

## Steps of the Lefkoe Stimulus Process (LStimulusP)

Used to stop the occurrence of a “negative” emotion that is always caused by a specific stimulus.

1. What negative or unpleasant emotion do you want to eliminate?

2. What stimulates the \_\_\_\_\_? For example, anger associated  
[name the emotion]  
with being asked to do something or fear associated with someone being angry with you.

3. When did you first experience \_\_\_\_\_ whenever \_\_\_\_\_?  
[name the emotion] [the current stimulus]

[Note: If there aren't any earlier events that caused the specific emotion, it is probably the result of a belief and should be handled using the Lefkoe Belief Process.]

4. What meaning did you give to those earlier experiences that really caused the  
\_\_\_\_\_ associated with \_\_\_\_\_?  
[name the emotion] [the current stimulus]

[Note: If the client has difficulty in identifying the real source of the feeling, you can ask: Who was involved, what was your relationship with the “who,” where did it happen, and how old were you?]

5. Can you see that the only reason that \_\_\_\_\_ causes \_\_\_\_\_  
[the current stimulus] [name the emotion]  
today is that you never distinguished between the real cause of the emotion, which was the  
meaning you gave to \_\_\_\_\_ and \_\_\_\_\_?  
[name the original cause of the emotion] [the current stimulus]

In other words, can you see that \_\_\_\_\_ was never caused merely  
[name the emotion]  
by \_\_\_\_\_? [The answer should be, yes.] It was caused by the meaning you gave to  
[the current stimulus]  
\_\_\_\_\_.  
[name the original cause of the emotion]

6. To make this distinction real, if earlier in life the circumstances that originally caused the  
\_\_\_\_\_ had been different, if \_\_\_\_\_ had  
[name the emotion] [state the opposite of what actually happened]  
happened instead, would \_\_\_\_\_ have caused \_\_\_\_\_ then?  
[name the current stimulus] [name the emotion]  
If it didn't cause it then, would it cause it now? [The answer should be, no.]

7. Close your eyes and take a deep breath. Imagine \_\_\_\_\_ now.  
[the current stimulus]  
Think of a new situation that doesn't already have an emotion attached to it. As you  
imagine it, do you feel \_\_\_\_\_? [It will have disappeared.]  
[name the emotion]