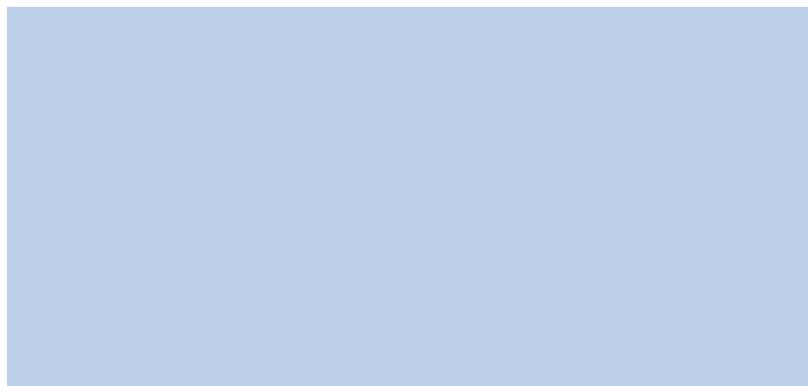


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 19

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

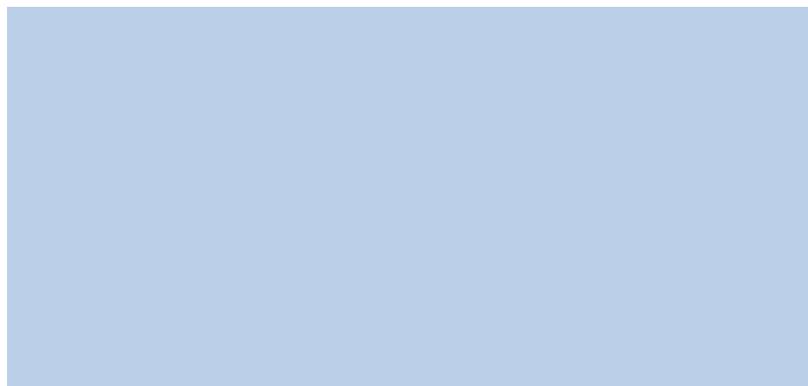


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 20

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

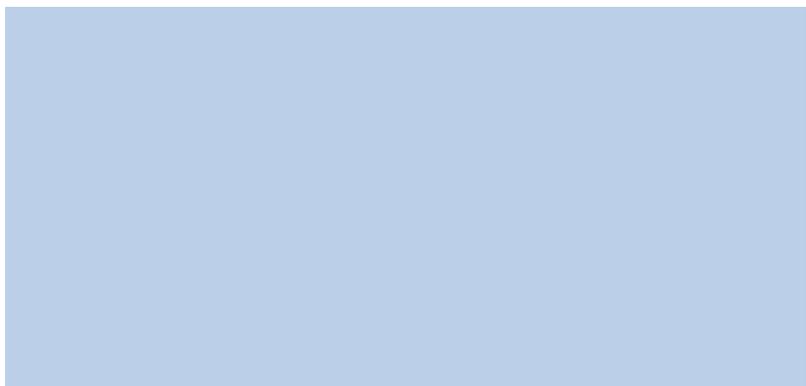


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 21

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

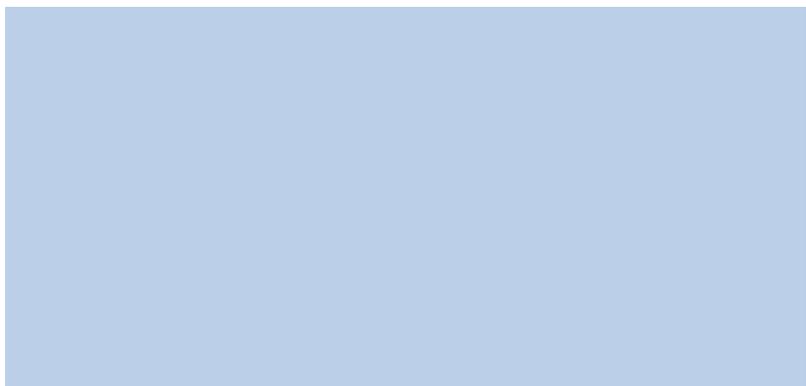


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 22

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

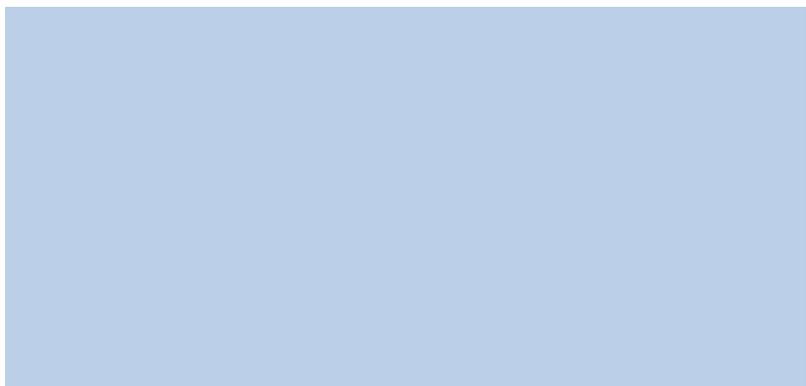


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 23

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

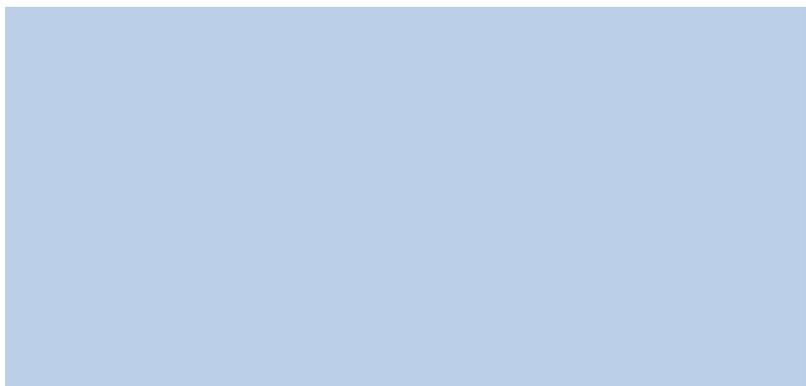


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 24

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

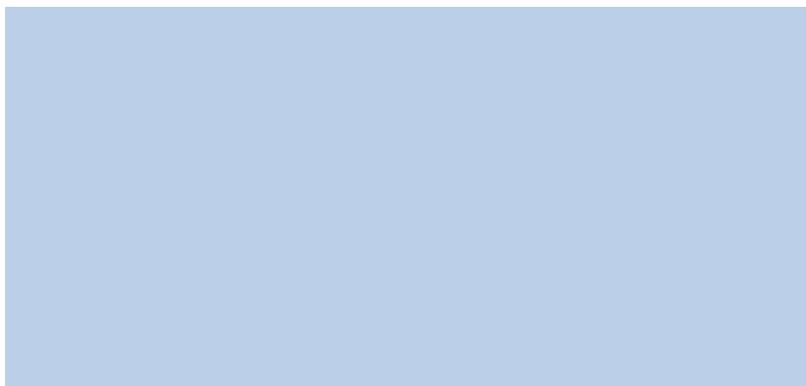


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 25

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

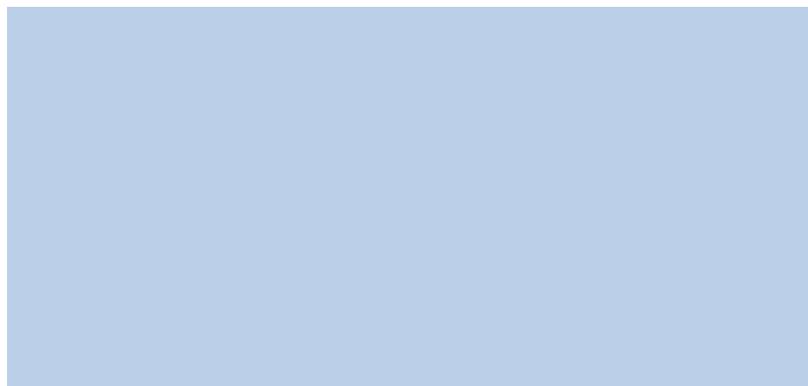


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 26

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

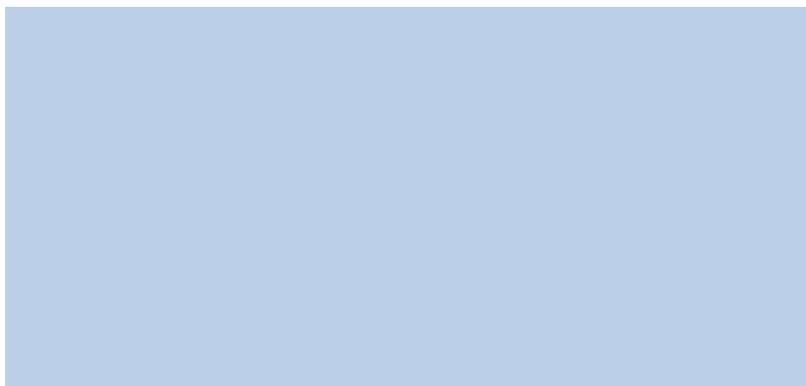


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 27

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

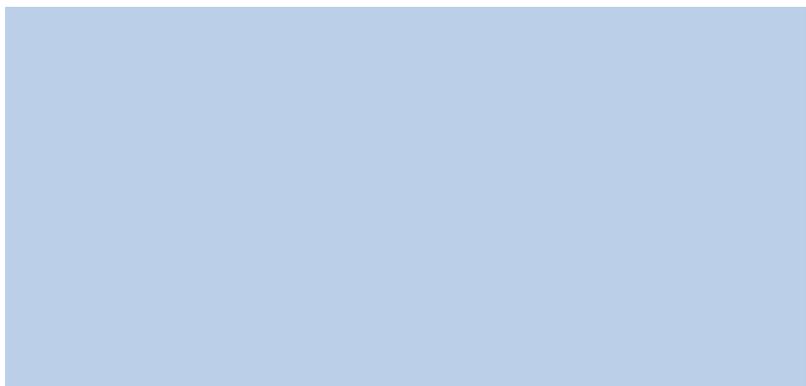


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 28

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

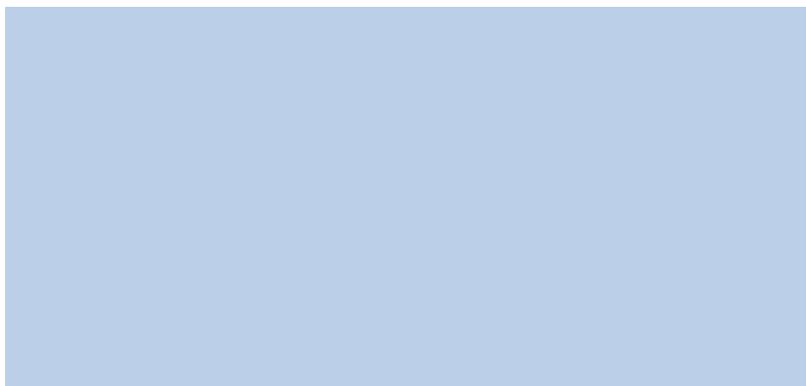


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 29

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

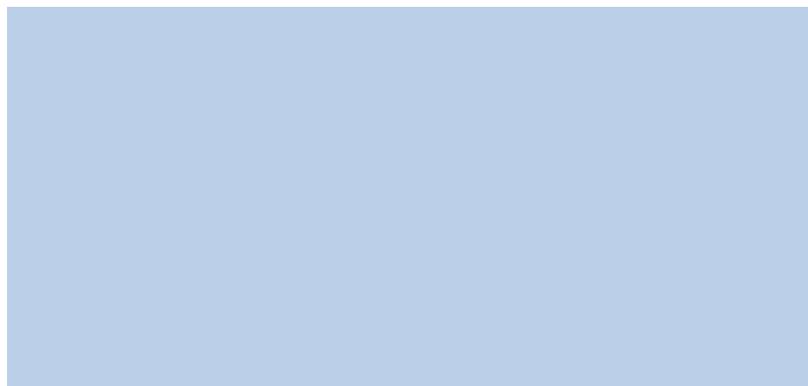


Do at least one thing I love

DONE!



Observations and notes



DONE!



PILLAR THREE

ZERO TOLERANCE

Daily Activity

Day 30

Practice the Beginner's Exercise and play at least one NEW childhood memory - with all the good feelings

Morning



At least once during the day



Evening

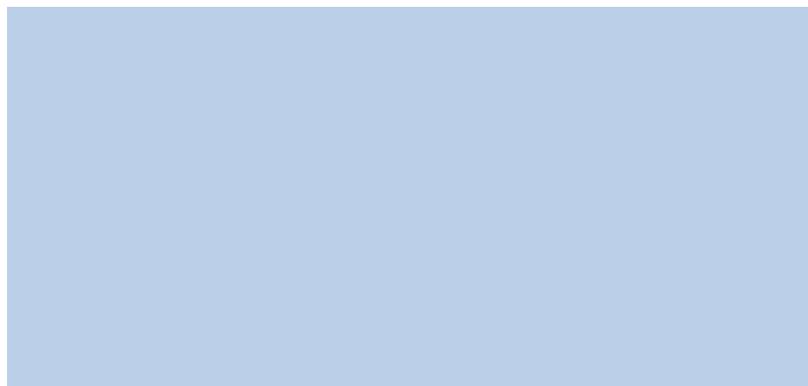


Do at least one thing I love

DONE!



Observations and notes



DONE!

