

# CONTENTS

Number	Title	Audio Time	Number of Pages
001	Introduction	06:23	2
002	Introduction to Values	01:48	1
003	Introduction to Values Visualization	08:53	2
004	Values Elicitation	13:47	4
005	Introduction to Timelines	02:16	1
006	Eliciting a Timeline 1 – Kinesthetic	04:17	1
007	Eliciting a Timeline 2 – Visual	04:43	1
008	Exploring the Timeline 1 – VAK – Dissociated	15:31	3
009	Exploring the Timeline 2 – VAK Associated & Dissociated	17:48	3
010	Introduction Goal Set	02:03	1
011	Goal Set 1 Conversation – Starting in the Goal	05:41	2
012	Goal Set 2 Conversation– Determining Steps	12:43	3
013	Goal Set 3 Conversation – Dissociation	05:15	2
014	Goal Set 4 Conversation– Rehearsing the Steps	02:03	1
015	Goal set 5 Conversation – The Goal	02:59	1
016	Goal Set 1 Visualization – Starting in the Goal	07:05	2
017	Goal Set 2 Visualization – Determining Steps	05:27	2
018	Goal Set 3 Visualization – Dissociation	01:32	1
019	Goal Set 4 Visualization – Rehearsing the Steps	04:15	1
020	Goal set 5 Visualization – The Goal	03:26	1
021	Introduction Anxiety Pattern	02:55	1
022	Anxiety Short – Walking & Eyes Open	06:02	2
023	Anxiety Short – Sitting & Eyes Closed	07:11	1
024	Anxiety Long – Walking & Eyes Open	11:44	2
025	Anxiety Long – Sitting & Eyes Closed	09:33	2
026	Introduction Limiting Decision	01:15	1
027	Limiting Decision Short – Walking & Eyes Open	02:27	1
028	Limiting Decision Short – Sitting & Eyes Closed	03:42	1
029	Limiting Decision Long – Walking & Eyes Open	14:57	3
030	Limiting Decision Long – Sitting & Eyes Closed	15:22	3
031	Introduction Negative Emotion	01:32	1
032	Negative Emotion Short – Walking & Eyes Open	02:01	1
033	Negative Emotion Short – Sitting & Eyes Closed	02:01	1
034	Negative Emotion Long – Walking & Eyes Open	11:38	3
035	Negative Emotion Long – Sitting & Eyes Closed	20:48	4
036	Introduction to Core Change Work	02:01	1
037	Flipping to the Positive Intent – 1	02:53	1
038	Flipping to the Positive Intent – 2	05:25	1
039	Flipping to the Positive Intent – 3	09:03	2
040	Enjoying the Core State – 1	04:15	1
041	Enjoying the Core State – 2	04:49	1
042	Chunking Down – 1	03:54	1

043	Chunking Down – 2	06:45	2
044	Determining the Age of the Part	01:29	1
045	Growing up the Part - 1	02:07	1
046	Growing up the Part - 2	05:19	1
047	Growing up the Part - 3	01:57	1
048	Reversal of the Core State Grown-Up Part	03:17	1
049	Future Pace Using the Core State	01:45	1
050	Grief Pattern Phase 2	14:13	2
051	Shame Pattern Phase 2 & 3	11:41	2
052	Introduction to Parts Integration	00:38	1
053	Turning a Part into an Object	03:35	1
054	Negotiation Between 2 Parts	07:18	2
055	Integration	06:32	1
056	Bonus: Listening & Practicing	01:55	1
057	Bonus: Reaching Unconscious Competence	05:37	2
058	Bonus: Magic Inside the Table of Contents	02:58	1
Total		5h51m	