

“The Demartini Method®” Form – Side C©

Individual: _____ (_____) (Yourself) Top 3 Values _____, _____, _____ Date: ___/___/___

Column 15 What new admired trait, action or inaction do you imagine you have gained or now display?	Column 16 In what old form did you display this trait, action or inaction prior to an equal degree quantitatively? <small>(One/Many, Male/Female, Close/Distant)</small>	Column 17 What are the drawbacks to you of the new displayed form of this trait, action or inaction? <small>(20 – 50)</small>	Column 18 What were the benefits to you of the old prior displayed form of this trait, action or inaction? <small>(20 – 50)</small>	Column 19 What old admired trait, action or inaction do you imagine you have lost or now no longer display?	Column 20 In what new form do you display this trait, action or inaction to an equal degree quantitatively? <small>(One/Many, Male/Female, Close/Distant)</small>	Column 21 What are the benefits to you of the new displayed form of this trait, action or inaction? <small>(20 – 50)</small>	Column 22 What were the drawbacks to you of the old prior displayed form of this trait, action or inaction? <small>(20 – 50)</small>
Are you now certain of precisely what trait, action or inaction you feel you have gained or now display?	Are you now certain that what trait, action or inaction you previously felt you had gained had existed in one or many previous forms to the same degree quantitatively?	Are you now certain that there are equally as many drawbacks as benefits to the new form of the human character trait, action or inaction you now express?	Are you now certain that there are equally as many benefits as drawbacks to the old form of the human character trait, action or inaction you once expressed?	Are you now certain of precisely what trait, action or inaction you feel you have lost or once displayed?	Are you now certain that what trait, action or inaction you previously felt you had lost is now existing in one or many new forms to the same degree quantitatively?	Are you now certain that there are equally as many benefits as drawbacks to the new form of the human character trait, action or inaction you now express?	Are you now certain that there are equally as many drawbacks as benefits to the old form of the human character trait, action or inaction you once expressed?
Think categorically into the Seven Areas of Life: Spiritual Mental Vocational Financial Familial Social Physical Think chronologically into the: Past or Present When the gains outweigh the losses or the losses outweigh the gains, you become emotionally attracted and infatuated (addicted) or repelled and resentful (subdicted). When the gains don't equal the losses you lie. Lies are imbalances. When the gains equal the losses you become balanced grateful & unconditionally loving. The truth is balance! © Dr. John F. Demartini							

“The Demartini Method®” Form – Side C© - Dissolving Relief Due to Perceived Gain or Loss

Individual: _____ (_____) (Someone other than yourself)

Top 3 Values _____, _____, _____

Date: ____/____/____

Column 15r	Column 16r	Column 17r	Column 18r	Column 19r	Column 20r	Column 21r	Column 22r
<p>What specific traits, actions, or inactions (TAIs) do you perceive this newly arrived supporting individual displaying or demonstrating that you like, admire, or infatuate with most - and that you perceive you have now gained and are present? List them. In most birth and arrival cases around 8-10 become listed although it could be as low as 4 and as high as 26. No hearsay. No broad, vague generalities or labels. No synonyms. No how your felts. No transcendentals. Similar to Column 1, Side A.</p>	<p>Go to the specific moment where and when you perceive this newly arrived supporting individual to be first alive, arrive, or be present and at that moment and from that moment backward in time what previous individuals did you perceive displaying or demonstrating the same or similar traits, actions, or inactions (TAIs) - that you now like or admire most and perceive you have gained? One individual or many, male or female, self or other, real or virtual, close or distant, animate or inanimate? Keep answering this question until the same exact quantity through time of the original traits, actions, or inactions (TAIs) are accounted for. Be vector specific.</p>	<p>Go to the specific moments where and when the newly alive, arriving, or present individual is displaying and demonstrating the specific traits, actions, or inactions that you like or admire most and now perceive you have gained most. Are you there at one of the moments? Great! At each moment, what are the drawbacks, disadvantages and downsides of this new individual now displaying or demonstrating the specific traits, actions, or inactions (TAIs). Keep answering these questions for each episode until the drawbacks, disadvantages and downsides of this new individual is equal to the benefits, advantages and upsides.</p>	<p>Go to the specific serial moments where and when you once perceived the previous individuals displaying or demonstrating the same specific traits, actions, or inactions (TAIs) that you now like or admire most and perceive you have gained most. Are you there? At each of the moments that you perceived them displaying or demonstrating the same specific traits, actions, or inactions (TAIs)? Go to the next previous moment and the next previous moment and keep repeating the question and answers. Do that until the number of benefits or upsides of each episode are equal to the drawbacks and downsides.</p>	<p>What specific traits, actions, or inactions (TAIs) did you perceive this newly departed challenging individual displaying or demonstrating that you disliked, despised, or resented most - and that you perceive you have now been relieved of and that is now no longer present? List them. In most cases around 10 become listed although it could be as low as 4 and as high as 26. No hearsay. No broad, vague generalities or labels. No synonyms. No how your felts. No transcendentals. Similar to Column 8, Side B.</p>	<p>Go to the specific moment where and when you perceive this individual to be first deceased or departed and at that moment and from that moment forward until now which subsequent individuals have emerged that now display or demonstrate the same or similar traits, actions, or inactions (TAIs) that you disliked or despised most? - One individual or many, male or female, self or other, real or virtual, close or distant, animate or inanimate? Keep answering this question until the same exact quantity through time of the original TAIs are accounted for. Be vector specific.</p>	<p>Go to a specific moment where and when you perceive this newly departed individual displaying or demonstrating the specific trait, action, or inaction (TAI) that you disliked or despised most and now perceive you have been relieved of. Are you there? At that moment you perceived them displaying or demonstrating the specific traits, actions, or inactions (TAIs) that you disliked or despised most, what were the benefits or upsides to you of them displaying or demonstrating this specific traits, actions, or inactions (TAI)? Go to the next moment and the next moment and keep repeating the questions and answers. Do that until the number of benefits or upsides of each episode are equal to the drawbacks and downsides.</p>	<p>Go to specific moments serially in time where and when each of the newly emerging individuals are displaying or demonstrating the same specific traits, actions, or inactions (TAIs) that you once disliked or despised most and now are relieved of most. Are you there at one of the moments? Great! At each serial moment, what are the drawbacks, disadvantages, and downsides of these subsequently emerging individuals displaying or demonstrating these specific traits, actions, or inactions (TAIs). Keep answering these questions for serially for each subsequent emerging individual until the drawbacks, disadvantages and downsides of each episode are equal to the benefits, advantages and upsides.</p>
<p>Are you now certain that you have listed all of the specific traits, actions, or inactions (TAIs) that you perceived this newly alive, arrived, or present individual displaying or demonstrating that you most like, admire, look up to, infatuate with, or consider positive or attractive most and now perceive you have gained most?</p>	<p>Are you now certain that each of the specific traits, actions, or inactions (TAIs) you perceived this newly alive, arrived, or present individual displaying or demonstrating that you like or admire most and now perceive you have gained most is now accounted for in one or many previous individuals to the same degree quantitatively?</p>	<p>Are you now certain that for each moment you perceived this newly alive, arrived, or present individual displaying or demonstrating the specific traits, actions, or inactions (TAIs) that you liked or admired most and now perceive you have gained most there are equally as many drawbacks, disadvantages, and downsides as benefits advantages and upsides?</p>	<p>Are you now certain that for each moment you perceived each of the previously submerging individuals displaying or demonstrating the specific traits, actions, or inactions (TAIs) that you like, or admire most and now perceive you have gained most in the newly alive, arrived, or present individual that there are equally as many benefits, advantages and upsides as drawbacks disadvantages and downsides?</p>	<p>Are you now certain you have listed all of the specific traits, actions, or inactions (TAIs) that you perceive this newly deceased or departed individual displaying or demonstrating that you disliked or despised most and now perceive you are relieved of most?</p>	<p>Are you now certain that each of the specific traits, actions, or inactions (TAIs) you perceive this newly deceased or departed individual displaying or demonstrating that you disliked or despised most and now perceive you have been relieved of most there are accounted for in one or many subsequently emerging individuals to the same degree quantitatively?</p>	<p>Are you now certain that for each moment you perceived this newly deceased or departed individual displaying or demonstrating the specific traits, actions, or inactions (TAIs) you disliked or despised most and now perceive you are relieved of most there are equally as many benefits, advantages, or upsides as drawbacks, disadvantages or downsides?</p>	<p>Are you now certain that for each moment you subsequently perceived each of the newly emerging individuals displaying or demonstrating the specific traits, actions, or inactions (TAIs) that you disliked or despised most and now feel you have gained most there are equally as many drawbacks, disadvantages or downsides as benefits, advantages or upsides?</p>
<p>Think categorically into the Seven Areas of Life: Spiritual Mental Vocational Financial Familial Social Physical Think chronologically into the: Past or Present When the gains outweigh the losses or the losses outweigh the gains, you become emotionally attracted and infatuated (addicted) or repelled and resentful (subdicted). When the gains don't equal the losses you lie. Lies are imbalances. When the gains equal the losses you become balanced grateful & unconditionally loving and present. The truth is balance!</p>							
<p>©© Dr. John F. Demartini</p>							

“The Demartini Method[®]” Form – Side C[©] - Dissolving Grief Due to Perceived Loss or Gain

Individual: _____ (_____) (Someone other than yourself)

Top 3 Values _____, _____, _____

Date: ___/___/___

Column 15g	Column 16g	Column 17g	Column 18g	Column 19g	Column 20g	Column 21g	Column 22g
What specific traits, actions, or inactions (TAls) do you perceive this deceased or departed individual displaying or demonstrating that you liked or admired most - and that you perceive you have now lost and miss most? List them. In most death or departure cases around 8-10 (TAls) become listed although it could be as low as 4 and as high as 26. No hearsay. No broad, vague generalities or labels. No synonyms. No how you felts. No transcendentals. Similar to Column 1, Side A.	Go to the moment where and when you perceive this individual to be deceased or departed and at that moment and from that moment on until now which subsequent individuals have emerged that now display or demonstrate the same or similar traits, actions, or inactions (TAls) that you like or admired most? One individual or many, male or female, self or other, real or virtual, close or distant, animate or inanimate? Keep answering this question until the number of individuals account through time for the perceived losses quantitatively. Be vector specific.	Go to a specific moment where and when you once perceived the deceased individual displaying or demonstrating the specific traits, actions, or inactions (TAls) that you once liked or admired most and now miss most. Are you there? At that moment while they were alive and present, and you were perceiving them displaying or demonstrating the specific traits, actions, or inactions that you liked or admired most, what were the drawbacks, disadvantages, or downsides to you of them displaying or demonstrating these specific traits, actions or inactions (TAls)? Go to the next moment and the next moment and keep repeating the question and provision of answers. Do that until the number of drawbacks, disadvantages, or downsides of each episode are equal to the benefits, advantages and upsides.	Go to specific moments serially in time where and when each of the emerging individuals in Column 16 g are displaying and demonstrating the specific traits, actions, or inactions (TAls) that you once admired most and now miss most in the deceased or departed individual. Are you there at one of the moments. Great! At that and each successive moment until now, what are the benefits, advantages and upsides of each of the individuals now displaying or demonstrating the specific traits, actions, or inactions. Keep answering these questions for each episode serially for each emerging individual until the benefits, advantages and upsides of each episode are equal to the drawbacks, disadvantages and downsides, qualitatively.	What specific traits, actions, or inactions (TAls) do you perceive this arrived challenging individual displaying or demonstrating that you dislike, despise, or resent most - and that you perceive you have now gained and are present? List them. In most challenging arrival cases around 8-10 become listed although it could be as low as 4 and as high as 26. No hearsay. No broad, vague generalities or labels. No synonyms. No how your felts. No transcendentals. Similar to Column 8, Side B.	Go to the specific moment where and when you perceive this challenging individual to first arrive and at that moment and from that moment backward in time what previous individuals did you perceive displaying or demonstrating the same or similar traits, actions, or inactions (TAls) - that you dislike or despise most? One individual or many, male or female, self or other, real or virtual, close or distant, animate or inanimate? Keep answering this question until the same exact quantity through time of the original TAls are accounted for. Be vector specific	Go to a moment where and when you perceive the new challenging individual displaying or demonstrating the specific traits, actions, or inactions (TAls) that you now dislike or despise most and now gained. Are you there? At that moment while they are present, and you perceived them displaying or demonstrating the specific traits, actions, or inactions that you dislike or despise most, what are the benefits or upsides to you of them displaying or demonstrating these specific traits, actions, or inactions (TAls)? Go to the next moment and the next moment and keep repeating the questions and answers. Do that until the number of benefits, advantages, or upsides of each episode are equal to the drawbacks, disadvantages, and downsides, qualitatively.	Go to specific moments backward serially in time where and when each of the former submerging individuals were displaying or demonstrating the specific traits, actions, or inactions (TAls) that you once disliked or despised most and are now gained and are present in the new challenging individual. Are you there at one of the moments. Great! At that and each other serial moment in the past, what are the drawbacks, disadvantages, and downsides of these previous individuals then displaying or demonstrating these specific traits, actions, or inactions. Keep answering these questions for each episode serially for each previous submerging individual until the drawbacks, disadvantages and downsides of each of these previous individuals equal to those of the new gained individual who emerged qualitatively.
Are you now certain that you have listed all of the specific traits, actions, or inactions (TAls) that you perceived this deceased or departed individual displaying or demonstrating that you most liked, admired, looked up to, infatuated with, or considered positive or attractive most and now miss most?	Are you now certain that each of the specific traits, actions, or inactions (TAls) you perceived this deceased or departed individual displayed or demonstrated that you liked or admired most and now miss most is now accounted for in one or many new individuals to the same degree quantitatively?	Are you now certain that for each moment you ever previously perceived this deceased or departed individual displaying or demonstrating the specific traits, actions, or inactions (TAls) that you liked or admired most and now perceive you miss most there are equally as many drawbacks as benefits?	Are you now certain that for each moment you subsequently perceived each of the newly emerging individuals displaying or demonstrating the specific traits, actions, or inactions (TAls) that you once liked or admired and now perceive you miss most in the deceased or departed individual that there are equally as many benefits as drawbacks?	Are you now certain you have listed all of the specific traits, actions, or inactions (TAls) that you perceive this newly arrived challenging individual displaying or demonstrating that you disliked or despised most and now perceive you grieve the gain of most?	Are you now certain that each of the specific traits, actions, or inactions (TAls) you perceive this newly arrived or arrived individual displaying or demonstrating that you dislike or despise most and now perceive you have gained most is accounted for in one or many previous individuals to the same degree quantitatively?	Are you now certain that for each moment you ever subsequently perceived this newly arrived or arrived individual displaying or demonstrating the specific traits, actions, or inactions (TAls) you disliked or despised most and now gained most there are equally as many benefits as drawbacks?	Are you now certain that for each moment you previously perceived each of the former submerging individuals displaying or demonstrating the specific traits, actions, or inactions (TAls) that you disliked or despised most and now feel you have gained most there are equally as many drawbacks as benefits?
Think categorically into the Seven Areas of Life: Spiritual Mental Vocational Financial Familial Social Physical Think chronologically into the: Past or Present When the gains outweigh the losses or the losses outweigh the gains, you become emotionally attracted and infatuated (addicted) or repelled and resentful (subdicted). When the gains don't equal the losses you lie. Lies are imbalances. When the gains equal the losses you become balanced grateful, unconditionally loving and present. The truth is balance! ©© Dr. John F. Demartini							