



The  
**DUE JUSTICE**  
Technique

A Remmert Method technique



# What is The Due Justice Technique?

This is a powerful unblocker in clearing the resistance to changing childhood memories, and it can make all the difference to your results.

In addition to kick-starting this process for you, the Due Justice Technique is a “drain plunger” (brain plunger? ;) ) you can use again, whenever you feel stuck.



### Why We Find It Difficult, Sometimes, to Let Go of Anger:



Holding on to anger is not stubbornness or a conscious decision.  
**It's protection mode.**

Anger is the "fight" of the "fight-freeze-flight" emergency state, and it is the equivalent of having your **fists up** in a fight, or having your **shields up** in "Star Trek" :)



As long as the security system detects a threat, it's not going to let down those shields!  
And the **conscious mind cannot override that security system** by decision alone. The security system **needs to be reprogrammed.**

But when the **threat** seems particularly **lethal** (based on **past experience**), that **security system may not allow you anywhere near it** since the danger is so intense.



The Due Justice Technique helps that part of you "**annihilate**" the **threat**, which then **allows you** to go in and **change the programming** of the **security system.**



In other words - **once you've used the Due Justice Technique**, you will then be able to go ahead and change the subconscious programming (childhood memories) since the "**threat**" **has been removed.**



# HOW The Due Justice Technique WORKS

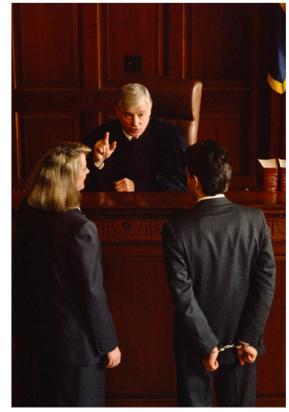


## How The Due Justice Technique Works

The Due Justice Technique works with the **subconscious mind** and the "**child in you**" - to ensure that the "**justice due**" is carried out, and **closure** is achieved.



That little child in you **finally has someone stand up for him or her**; justice has been done; and you have the **closure** that part of you needs in order to **allow you** to move forward in **letting go and making changes**.



### The REASON The Due Justice Technique Works:

Because the **subconscious doesn't know the difference between reality and imagination**, it will **believe** that this activity is **real**.



# How to USE The Due Justice Technique



## How to Use The Due Justice Technique

Set aside around 2 hours when you'll be undisturbed. **(It's worth doing whatever it takes to prioritize this since it will affect everything else in your life!)**, and after which you'll be able to sleep. So, a couple of hours before bed-time, or on a day off.

1

Arm yourself with a notepad and pen.

Step One

Arm yourself with a  
notepad and pen

2

Write a letter you'll never send.

**Note:** This is NOT the Therapeutic Unsent Letter Writing used in other therapies. For the main differences - see the comparison in: **Due Justice Technique vs Therapeutic Unsent Letter** - in the next section.

Step Two

Write a letter  
you'll never send.

Start with the person from your childhood who you feel harmed you the most. And **then write to Everyone who raised you.**

**Remember:** Whether you **consciously understand** or not, and whether you've **consciously forgiven** the person or not, **doesn't matter** - your **subconscious** and that little child in you **cannot use logic or reason** and **cannot understand**; they just experience and interpret the experience to mean something about who you are and how the world works.





In this letter, **make sure you get everything out of you and on to the page. SWEAR; be UNREASONABLE; use ALL CAPS and lots of exclamation marks!!!!!!!!!!!!!!!!!!!!!! Reeeeeeally let them have it!** No-one's ever going to see this letter, so you can **say everything that's inside you.**



Although you're not going to send the letter, **your subconscious** (and that **child in you**) **will believe** that the recipient has received it, that **justice has been done**, and that you have closure.

This will **FREE** you to move forward where you've been stuck before!



3

Read the letter through, imagining the other person reading it.

### Step Three

Read the letter through, imagining the other person reading it.

4

Once you feel you're finished with it, tear it up and throw it away, or burn it ceremoniously.

### Step Four

Tear the letter up and throw it away.

5

Sleep!



You'll feel drained, and you'll need to sleep. Your brain will need to process the experience and information, so you'll need to be able to sleep in order to get the full benefit of it.

### Step Five

Sleep.

# Due Justice Technique VS The Therapeutic Unsent Letter



## Due Justice Technique vs Therapeutic Unsent Letter

**The reason The Due Justice Technique works is:**

The subconscious doesn't know the difference between reality and imagination, and will believe that the "guilty party" has been told off, and that justice has been done.

This releases the need to hold onto the past, and frees you to move forward.

# KEY Differences

Between the TUL and the DJT:

## Traditional Therapeutic Unsent Letter

### The aim is to:

- help process emotions
- gain understanding and objectivity
- release emotions
- make amends
- gain clarity

VS

## The Due Justice Technique

### The aim is to:

- allow the subconscious (and the hurt child inside you) to feel that **justice has been done**
- give the subconscious (and that inner child) a feeling that **someone finally stood up for him/her**
- give the subconscious (and the child inside) **closure**

# RESISTANCE

to

# The Due Justice Technique



## **RESISTANCE to The Due Justice Technique**

It's important to realize that you will probably resist writing these letters. That is completely natural... and if you want the results, do it anyway! Do it despite the resistance. When something is going to lead to massive changes, the subconscious pulls out all the stops to prevent us from doing it!

You may think you have perfectly logical reasons for not doing these letters, but...

What's happening behind the scenes:

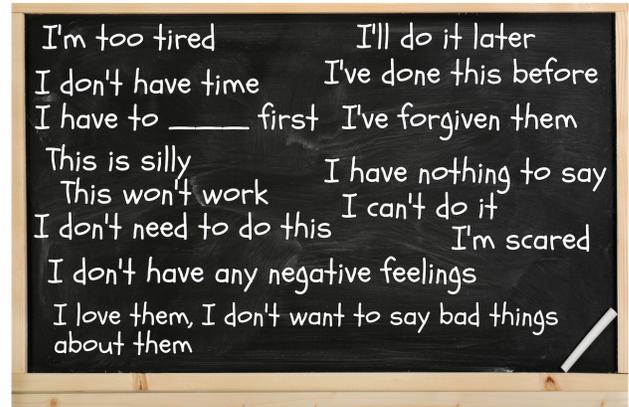
Your **subconscious** is referring to the fact that this would **completely change the "status quo"** - which means no longer being in alignment with your "tribe" or the way things have always been. It sees this as a **threat to your survival**. Remember - the subconscious does not use logic or reason. So, the fact that you consciously reeeeeeeally want more money, or a happy relationship, or better health, or more freedom, or success - doesn't matter. **Your subconscious is programmed to keep you the same** as you are now since staying the same equals survival (you may not be happy, or you may be in pain, but you're still alive, right?).



Since survival is the subconscious' main driver, it is then **prompting your brain** to trigger your organs to produce **chemicals** that will create whatever **feelings, sensations, emotions and impulses** are necessary to **deter you from moving forward** on this path.

Your **conscious mind** becomes aware of these (often very subtle) **sensations, impulses, emotions, and feelings** - and then **interprets** them to **mean something "logical"**.

**For example:**



This is how the subconscious **CONTROLS** the conscious mind - in order to keep you **"safe"** by keeping you the **same!**



**When you feel resistant** to doing the Due Justice Technique - regardless of the "logical reasons" - **recognize** it as your **subconscious** trying to **keep you the same...** and **do it anyway!**



If you are unable to do ESC\*, change any childhood memories, practice new childhood memories, or move forward in any way, **using the Due Justice Technique as directed - will clear whatever's blocking you.**



*\*ESC stands for Emotional State Conditioning - another name for the Superpower (unconditional love) - remember the little 2-minute exercise you received in the Starter Pack? That's the Beginner's ESC (Superpower) Exercise.*

If you feel stuck at any point, or you're not getting the results you want, do another Due Justice letter.





## Due Justice Technique FAQ

Answers to questions about using the Due Justice Technique.

### **Can I write the letter to my boss/spouse/ex/work colleague?**

Absolutely - but you'll need to write it to those who raised you first. Remember that everything you're experiencing now - including your boss, spouse, ex, and others - is based on your childhood experiences. As you encounter the challenges with those in your life today, your subconscious is referring to the "evidence" (in the form of subconscious childhood memories) that "proves" who you are and how the world works, and what certain experiences mean - and then prompting your brain and body to produce chemicals. These chemicals create sensations that your conscious mind interprets as emotions. Write the letter to those who raised you first, and change the childhood memories of those people. Then move forward to the people in your life today.

## Who should I write to first?

Start with the person for whom you feel the strongest negative emotions. If you have issues with someone in your life right now (boss/ex/spouse, etc.), ask yourself who they remind you of from your childhood. Then write a letter to that person first.

## Do I have to write? Can't I just imagine saying it to the person inside my mind?

It is the act of writing the letter that creates the effect. You may have experienced the feeling of having a lot to do, and trying to keep the information in your mind. When you make a "to-do list" it frees that part of your brain, and you are able to think more clearly. Another example is: When you can't sleep because your mind is too active - if you have a notepad and pen next to your bed, and you "unpack" your head by writing down what it is you're thinking about - you'll find it easier to go to sleep. The purpose of writing the letter is to get all of that "stuff" out of you, and onto the page.

## Do I have to write for 2 hours?

No. The 2-hour time slot is just a guide. It may take you longer to get everything out, or it may take a lot less time. Just write until you feel you've got everything out of you and onto the page.

## I can't think of anything to say/ I don't know how to start

Just start with: "Dear \_\_\_\_\_" and then write whatever comes to your mind - even if it's something like: "How are you? I am fine. It's sunny here today, and I'm going to have spaghetti for supper..." - just start writing anything, and you'll find that the emotions start to come automatically. Before you know it, you'll be expressing your deepest emotions. Keep reminding yourself that no-one's going to ever see this letter, so you can really let rip. You want to get everything out of you and onto the page.

## Does it make a difference if I write by hand or type?

Yes. Writing it by hand will get you more powerful results.

## I can't feel any anger and my letter is understanding and polite

Try these options:

- Take a moment to imagine these things happened to another child.
- If you have children, or you know children (nieces, friends' children etc.), imagine the people who raised you treated those children the way they treated you.
- Remind yourself that no-one's ever going to see this letter, and the purpose of it is to just "clean out the infected wound" and then you're going to destroy it.
- Take a break from it, and go to changing childhood memories of that person. Notice what happens when you try to change those memories. Notice what happens inside you. Then come back and try writing the letter again.

## As I read through the letter, I can imagine them arguing with me, justifying, excusing, and defending their actions

Notice what they're saying and then add your responses to your letter (or write another letter). Even if you're just replying with "Bullsh\*t! You don't know what you're talking about! \*\*\*\* Off!" :) Keep answering any responses you imagine from them, until there are none left, and you're able to feel closure. :)

## **I feel guilty about saying negative things about this person**

Remember that they're not going to see it (no-one's ever going to see it or even know you wrote it), and whatever you write is already inside you. This is not about creating bad feelings and thoughts - this is about getting what's already inside you, out of you and then letting it go. So, rather than a reason for guilt, it's a reason for freedom - it's already inside you, and already affecting you; doing this process is getting it out of you in order to get rid of it, to free yourself from it, so that you can have more love, affection, appreciation, joy, fun, abundance, connection, and freedom in your life and in your relationships with others.

## **Can I end the letter with something positive - appreciation or forgiveness, or love, for example**

If you include any positivity - reasoning, understanding, seeing from their point of view, or anything else positive (even right at the end) - it's like telling a child who has been badly beaten that you are doing to deliver justice to those who assaulted her... and she watches you deliver that punishment... and then she watches you apologize to her attackers, try to see things from their point of view, try to understand them, thank them, and tell them you love them. Remember, the child in you and your subconscious cannot use reason or logic. That would feel like a betrayal. Self-betrayal. Let this letter stand alone - purely Due Justice - with no filters, no reasoning, no understanding, no seeing from someone else's point of view. This is just due justice being delivered. Then, after you've read it, destroyed it, and slept, THEN you can write a letter of understanding, appreciation, forgiveness etc. - a separate letter. Then, you can move forward with positivity, love, appreciation. And then, that positivity will be more genuine, more natural, more free, and more effective.

## **I wrote the letters, but I don't feel anything different.**

That's okay. Not everyone experiences a noticeable emotional shift. Just go ahead and create that new childhood now. If you have memories show up that contradict the new childhood, change those. If you find you're still experiencing resistance, you may need to write another letter. There is no right or wrong - the letter is only a "plunger" to "unblock the drain" so that you can continue washing your dishes. In other words, a way of clearing the anger, hurt and resentment that is preventing you from letting go of the past and moving forward by changing the childhood memories to more empowering references in your subconscious.

## **More Resources:**

If you need more help and guidance, visit our website:

**[www.TheRemmertMethod.com](http://www.TheRemmertMethod.com)**