The Demartini Method® Form – Side A©

Individual: _____(_____) (Someone other than yourself) Top 3 Values _____,_____,_____ Date: __/__/__

Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7
Identifies Most Admired (+) Emotional Charges	Confirms Laws of Reflection & Transparency	Dissolves Other-Infatuation & Self-minimization	Dissolves Self-Exaggeration & Pride	Dissolves Exaggerated Labels & Enhances Com-munication & Immunity	Demonstrates SynchronicityEntanglement & Hidden Intelligent Order	Dissolves Nightmares & The Driving Forces of Fantasies / Philias
Write (in 3-4 words for each) the top three highest priority specific traits, actions, or inactions (TAIs) that you perceive this individual displaying or demonstrating that you like or admire most (content). Make sure they are not derived from hearsay from others and that you can truly pinpoint exactly where and when you perceive them occurring and in what context. Be sure to exclude: synthe-sized transcendental feelings like loving or inspired; serial synonyms, like nice or kind; vague generalities or labels like good person, saintly, or good father; and how you felt as a result of you perceiving this individual displaying or demonstrating the specific TAIs) – like proud or smart. (3)	Go to a specific moment, where and when you perceived yourself displaying or demonstrating this same or similar specific trait, action, or inaction (TAI) that you liked or admired in this individual most (listed in column 1). Then, write in an abbreviated & overlapping format where, when and to whom you perceived yourself displaying or demonstrating this (TAI) to and who perceived you displaying or demonstrating it until you can state with certainty that you own this trait, action, or inaction 100% as much as you have perceived it in them, both quantitatively / qualitatively. Consider all 7 areas of your life from past to present. Those who perceived you displaying or demonstrating this specific TAI could be you, the individual you displayed or demonstrated it to, or another perceiver. (20 – 50)	Go to the specific moment where and when you perceived this individual displaying or demonstrating this specific trait, action, or inaction that you like or admire most. Then write in an abbreviated & overlapping format how this specific trait, action, or inaction, in that moment and from that moment until today was a drawback or disservice to you (or another individual and you) in your three highest values and remaining seven areas of life. Include primary, secondary & tertiary drawbacks. Exclude any self-minimizing answers. Be sure it is the drawbacks or disservices to you of them displaying or demonstrating the specific TAI and not the drawbacks or disservices to you of you doing the opposite or not displaying or demonstrating the specific TAI. (20 – 50)	Go to the specific moment where and when you perceive yourself displaying or demonstrating this same or similar specific trait, action, or inaction (TAI) that you like or admire in this individual most. Then write in an abbreviated & overlapping format how this specific trait, action, or inaction that you perceive yourself displaying or demonstrating is in that moment and until today a drawback or disservice to those you perceive yourself displaying or demonstrating this trait, action, or inaction to – or to those perceiving you. Exclude any other-minimizing answers. Include primary, secondary & tertiary drawbacks or disservices. Check in every three answers to assure that you do not go too far and transform your pride into shame. Apply this Column 4 to each individual listed in Column 2 until each moment becomes neither positive nor negative. (20 – 70)	Go to the specific moment where and when you perceive this individual displaying or demonstrating this specific trait, action, or inaction (TAI) that you like or admire most. Who did you perceive them displaying or demonstrating the specific TAI to (vector)? Then write in an abbreviated & overlapping format where and when you perceive this individual at any time displaying or demonstrating the exact opposite specific trait, action, or inaction to the same individual or group they displayed or demonstrated the original specific trait, action, or inaction to and who perceived it. Keep writing overlapping abbreviations until you are certain that the exact opposite specific TAI equals the original specific TAI quantitatively and qualitatively. Do this for each individual that you perceived them displaying or demonstrating this specific TAI to. (20 – 50)	Go to the specific moment where and when you perceive this individual displaying or demonstrating this specific trait, action, or inaction (TAI) that you like or admire most. Where are you? When are you? Get present in the specific moment. Who is this individual displaying or demon-strating the specific TAI to (vector)? What specifically is the content and context? Write in an abbreviated & overlapping format where and when you perceive this individual displaying or demonstrating the exact opposite specific trait, action, or inaction to the same individual or group at the exact same synchronous moment. Make sure they are quantitatively and qualitatively equal and opposite. Exhaust all moments until each of the entangled opposites are synchronized. (One/Many, Male/Female, Close/Distant Self/Other, Virtual/Real) (18-36)	Go to the specific moment where and when you perceive this individual displaying or demon-strating this specific trait, action, or inaction (TAI) that you liked or admired most. Then write in an abbreviated & overlapping format the benefits or services to you and to the specific other individual or group you perceived the individual was displaying or demonstrating the specific trait, action, or inaction to - if at that exact same moment this individual were to have been perceived displaying or demonstrating the exact opposite specific trait, action, or inaction to those listed in Column 1, i.e. the way you had wished or hoped they had not done. Include primary, secondary & tertiary benefits or services. Go to each moment you perceived this individual displaying or demon-strating this specific TAI. (20 – 50)
Financially generous to me	WWWW, WWWW.	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF, SA, UD, FG, CU, BD, ST, F2, HT, SJ, YG, VC, HG, SD, YH, GV, JI, TE, UH, TR, IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DG, JS, WY, IO, SH, JS, YI,HJ, DF….	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF, SA, UD, FG, CU, BD, ST, F2, HT, SJ, YG, VC, HG, SD, YH, GV, JI, TE, UH, TR, IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DG, JS, WY, IO, SH, JS, YI,HJ, DF….	WWWW, WWWW.	WWWCCP, WWWWCCP, WWWCCP, WWWCCP, WWWWCCP, WWWCCP, WWWCCP, WWWWCCP, WWWWCCP, WWWCCP, WWWWCCP, WWWCCP, WWWCCP, WWWWCCP, WWWCCP, WWWCCP, WWWWCCP, WWWCCP.	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF, SA, ID, FG, CU, ID, ST, F2, HT, IJ, YG, VC, HG, SD, YH, GV, JI, TE, UI, TR, IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DI, JS, WY, IO, SH, JS, YI,HJ, DF….
1.						
2.						
3.						
Are you now certain that you have listed the top three highest priority specific traits, actions, or inactions (TAIs) that you perceive this individual above has displayed or demonstrated that you most like, admire, look up to, infatuate with, or consider positive or attractive?	Are you now certain that you perceive yourself displaying or demonstrating this same or similar specific trait, action, or inaction (TAI) that you most liked or admired in this individual 100% to the same degree quantitatively and qualitatively? Are you now certain that there are others that have perceived you displaying or demonstrating this same or similar TAI?	Are you now certain that the specific trait, action, or inaction (TAI) that you perceived this individual displaying or demon-strating, that you liked and admired most listed in Column 1, was also just as equally a drawback or disservice to you (or another individual and you) as it was a benefit or service? Is it now neither + nor −?	Are you now certain that the specific trait, action, or inaction (TAI) in this individual you listed in Column 1 and reflected and confirmed equally in yourself in Column 2 was also just as equally a drawback or disservice to those specific others you have perceived yourself demonstrated them to – or to those perceiving you - as it was a benefit or service to them? Are each now neither + nor −?	Are you now certain that this individual above has displayed or demonstrated the specific trait, action, or inaction and the exact opposite specific trait, action, or inaction (ant-TAI) equally to the same individuals (yourself, others or group) to the same degree quantitatively and qualitatively? Are you now certain there are no more subjective "Alls" or "Nones" or "Always" or "Nevers"?	Are you now certain that either you or some other individual were simultaneously displaying or demonstrating the exact opposite specific trait, action, or inaction that you perceived this individual displaying or demonstrating to you or a specific other individual in order to synchronously balance out that specific character trait, action, or inaction you listed in Column 1 quantitatively & qualitatively?	Are you now certain that if you perceived the individual in question displaying or demon-strating the exact opposite specific trait, action, or inaction (or anti-TAI) to that listed in Column 1 at that same moment, there would have been just as many benefits, positives, or services as drawbacks, negatives or disservices quantitatively & qualitatively?

Think categorically into the Seven Areas of Life: Spiritual Mental Vocational Financial Familial Social Physical Think chronologically into the: Past – Present

The Demartini Method® Form – Side B©

Individual: _____(_____) (Someone other than yourself) Top 3 Values _____,_____,_____ Date: __/__/__

Column 8 Identifies Most Despised (—) Emotional Charges	Column 9 Confirms Laws of Reflection & Transparency	Column 10 Dissolves Other-Resentment & Self-exaggeration	Column 11 Dissolves Self-Minimization & Shame	Column 12 Dissolves Exaggerated Labels & Enhances Com-munication & Immunity	Column 13 Demonstrates SynchronicityEntanglement & Hidden Intelligent Order	Column 14 Dissolves Fantasies & The Driving Forces of Nightmares / Phobias
Write (in 3-4 words for each) the top three highest priority specific traits, actions, or inactions (TAIs) that you perceive this individual above displaying or demonstrating that you dislike or despise most (content). Make sure they are not derived from hearsay from others and that you can truly pinpoint exactly where and when you perceived them occurring and in what context. Be sure to exclude reference to: synthesized transcendental feelings like unloving or uninspired; serial synonyms, like mean or cruel; vague generalities or labels like bad person, abusive, or bad father or alcoholic; and how you felt as a result of you perceiving this individual displaying or demonstrating the specific TAIs) – like humiliated or stupid. (3)	Go to a specific moment, where and when you perceive yourself displaying or demonstrating this same or similar specific trait, action, or inaction (TAI) that you disliked or despised in this individual most (listed in column 8). Then, write in an abbreviated & overlapping format where, when and to whom you perceived yourself displaying or demonstrating this same or similar specific (TAI) to and who perceived you displaying or demonstrating it until you can state with certainty that you own this trait, action, or inaction 100% as much as you have perceived it in them both quantitatively / qualitatively. Consider all 7 areas of your life from past to present. Those who perceived you displaying or demonstrating this specific TAI could be you, the individual you displayed or demonstrated it to, or another perceiver. (20 – 50)	Go to the specific moment where and when you perceive this individual displaying or demonstrating this specific trait, action, or inaction that you disliked or despised most. Then write in an abbreviated & overlapping format how this specific trait, action, or inaction, in that moment and from that moment until today was a benefit or service to you (or another individual and you) in your three highest values and remaining seven areas of life. Include primary, secondary & tertiary benefits. Exclude any self-exaggerating answers. Be sure it is the benefits or services to you of them displaying or demonstrating the specific TAI and not the benefits or services to you of you doing the opposite or not displaying or demonstrating the specific TAI. (20 – 50)	Go to the specific moment where and when you perceive yourself displaying or demonstrating this same or similar specific trait, action, or inaction (TAI) that you disliked or despised in this individual most. Then write in an abbreviated & overlapping format how this specific trait, action, or inaction that you perceived yourself displaying or demonstrating was in that moment and until today a benefit or service to those you perceived yourself displaying or demonstrating this trait, action, or inaction to – or to those perceiving you. Exclude any other-exaggerating answers. Include primary, secondary & tertiary benefits or services. Check in every three answers to assure that you do not go too far and transform your shame into pride. Apply this Column 11 to each moment listed in Column 9 until each moment becomes neither negative nor positive. (20 – 70)	Go to the specific moment where and when you perceive this individual displaying or demonstrating this specific trait, action, or inaction (TAI) that you disliked or despised most. Who did you perceive them displaying or demonstrating the specific TAI to (vector)? Then write in an abbreviated & overlapping format where and when you perceived this individual at any time displaying or demonstrating the exact opposite specific trait, action, or inaction to the same individual or group they displayed or demonstrated the original specific trait, action, or inaction to and who perceived it. Keep writing overlapping abbreviations until you are certain that the exact opposite specific TAI equals the original specific TAI quantitatively and qualitatively. Do this for each individual that you perceived them displaying or demonstrating this specific TAI to. (20 – 50)	Go to the specific moment where and when you perceive this individual displaying or demonstrating this specific trait, action, or inaction (TAI) that you disliked or despised most. Where are you? When are you? Get present in the moment. Who is this individual displaying or demonstrating the specific TAI to (vector)? What specifically is the content and context? Write in an abbreviated & overlapping format the initial(s) of those individuals who displayed or demonstrated the exact opposite specific trait, action, or inaction to the same individual or group at the exact same synchronous moment. Make sure they are quantitatively and qualitatively equal and opposite. Exhaust all moments until each of the entangled opposites are synchronized. (One/Many, Male/Female, Close/Distant Self/Other, Virtual/Real) (18-36)	Go to the specific moment where and when you perceive this individual displaying or demon-strating this specific trait, action, or inaction (TAI) that you disliked or despised most. Then write in an abbreviated & overlapping format the drawbacks or disservices to you and to the specific individual or group you perceived the individual displaying or demonstrating the specific trait, action, or inaction to - if at that exact same moment this individual were to have been perceived displaying or demonstrating the exact opposite specific trait, action, or inaction to those listed in Column 8, i.e. the way you had wished or hoped they had done. Include primary, secondary & tertiary drawbacks or disservices. Go to each moment you perceived this individual displaying or demonstrating this specific TAI. (20 – 50)
Verbally criticized me	WWWW, WWWW.	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF, SA, UD, FG, CU, BD, ST, F2, HT, SJ, YG, VC, HG, SD, YH, GV, JI, TE, UH, TR, IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DG, JS, WY, IO, SH, JS, YI,HJ, DF….	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF, SA, UD, FG, CU, BD, ST, F2, HT, SJ, YG, VC, HG, SD, YH, GV, JI, TE, UH, TR, IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DG, JS, WY, IO, SH, JS, YI,HJ, DF….	WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW, WWWW.	WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP, WWWCCP.	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF, SA, ID, FG, CU, ID, ST, F2, HT, IJ, YG, VC, HG, SD, YH, GV, JI, TE, UI, TR, IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DI, JS, WY, IO, SH, JS, YI,HJ, DF….
1.						
2.						
3.						
Are you now certain that you have listed the top three highest priority specific traits, actions, or inactions (TAIs) that you perceived this individual above was displaying or demonstrating that you most dislike, despise, look down on, resent, or consider negative or repulsive?	Are you now certain that you perceive yourself displaying or demonstrating this same or similar specific trait, action, or inaction (TAI) that you disliked or despised most in this individual 100% to the same degree quantitatively and qualitatively? Are you now certain that there are others that have perceived you displaying or demonstrating this same or similar TAI?	Are you now certain that the specific trait, action, or inaction (TAI) that you perceived this person displaying or demonstrating, that you disliked and despised most listed in Column 8, was also just as equally a benefit or service to you (or another individual and you) as it was a drawback or disservice? Is it now neither — nor +?	Are you now certain that the specific trait, action, or inaction (TAI) in this individual you listed in Column 8 and reflected and confirmed equally in yourself in Column 9 was also just as equally a benefit or service to those specific individuals you have displayed or demonstrated them to - or to those perceiving you - as it was a drawback or disservice to them? Are each now neither — nor +?	Are you now certain that this individual above has displayed or demonstrated the specific trait, action, or inaction and the exact opposite specific trait, action, or inaction (ant-TAI) equally to the same individuals (yourself, others or group) to the same degree quantitatively and qualitatively? Are you now certain there are no more subjective "Alls" or "Nones" or "Always" or "Nevers"?	Are you now certain that either you or someone else were simul-taneously displaying or demon-strating the exact opposite specific trait, action, or inaction that this individual displayed or demonstrated to you or a specific other individual in order to synchronously balance out that specific character trait, action, or inaction you listed in Column 8 quantitatively & qualitatively?	Are you now certain that if you perceived the individual in question displaying or demon-strating the exact opposite specific trait, action, or inaction (or anti-TAI) to that listed in Column 8 at that same moment, there would have been just as many drawbacks, negatives, or disservices as benefits, positives or services quantitatively & qualitatively?

Think categorically into the Seven Areas of Life: Spiritual Mental Vocational Financial Familial Social Physical Think chronologically into the: Past – Present