



CORE
TRANSFORMATION

Self-Guiding Script

Core Transformation Script for Self-Guiding

(You may want to have a paper and pen, or use the worksheet in the back of this handout, to take notes. For an in-depth resource on self-guiding, see the book “Core Transformation” by Connirae Andreas and Tamara Andreas, on Amazon.com)

Phase 1: Discovering What the Part Wants (the Outcome Chain)

1. **A.** “What feeling, behavior or thought do you want to change?”... *[Write down FBoT to be changed.]*

A. Where, when and with whom do you have this *[FBoT]*?” *[Write down context.]*
2. “Take a moment to relax and turn inward.... Think about a specific time that *[FBoT]* occurred.... Mentally step into the situation, seeing what you saw, hearing what you heard, feeling what you felt at the time.... As you relive this experience, notice any internal images, sounds or feelings.... Since you didn’t consciously generate *[FBoT]*, it’s as if some part of you generated it.”
3. **A.** “You may begin to sense this part of you, in your body or around you....”

B. “And where do you experience this part is located? *[Write down location]*”
4. “Even though you don’t know what the positive intention of this part is, you can begin thanking this part for being there, because we can know it has a positive purpose—it wants something positive.”
5. “Ask this part, ‘What do you want?’... *[pause]* “Then relax and notice what response you get back from this part of yourself.”... *[Write down answer, which we refer to as Intended Outcome (IO).]*
6. “Thank this part for its response.”
7. **A.** “Invite this part to step (or breath) into what it’s like to already have *[IO]*... fully and completely.”

B. “And as this part is experiencing *[IO]*, ask this part, ‘When you have *[IO]*, what do you want, through having this, that’s even deeper or more important?’ “
8. Thank this part for its response.” *[Repeat steps 7 and 8 until you get to a possible CS]*
9. *[When you get to an IO that seems to be the Core State (CS)]*

A. “Invite this part to step (or breath) into what it’s like to already have *[possible CS]*... fully and completely.”

B. “Ask this part, ‘Is there anything even deeper or more core you want through having *[possible CS]*?’ *[If you get an answer that’s deeper, write it down and repeat step 9.]*



Note: A Core State is something that just is. It's not something you do (like succeeding). It's not something you can get from others (like love or recognition). It's a state of being, and it's something that can go through every moment of time. Examples are "peace," "oneness," "beingness," "presence," or "Is-ness."

Phase 2: Reversing the Outcome Chain with the Core State

1. "Somehow our inner parts get the idea that in order to experience Core States such as [CS], we have to first do certain things and get certain things. Unfortunately, this doesn't work very well. We don't get to experience our Core States very often when we go about it that way. The way to experience a Core State is just to step into it and have it."
2. "Invite this part to step into [CS] now... *[pause]* and ask this part to notice, 'When you already have [CS] in an ongoing way, how does already having [CS] allow things to be different?'"
3. "Ask the part, 'How does already having [CS], as a way of being, radiate through, transform, or enrich [IO*]?' *[*Use the IO just before the Core State, for the first time you do this step.]*"
4. [Repeat Step 3 with each remaining Intended Outcome in reverse order.]
 - A. "Ask the part, 'How does already having [CS], as a way of being, transform or enrich your experience of the situation you started with?'"
 - B. "Ask the part, 'How does already having [CS], as a way of being, transform or enrich your experience in other situations in which you used to [FBoT]?"
5. *[Do this step only if you're ending the process here:]*

"Now that this part is filled with [CS] as a way of being, you can invite this part to move in and through future situations, noticing how [CS], naturally being there, allows things to be different.... You can notice what new behaviors and responses naturally emerge as expressions of [CS]...."

Phase 3: Growing Up the Part

1. "Inner parts are often much younger than we are. That means this part hasn't had the benefit of all of your experiences and learnings and wisdom that you've gained over the years."
2.
 - A. "So now, turn inward and ask this part, 'How old are you?' *[Write down age.]*"
 - B. "Now ask this part if it wants to make its job a lot easier by having the benefits that come from evolving to your current age." *[Wait for a "yes."]*
3. "So now, invite this part of you to begin by having [CS] fully present at whatever age it is, experiencing how having [CS] fully available transforms things and allows things to be different.... And then invite this part to begin growing and evolving up to present, with its Core State fully available, letting [CS] radiate through all your experience, all the way up to your current age.... As it does this, it will learn from each of your experiences, and each of your experiences will be transformed and enriched with [CS]..."



4. “Where is this part now located?”*[If outside the body, add]* “And now invite this part of you, with this [CS], to move into your body, in whatever way happens naturally.”
5. “Now that this part has evolved to your current age, filled with [CS], we could say the part is [CS]... it doesn’t need to be separate any longer... And you can allow this [CS] to fully integrate and release into the whole of your being.... So, you may notice that what we used to call a “part,” is now fully integrating with your whole inner essence...”

“And so in whatever way is natural, this [CS] can flow into and through the space of your whole body....filling every cell of your being, through every strand of DNA... perhaps even radiating beyond your skin, through all of consciousness,... integrating with the core of your being and enriching your experience of your inner essence.”

6. “You can notice what it’s like, now, to have [CS] as a way of being. You can notice even more fully now, how being filled with [CS] deepens and enriches your experience with [IO]... and [IO]....” *[Briefly repeat outcome chain reversal, listing each Intended Outcome and also “the situations in which you used to [FBoT].”]*
7. “Now, with this [CS] available, you can notice what it’s like moving in and through future situations, ... noticing what new behaviors and responses are naturally available to you as expressions of [CS]....”

Phase 4: Working with All Parts Involved and Timeline Generalization

1. Do Core Transformation with all parts involved that you are aware of. You started with a behavior, thought or feeling (BToF) to change. Are you aware of an opposite BToF? If so, this could be another part. Have you had a sense of judging or struggling with the old BToF? If so, there could be a judging part, or a part that struggles to keep things in control. While you were guiding yourself, did you notice a sense that something inside you was objecting to anything about the process? If so, it’s important to honor this objecting part, as well. (Sometimes objecting parts are satisfied by the time you get to the end of the process, and other times they can benefit from their own CT process to reach their Core State.) If you recognize that there may be more than one part involved, but you aren’t sure how to access them, you can jot down some notes about your experience to bring in to your CT coach/ therapist, and continue to Step 2 for now.
2. Ask on the inside, “Is there any other part of me that is concerned with this issue” *[If the answer is ‘yes,’ guide this part through phase 1-3 also, or satisfy any concern]*
3. Ask on the inside, “Is there any part of me that objects to my having [CS] in an ongoing way?” *[Guide any objecting parts through phases 1-3, or satisfy them, before going on.]*

Note: With Core Transformation, every part has a positive purpose, and every part has a wonderful Core State that we can reach through this process, even parts that feel uncomfortable at first. If you don’t have time to work with all parts involved right now, please thank them for being there, and let them know that they can also have an opportunity to reach their Core State at some future time.



4. *[For this step and the next, each time the script says “CS,” list all the CSs that you’ve reached with all the parts you’ve worked with in this exercise, if there are more than one.]*
“Now allow your entire past to flow behind you in a line or pathway, and let your future flow out in front of you.... Now, with [CS] fully present, float up and back, over your timeline, until you reach the moment of your conception.... Float down into the moment of conception, filled with [CS].... When you’re ready, you can evolve forward, through your birth and through all your experiences, all the way to the present.... *[When you reach the present]* Now, let [CS] flow on into the future as well....
5. “You can let yourself repeat this, consciously or unconsciously, as many times as you like, deepening and enriching your experience each time.... And when [CS] is fully integrated throughout your whole life, you can let your eyes open, being present with [CS] right here and now.

Other CT resources from the Developers:

The free Core Transformation introductory video plus more:

<https://www.coretransformation.org/free-resources/>

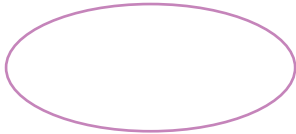
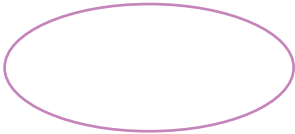
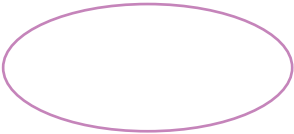
The Core Transformation Foundation video training program:

<https://www.andreasnlp.com/trainings/core-transformation/foundation/>

Once you’ve watched the CT Foundation video training program above, you can join the CT live online practice group: <https://andreasnlp.com/trainings/live-online/ct-practice-group-membership/>



Core Transformation Worksheet

	Part 1	Part 2	Part 3
Surface Level			
Behavior, feeling or thought to be changed (From Step 1A)			
Where, when, with whom it occurs (Step 1B)			
Intended Outcome			
1 st Purpose (Step 5)			
Deeper purposes (Step 7)			
Core State			
Circle the Core State after you get a “no” response to Step 9			
Growing Up the Part			
Age of the Part (Phase 3, Step 2)			
Check when done. (Phase 3, Step 3)	☐	☐	☐
Full Body Integration			
Check when done. (Phase 3, Step 5)	☐	☐	☐

