Using this Process

This process works for both 'positive' and 'negative' projections. The 15 steps lead you through a series of questions. Each question invites you to follow a projection further back to its source and learn about what lies there. You can ask a person you trust to read these questions to you, or you can pose them to yourself.

It is important that you create a safe environment for yourself in which to do this work, as you may connect with some deeply-held beliefs about yourself and the world. Make sure you can complete all 15 steps completely without disturbance or interruption. We suggest that you re-read the Projection Context article before you start.

1. **Physical Level – What happened? What was the triggering event?**
   Anything – an event or behavior involving people or objects – that I react to and feel some emotion about, either “positive” or “negative”. What triggered my reaction?

2. **Emotional Level – How do I feel? What is my response?**
   What emotions do I feel, either “positive” or “negative” – anger, resentment, sadness, grief, fear, excitement, happiness, joy, pride or shame.

3. **Mental Level – What are my thoughts about this situation?**
   Am I making any judgements, right or wrong, good or bad, positive or negative? What are they?

4. **Self Level – Am I in a state of loving (unconditional loving, peace and joy)?**
5. **What are my choices?**
   I can stay in this place, or I can take a look at what this projection has to show me about myself and my life. Which do I choose?

6. **Am I willing to look in the mirror of my projection and, if so, what is my intention?**
   Do I intend to look openly and curiously at what is there? Do I intend to be patient and forgiving of myself?

7. **What is it that I find the most objectionable [or inspiring] about this person or situation? What qualities do I most detest [or admire] in this person? If more than one person is involved, is there a common thread that I see?**
   In “negative” projections, the external is “bad” or “less than”, and I am “good” or “better than”. In “positive” projections, this is reversed, and the external becomes “good” or “better than”, and I become “bad” or “less than”. If this seems confusing, realize that it is often as painful and difficult to accept the good and powerful parts of me as it is the bad and weak parts. I usually engage equally in both “negative” and “positive” projection.

8. **What is my mirror reflecting to me about myself?**
   Consider the four indicators I talked about above as you answer this?

9. **Am I willing to take responsibility for more fully accepting this pattern of behavior [or of the power, spirit, and beauty] within me?**
   Can I accept that this is an authentic part of me, whether I like it or not?
10. Am I willing to move into compassionate self-forgiveness for any judgements I have placed against myself or others?
   If yes, write them below:
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

11. Are there any other judgements for which I’d like to forgive myself at this time?
   If yes, write them below:
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

12. What’s present now?
   What is my internal state?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

13. Are there any irrational beliefs I’d like to identify and update?
   Have I identified any beliefs that no longer work for me?
   If so, what new beliefs would I like to substitute?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

14. Would I like to acknowledge and appreciate myself?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
15. How can I apply what I am learning about myself in my life?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
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__________________________________________________________________________

Congratulations – keep on tracking!

REFERENCES:

Glossary of Key Distinctions
Projection Context
Self-Judgement, Self-Forgiveness, and Truth

[END]