

# The Past Event Rebalancer

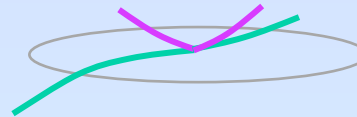
This technique requires prior knowledge of

The Inner Smile



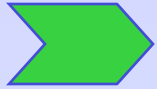
and

Your Personal Timeline



Before proceeding,  
make sure you have completed both of them.

# The Past Event Rebalancer



Place the drawing of your personal timeline in front of you.



Think of a past event that irritates you.



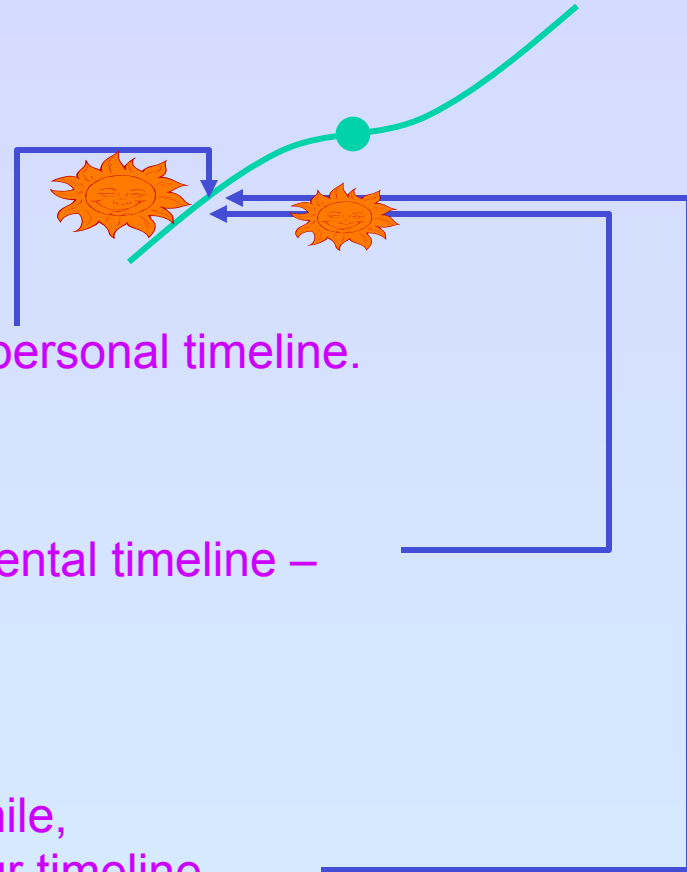
In your mind, locate that event on your personal timeline.



Now, just prior to that event - on your mental timeline – bring your Innersmile into action.



Once you feel the effect of your innersmile, move this feeling slightly forward on your timeline, to incorporate the targeted event and establish a new – more positive – feeling about that event.



## Check for results

Revisit the particular past event that irritated you.

Have your feelings about it changed ?

Time for reflection

End of session

Return to menu.