

BSFF SETUP & Protocol

Flow Chart (Vs. 2.0, 9 Mar 02)

Acknowledgements: BSFF was developed by Dr Larry Nims. This flow chart is based on Christine Sutherlands work, and was compiled by Malcolm Slyper. Suggestions and improvements are encouraged. Please email them to Coatzalcoat@hixnet.co.za

Dr Larry Nims comprehensive BSFF ebook, can be downloaded at <http://theamt.com/store/>
For a comprehensive source of lists go to www.matrixwork.org

Energy Setups

Clear Concise instructions to SCM (Setup Statement)

Command & Code word

Muscle Test Two Statements
.1 I Believe I can use this simple technique..
.2 My SCM will do this for me

Yes

No

Correction Drill

Goal: I Easily & Successful Apply BSFF in any area of my life that I may choose

Note: Test the goal by means of a MT. Could be weak. Compare to another test at the end of the procedure.

Test & Clear Stoppers: List 1

There is at least one problem preventing me from making full use of this technique

Establish # of problems

It is possible to treat all of these with one application of BSFF

Yes

No

Treat the Problem

SCM, first problem that prevents me from using BSFF "TREAT THAT: Code"

Repeat for 2nd 3rd etc etc

Retest: "there are no problems what so ever that stop me from using BSFF"

There is at least one problem preventing me from making full use of this technique

Self Esteem Issues :list 4

Yes

No

Big Guns
Evoke Higher Help

Unconscous Injunctions/Saftey issues :list 2

Treat Anger & Do Forgiveness Affirmation
List 5

Test Your Goal. Should test strong! Congrats, you have just set up BSFF.

BSFF 4 Public Speaking

Flow Chart (vers 1 Mar 02)

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Note: Test the goal by means of a MT. Could be weak. Compare to another test at the end of the procedure.

Energy Setups

Goal: I am confident and self assured when speaking in Public: TEST

Command & Code word

Muscle Test Two Statements
 .1 I Believe I can use this simple technique..
 .2 My SCM will do this for me

Yes

No

Correction Drill

Test For all Stoppers to using BSFF on this issue :List 1

Test, Treat until Clear of Stoppers: List 3

Draw Up a Comprehensive list of all problems and assoc symptoms relating to Public Speaking issue. Eg Nervousness, uhhm-ing, butterflies, whatever else manifest when challenged

It is possible to treat all of these with ONE application of BSFF

Yes

No

SCM, first problem that prevents me from P.S. freedom "TREAT THAT: Code"

Repeat for 2nd 3rd etc etc

There is at least one problem preventing me from making full use of this technique

Retest: "there are no problems what so ever that stop me getting over the issue.

Clear Unconscious Injunctions/Safety issues :list 2

Test for Self Esteem Issues : list 4

Yes

No

Big Guns Evoke Higher Help

Treat Anger & Do Forgiveness Affirmations List 5

Treat Multiple times eg "SCM Treat That 10 000 time." If still no joy go for higher help

Test Your Goal. Should test strong! Congrats, you have just cleared the P.S issue

