



# EVOLVE NOW!

Personal, Professional and Spiritual Development

[www.pipmckay.com.au](http://www.pipmckay.com.au)

[pip@evolvenow.com.au](mailto:pip@evolvenow.com.au)

0425236769

## 4 Step Sabotage Buster

### The 4 Step Sabotage Buster Questions

Step 1 – What is the purpose of \_\_\_\_\_? (Negative emotion or belief)

Step 2 – Is it possible to have 'X' (eg oneness) while you let go of 'Y' (eg unworthy)?

Step 3 – How is that possible?

Step 4 - What will happen in your life when you do NOT have that old fear or belief?

### The 4 Questions with Explanation and Examples

**Step 1 – What is the purpose of \_\_\_\_\_?** (Negative emotion, belief or behaviour)

Continue asking this same question of each rung of the ladder until you get to a very high value or feeling like happiness or oneness.

If you are looping (eg safety, comfortable, safety) then you can put the two feelings together and ask: 'What is the purpose of safety and comfort.' Or ask: 'Once you have safety and comfort . . . what do you want then?'

Keep asking the purpose question and ensure you are answering the purpose question and not a why question or going into story or excuses.

Remember even seemingly negative emotions, beliefs and behaviours have a higher positive intention. They just mistakenly believe that you need to have stress and negativity to get there but you don't. You can get what you want in a way that is just as empowering and joyful as the outcome.

Here is an example of the process: **Remember start at the bottom and go up.**



Oneness - Top Rung of the ladder go to Step 2

Happiness – What's the purpose of happiness

Get what I want – What's the purpose of getting what you want?

Take good effective action towards what I want – What's the purpose of effective action?

To be safe – What is the purpose of being safe and comfortable?

To be comfortable – What is the purpose of being comfortable?

To be safe – What is the purpose of being safe?

To motivate me to take action – What is the purpose of taking action?

I feel unworthy? - What is the purpose of believing you are unworthy?

Remember this process builds a bridge between where you are now and where you want to be. Otherwise making change can be too big a leap. It also allows you to start where you are

and understand the positive intention of the negative emotion, belief or behaviour. When it feels listened to and understood it is easier to let go.

**Step 2 – Is it possible to have ‘X’ (the highest state eg oneness) while you let go of ‘Y’ (the negative belief, emotion or behaviour eg unworthy)?**

This question assist in creating a baby step towards change. Most people are happy to see possibility before they can gain certainty and finally confidence in a new belief, emotion or behaviour.

**Step 3 – How is that possible?**

This question helps the person build new neural pathways to new behaviours. This effectively begins the process of rewiring the brain and making it easier to find all the different new possible behaviours. Usually as you find more and more possible behaviours you feel happier, more excited and more certain of change.

You can even take one of the examples that you really like and make it more specific. Eg spending time with friends, think about who, when and what to do together. The more specific you are, the stronger the neural pathway you create and then do it! The more action you take in your new direction the more motivation you have towards your new behaviour.

**Step 4 - What will happen in your life when you do NOT have that old fear or belief?**

This question opens up even more certainty about a new future. It creates more positive neural pathways in the brain and builds confidence about your new way of being.

It also creates momentum forward which is powerful and exciting. You are training your brain to see there are easier, much more fun and empowering alternatives which make new behaviour more automatic.

If you find yourself about to do an old behaviour just stop and ask yourself what is the purpose and what can I do that is more enjoyable and in line with my goals. This will help break the habit of behaviour more quickly while ensuring the highest intention of the old behaviour is served.

It is also helpful to learn deeper clearings tools and change processes. If you are interested in these feel free to come to our 1 Day Event called **the 22 Principles of Success, Love and Happiness**.

This is powerful information. The Secret is actually only one secret of 22. When you have them all it is easier to make change and have the success, love and happiness you really deserve.

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