Restructuring Frustration Flow Chart

Appointment 1	Receiver's Growth Edge "Giving you that will help me change my resistence to and grow"
Frustration (One or Two Sentences)	13
. 2	
CRepeat Story Starting Here	Sender's Growth Edge Say "Thank you, and that will reduce my fear of and make me feel"
Trigger Behavior (T) "What you saw was"	12
3	
	Select and Gift Partner with one BCR 11
Feeling / Emotion (F) "your feelings	BCR 1 "What? How long? How often? Etc."
4	10
Reactive Behavior (B) "you reacted by"	BCR 1 "What? How long? How often? Etc."
5	10
	BCR 1 "What? How long? How often? Etc."
Hurt (H) "what hurt you so much is"	10
6	
	Global Request "If I were magic, what you would want me to do to fix this forever is"
	Global Request in I were magic, what you would want me to do to fix and forever is
Fear (AF) "what you fear happening is"	Validate and Empathize
7	Childhood Memory (CM) " and what all that reminds you of from your childhood is"
	8
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C¢	onnection ->