## The Demartini Method® Form - Side A®

Individual:		_() (Yourself	To	p 3 Values,		Date://
Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7
Identifies Most Admired	Confirms Laws of	Dissolves Self-Infatuation,	Dissolves	Dissolves Exaggerated Labels	Demonstrates	Dissolves Nightmares & The
(+) Emotional Charges	Ownership & Transparency	Pride & Other-minimization	Self-Righteousness		SynchronicityEntanglement &	
			Pride & Arrogance	& Immunity	Hidden Intelligent Order	Philias
	Go to a specific moment, where and when you perceived yourself				Go to the specific moment where and when you perceived yourself	
specific traits, actions, or	displaying or demonstrating this specific trait, action, or inaction				displaying or demonstrating this specific trait, action, or inaction	
perceive yourself to have	(TAI) that you liked or admired in	that you liked or admired in	(TAI) that you liked or admired in	(TAI) that you liked or admired in	(TAI) that you liked or admired in	(TAI) that you liked or admired in
	yourself most (listed in column 1). Then, write in an abbreviated		yourself most. Then write in an abbreviated & overlapping format		yourself most. Where are you? When are you? Get present in the specific	
	& overlapping format where, when and to whom you perceive				moment. Who are you displaying or demonstrating the specific TAI to	
others and that you can truly	yourself displaying or	that moment until today was a	displaying or demonstrating was in	overlapping format where and when	(vector)? What specifically is the	you perceived yourself displaying
	demonstrating this (TAI) to and who perceived you displaying or				content and context? Write in an abbreviated & overlapping format	
occurring and in what context.  Be sure to exclude: synthesized	demonstrating it.	remaining seven areas of life.	perceive yourself displaying or	exact opposite specific trait, action,	the initial(s) of those individuals who displayed or demonstrated the exact	that exact same moment you were
transcendental feelings like	from past to present. Those who	tertiary drawbacks. Exclude any	inaction to - or to those perceiving	group you displayed or demonstrated	opposite specific trait, action, or	displaying or demonstrating the
	perceived you displaying or demonstrating this specific TAI				inaction to the same individual or group at the exact same synchronous	
vague generalities or labels like	could be, you, the individual you displayed or demonstrated it to	you of you displaying or	& tertiary drawbacks or disservices.	Keep writing abbreviations until you	moment. Make sure they are quantitatively and qualitatively	in Column 1, i.e. the way you had
you felt as a result of you	or another perceiver.	not the drawbacks or disservices	assure that you do not go too far and	specific TAI equals the original	equal and opposite. Exhaust all	Include primary, secondary &
perceiving yourself displaying or demonstrating the specific TAIs)	(20 - 50)				moments until each of the entangled opposites are synchronized.	tertiary benefits or services. Do this for each moment you have
- like proud or smart.		the specific TAI.	listed in Column 2 until each	individual that you perceived	(One/Many, Male/Female,	perceived yourself displaying or demonstrating this specific TAI.
(3)		(20 - 50)	nor negative.	this specific TAI to.	Virtual/Real)	(20 - 50)
Financially generous to	www, www, www, www,	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF,	(20 - 70) TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT, JF,	(20 - 50) www, www, www, www,	(18-36) WWWCCP, WWWCCP, WWWCCP,	TR, DF, SB, MF, ES, CB, IJ, AY, IH, GT,
others	wwww, wwww, wwww, wwww, wwww, wwww, wwww,	SA, UD, FG, CU, BD, ST, F2, HT, SJ, YG, VC, HG, SD, YH, GV, JI, TE, UH, TR, IO,	SA, UD, FG, CU, BD, ST, F2, HT, SJ, YG, VC, HG, SD, YH, GV, JI, TE, UH, TR, IO, PD,	wwww, wwww, wwww, wwww, wwww, wwww, wwww,	WWWCCP, WWWCCP, WWWCCP, WWWCCP,	JF, SA, ID, FG, CU, ID, ST, F2, HT, IJ, YG, VC, HG, SD, YH, GV, JI, TE, UI, TR,
	wwww, wwww, wwww, wwww, wwww, wwww, wwww,	PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DG, JS, WY, IO, SH, JS, YI,HJ, DF	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,	WWWCCP, WWWCCP, WWWCCP, WWWCCP,	IO, PD, SA, GD, CH, DI, DE, HI, GH, PL, SH, DI, JS, WY, IO, SH, JS, YI,HJ, DF
1.	www, www, www, www.			www, www, www, www.	WWWCCP, WWWCCP, WWWCCP.	
2.						
3.						
				Are you now certain that you		
				perceived yourself displaying or demonstrating the specific trait,		were to have perceived yourself displaying or demonstrating the
actions, or inactions (TAIs) that	action, or inaction (TAI) that you	displaying or demonstrating, that		action, or inaction and the exact opposite specific trait, action, or	demonstrating the exact opposite	exact opposite specific trait,
displaying or demonstrating that	- the where, the when, and to	Column 1, was also just as equally a	you have perceived yourself	inaction (ant-TAI) equally to the	what you perceived yourself	that listed in Column 1 at that
you most like, admire, look up to, infatuate, or consider	whom? Are you now certain that you also have identified who		displaying or demonstrated it to, or any perceivers, as it was a benefit or	same individuals (yourself, others, or group) to the same degree		
positive or attractive?	perceived you displaying or	neither + nor -?	service to them? Are each now neither + nor —?	quantitatively and qualitatively? Are		positives, or services as drawbacks,
	demonstrating this TAI?			subjective "Alls" or "Nones" or	inaction you listed in Column 1	
	Think are annially into the			"Always" or "Nevers"?	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:		) (Yourself)	Тор	3 Values		_ Date://
Column 8 Identifies Most Despised	Column 9 Confirms Laws of Reflection	Column 10 Dissolves	Column 11 Dissolves	Column 12 Dissolves Exaggerated Labels	Column 13 Demonstrates	Column 14 Dissolves Fantasies & The
(—) Emotional Charges	& Transparency	& Other-exaggeration	Humiliation	& Enhances Com-munication & Immunity	Hidden Intelligent Order	Nightmares / Phobias
top three highest priority specific traits, actions, or inactions (TAIs) that you have perceived yourself 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	trait, action, or inaction (TAI) that you disliked or despised in yourself most (listed in column 8). Then, write in an abbreviated & overlapping format where, when and to whom you perceive yourself displaying or demonstrating this specific (TAI) to and who perceived you displaying or demonstrating it. Those who perceived you displaying or demonstrating this specific TAI could be, you, the individual you displayed or demonstrated it to or another perceiver.	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 in your three highest values and remaining seven areas of life. Include primary, secondary & tertiary	demonstrating this specific trait, action, or inaction (TAI) that you disliked or despised in this yourself most. Then write in an abbreviated £ overlapping format how this specific trait, action, or inaction displayed or demonstrated by you was in that moment and until today a benefit or service to those individuals you have displayed or demonstrated this trait, action, or inaction to - or to those individuals perceiving you. Exclude any otherexaggerating 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)	you perceived yourself displaying or demonstrating this specific trait, action, or inaction (TAI) that you disliked or despised in yourself most. Who were you displaying or demonstrating the specific TAI to (vector)? Then write in an abbreviated & overlapping format where and when you perceived yourself displaying or demonstrating the exact opposite specific trait, action, or inaction to the same individual or group you perceived yourself displaying or demonstrating the original specific trait, action, or inaction to the same individual or group you perceived yourself displaying or demonstrating 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 yourself displaying or demonstrating this specific TAI to.	most. Where are you? When are you? Get present in the specific moment. Who are you 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)	when you perceived yourself displaying or demonstrating this specific trait, action, or inaction (TAI) that you disliked or despised in yourself most. Then write in an abbreviated & overlapping format the drawbacks to you and to the specific individual or group that you perceived yourself displaying or demonstrating this specific trait, action, or inaction to - if at that exact same moment you were to have perceived yourself displaying or demonstrating the exact opposite specific trait, action, or inaction to hose listed in Column 8, i.e. the way you had wished or hoped you had done. Include primary, secondary & tertiary drawbacks or disservices. Do this for each moment you have perceived yourself displaying or demonstrating this specific TAI.  (20 - 50)
Verbally criticized others	WWWW, WWW, WW, WWW, WW, WWW, WWW, WWW, WW, W,	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, GY, 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, YC, HG, SD, YH, GY, 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, WWCCP, WWCCP, WWCCP, WWCCP, WWWCCP, WW	TR, DF, SB, MF, ES, CB, JJ, 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.						
have listed the top three highest priority specific traits, actions, or inactions (TAIs) that you perceive yourself displaying or demonstrating that you most dislike, despise, look down on,	Are you now certain that you perceive yourself displaying or demonstrating this specific trait, action, or inaction (TAI) that you most disliked or despised in yourself - the where, the when, and to whom? Are you now certain that you also have identified who perceived you displaying or demonstrating this TAI?	specific trait, action, or inaction (TAI) that you perceived yourself displaying or demonstrating, that you disliked and despised most listed in Column 8, was also just as equally a benefit or service to you as it was a drawback or disservice?	Are you now certain that the specific trait, action, or inaction (TAI) in you listed in Column 8 was also just as equally a benefit or service to those specific other individuals you have displayed or demonstrated them to, or any perceivers, as it was a drawback or disservice to them? Are each now neither — nor +?	perceived yourself displaying or demonstrating 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"?	demonstrating the exact opposite specific trait, action, or inaction to what you perceived yourself displaying or demonstrating to the specific other individual in order to synchronously balance out that specific character trait, action, or inaction you listed in Column 8 quantitatively & qualitatively?	weré to have perceived yourself displaying or demonstrating 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

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