

The TRIP™ Method

Timeline Resolution and Integration Process. In one session the client visits the future, heals the past, and returns to the present with instructions.

BEFORE YOU BEGIN

What it does	Joins the wanted future, the resistant present, and the origin of the belief into one process	<i>Future pacing, age regression and direct suggestion, in that order.</i>
When to use it	Any behavior or goal the client cannot change alone, because the resistance has a purpose	<i>The symptom points back to the cause. Work only within your training.</i>

ONE — BUILD THE TIMELINE

The image	A book, a road, a river, a film, a calendar. Something the client can enter and see their life laid out	<i>The Book of Your Life is my usual choice: leather bound, their name and birth date on the cover, a chapter for every year.</i>
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TWO — GO TO THE FUTURE

Move them ahead	Three to five years. "Open the book three chapters from now."	<i>Count to three and snap. Let them arrive.</i>
Goal realized	Have them experience the goal as already reached, felt through the whole body	<i>Suspend disbelief. Dream big. Stay as long as it takes to build motivation.</i>
Rehearse	Move through a day in the new behavior five or six times, with sight, sound and touch	<i>Neural memories. This is where the change gets practiced.</i>
Ask	What is different about you here? Your body, your thoughts, the way you see yourself?	<i>Have the future self say how they solved it. Use the fork in the road if they need to feel both futures.</i>

THREE — GO TO THE PAST

Travel back	"Back to the scene or the time when this behavior first started. A scene, a period, or just a feeling."	<i>Never name the time, the place or the person. Let the subconscious choose.</i>
Find the origin	Affect bridge: feel it now, amplify it, follow it back to the first time	<i>Then heighten awareness of how the distant event and the present behavior are linked.</i>
Heal it	Inner-child work and parts integration. Give the younger self what they needed and did not get	<i>Reframe from the adult perspective, then ask what they need to move past the fear.</i>
Close it	"It's over now. It is no longer happening."	<i>Leave nothing half open.</i>

FOUR — RETURN TO THE PRESENT

Direct suggestion	Present tense, SMART, repeated. Anchors or a mantra	<i>"It is safe to heal now. You are the author of the book of your life."</i>
Three kinds	Action: "You now reach for a glass of water." Thought: "You now think..." Feeling: "You now feel..."	<i>Link sensory detail to the emotion. Then ego strengthen, future pace, and emerge.</i>