

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]