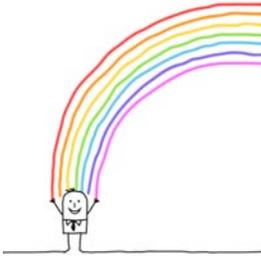


# Changing Your Script

Class Notes  
by Kathryn Alice



Script (def): something you've been told, have internalized so eventually you tell yourself until it becomes a belief about yourself.

Changing your script can take some chipping away, but let's start doing so right now.

- May have different scripts in different areas of life. Good Mom. Stellar friend Scattered, ineffectual employee. Whipping boy. Scapegoat. Undesirable. Not very interesting. A screwup.
- Labels can be powerful -- what it does to school kids. When you accept that label, you start embodying it and unless it's a healthy one, not good. From now on, we're going to reject any scripts you've taken on that are not supportive of you and what you want. And we will replace them with the ones that will help you manifest what you want: in love, in career and in life.
- Until you change your script, it is very hard to get different results. As we work on this, and you take the following steps, you will see things in your life change quickly.
- The trick is to keep going until all traces of your former scripts are gone and replaced by the new ones that will get you the results you want and have you treated the way you want to be treated.

# Steps to Change Your Script



How to switch your script -- spend a couple of days on each step ideally. SIT with them, don't rush too fast through them. Honor the process. This can take time and some chipping away.

1) *Figure out your old script.* How? Ask yourself the following questions:

- How are you treated?
- What is a negative pattern you don't like?
- Examine different areas of your life.

2) *Write down old one and release.* Argue with it. Refute. Tear into pieces & burn

3) *Figure out a new one.* What do you want? 3 or 4 sentences are best

4) *How will it feel to have that script?* How will you be treated? Imagine. Envision it. Day dream about it.

Envision you in your power -- exuding the script you want to have? What did it feel like? What made you feel that way? Imagine walking in that all the time!

5) *Act how you would act with that script.* Start expecting that treatment. Don't settle for less. Focus on the ways you are treated that match what you like.

Continue this process as needed. You may revert at times. That's natural when you are learning something new. You go back and forth between old rut and new. Keep going!

Don't get discouraged when you backslide.

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## Sample Scripts

- The Kick Me Gal



Showed up in work, showed up in relationships, with family & friends. Take that sign off back, develop boundaries, an attitude of receiving instead of just giving, no more victim.

*New Script:* "I am empowered and to be respected. I deserve to be adored."

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- The I'm Hideous Person Woman

Showed up only in love. Didn't really matter elsewhere but saw self as undesirable.

*New Script:* "I am beautiful. I'm intriguing and sexy"

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- People will hurt me -- a guy -

Showed up mainly with friends and esp in Rel.

*New Script:* "My soulmate would not hurt me. There is part of me that can never be hurt, harmed or endangered. I'm imperturbable."

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- I'm not worthwhile.

Showed up in all of life. Made little money - got fired from jobs and would sabotage self. People would ignore or leave often personally.

*New Script:* "I'm important, fascinating and deep. Anyone who gets to know me is blessed."

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- I'm unimportant.

Made little money, wouldn't ask for more. Would not be listened to at work or socially. Would not speak or when would, would get ignored. Developed boundaries.

THE FIX: start asking for what wanted, received better. Raised voice when talking. Put self on pedestal.

*New Script:* "I'm noteworthy, a VIP. I am very important."

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- "I'm a loser." Would mess things up constantly. Was clumsy. Would stick foot in mouth. Be inappropriate. Was awkward socially. Could not keep a job nor find one could like. Took drugs and drank too much. Sabotaged romance after romance. Or wouldn't get a 2nd date.

THE FIX: start saying Act as if. Applied, Tried harder to be a winner. Started refuting those who might reinforce old script & putting distance between him and those who would ever call him that.

*New Script:* "I'm a human being, whole, perfect & complete. I'm equal with you, and noticeable. I'm a winner."



I bless you for getting rid of  
those tired, old painful scripts  
and stepping into the script that  
brings it all to you.

Love & support,  
Kathryn