

## **60-Day Identity Shift Breakthrough**

### **YOUR PERSONAL HISTORY**

**INSTRUCTIONS:** Before Session #1 of the Identity Shift Breakthrough, please write down (or voice memo and transcribe) your answers to these questions to the best of your ability. Write down or voice-record everything that comes to mind.

Answering these questions helps uncover the beliefs, perspectives, and connections in your past that may be a factor in your struggles with losing weight and keeping it off.

You will need to be clear on this information for the Identity Shift Breakthrough to have the most impact, so please complete it prior to the first Identity Shift Breakthrough Session with Andrea.

**OPTIONAL BUT ENCOURAGED:** Use this video to help complete your pre-work. It's me reading the questions below to you, because hearing someone else ask them really helps. After I ask a question in the video, you'll pause it and answer the question, then unpause and listen to the next question, then answer that one, etc., until you're done: <https://youtu.be/Fk1ig-EheH0>.

Scroll down to begin your pre-work!

**1. Why are you doing the Identity Shift Breakthrough? (Please make your answers about you, vs. something like “it sounds helpful.” What are your WHYs for doing this?)**

As you write down your answers, keep asking yourself, “Why else? Why else?” until nothing else comes to mind.

**Why else?**

**Why else?**

**Why else?**

**2. How do you know you have this problem?**

As you think about your difficulties in losing weight and keeping it off, what thoughts, beliefs, and actions do you engage in that contribute to the problem? How do you know the problem is happening?

**3. When do you NOT have difficulties losing weight or keeping it off?**

For example, when you're staying on track with ease, what are you doing, thinking, and feeling?

**4. How long have you had this problem?**

**5. Was there ever a time when you didn't have it? (If so, please describe)**

**6. What have you done about it?**

**7. What happened the first time you had this problem? What emotions were present?**

**8. What events have happened since that first time? What emotions were present during these events?**

**9. In each of the events listed above, what is the relationship between the event and your current situation in life?**

**10. Think about your parents, brothers, sisters, etc. What is the relationship between each person (mother, father, etc.) and your current situation (if any)?**

**11. Describe your childhood in relationship to this problem.**

**12. Ask your unconscious mind: “Is there a purpose for this problem? Is there a reason for having the problem?” (“Listen” for answers and see what your mind reveals to you. If it comes up, it’s probably related in some way.)**

**13. When did you (the unconscious mind) choose to have this situation be created? Why? (“Listen” for answers and see what your mind reveals to you. If it comes up, it’s probably related in some way.)**

**14. Is there anything your unconscious mind wants you to know, or is there anything you’re not getting which, if you got it, would allow the problem to disappear?**

**15. Is it OK with your unconscious mind to support us in removing this problem during the Identity Shift Breakthrough, and for it to allow you to have an undeniable experience of it when we are complete?**

**16. How will you know when this problem has totally disappeared? (Write down or voice record any and all “evidence” of how YOU will know you no longer have a problem losing weight or keeping it off.)**