

# TIMELINE RESET

**by Emma Romano**

[www.emmaromano.com.au](http://www.emmaromano.com.au)

[www.facebook.com/emmaromano](https://www.facebook.com/emmaromano)

[emma@emmaromano.com.au](mailto:emma@emmaromano.com.au)

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# EMMA ROMANO

CREATOR & TRAINER OF TIMELINE RESET



**Founder of Thrive in Life Foundation**

**Self-Healing Coach**

**Master Hypnotherapist, Energy Healer**

**Creator & Trainer of the Family Freedom Protocol,  
Delete Reset, Timeline Reset,  
Relationship Sovereignty**

**Co-Creator & Facilitator of Dragon Breathwork**

**Master NLP Practitioner**

**Podcaster**

**Amazon Best-Selling Author**

**International World Class Speaker**

As an International self-healing coach, business mentor & trainer, Emma's souls' mission is to raise the vibration & frequency of humanity through supporting healers to become thriving practitioners!

Emma does this through her extensive experience with clients and practitioners and has created deep modalities that use the '5 dimension-method' which work very uniquely to any other modalities & methods out there.

Her expertise is in treating clients with negative emotions such as depression, anxiety, PTSD and limiting beliefs, using her own creation Timeline Reset, The Family Freedom Protocol, Delete Reset & Relationship Sovereignty. With these modalities Emma is able to get to the very core issue of her client's problem and facilitate their self-healing process.

In 2014 Emma was diagnosed with the debilitating disease of MS, which led to chronic fatigue, and had her looping in fear and depression. After hearing from multiple medical professionals that she should prepare herself to get ready for a wheelchair, Emma decided to seek her own answers and take matters into her own hands. And after years of extensive study and research, Emma devised a program for clients and therapists to share these powerful tools of self-healing with them.

Emma is on a mission with spreading her powerful message globally; that working with the conscious and unconscious mind at a soul level using hypnotherapy, mindset, energy work and lifestyle is crucial if people are serious about overcoming their illness and blockages and truly desire to live a life of health and happiness. This is because changing our mindset at the unconscious level is a very powerful healing modality as it allows for the release and transformation of negative thought patterns and negative emotions that are trapped & toxic to the body.

**Emma's mission now is to empower therapists with the tools to help their clients really thrive in life the fastest and most graceful way possible.**

# Welcome to TIMELINE RESET!

I have been using my tried and tested Timeline Reset with clients all over the world with great success. This is a proven step-by-step protocol, which can assist you as a practitioner/therapist, to help any client to rid themselves of negative emotions and limiting beliefs, which are stopping them from living a life of health, wealth, love and happiness.

Not only does it do these things, but I believe, in the most safe and powerful way possible.

Your practice may be one-on-one, online, in workshops or going into family's homes. Whatever suits you best, will work for you best, and your clients.

It is an honour and a privilege to be training you in this protocol.

## MY BACKGROUND IN HELPING FAMILIES HEAL IS:

1987 to 2018 - Tennis coach for children aged 3 -18 years  
 2007 - Diploma of Counselling  
 2014 - Diploma of Forensic Healing  
 2015 - Reiki 1 and 2  
 2016 - Master Hypnotherapy, Master NLP Practitioner  
 2016 - Master Timeline Therapist  
 2017 - Creator and Trainer of TimeLine Reset Protocol  
 2017 - World Class Speaker  
 2018 - World Class Speaker Master Coach  
 2018 - Events Manager and Master Coach for Australian Success Academy  
 2018 - Certified family yoga teacher  
 2018 - Founder & Trainer of "Family Freedom Protocol"  
 2019 - Co-founder/Trainer "Release, Rewire, Inspire - Self-Empowerment Coaching Program"  
 2019 - Creator & Trainer of "Delete Reset"  
 2020 - International Federation of Hypnosis certified trainer  
 2020 - Co-Creator and trainer of "Soul Business Alignment"  
 2021 - Co-Creator & facilitator of "Dragon Breathwork"  
 2021 - Creator & Trainer of "Relationship Sovereignty"  
 2023 - Co-Creator & Facilitator at Soul Aligned Results

I believe it is so important to always better ourselves and to learn.

My mission is to champion people like you, so you have the tools to give families and individuals - the tools to get them reconnected, and stop the epidemic of depression, hopelessness, anxiety, self-mutilation, dis-ease and low self-worth. I am on a mission to spread the word far and wide, that change can happen in an instant when working with the right tools and mindset.

## WHY ME?

Because I am passionate, I am authentic and what I have created is a tool that works.

## NO REALLY, WHY ME?

I'm a very proud wife of an amazing man, and I'm the very proud mother of 2 incredible teen boys. I have been seeing clients from all over the world, and I get to travel and speak, and connect with amazing people and teach others.

Life is bloody amazing - but it wasn't always like this.

In 2014 I was diagnosed with MS. I was scared, depressed, blind in my left eye, numb down my right leg, and given 6 months before I was in a wheelchair.

I went on a mission to heal myself. I then realised I was carrying so much anger, sadness, fear, hurt, guilt and shame from my past, and then I found I was carrying stuff from my ancestors too. I mean, this wasn't even all of mine!

I also had this belief system that I wasn't good enough, that I was stupid, and I was so afraid of judgement from others that I wouldn't even parent the way I knew I had to. I wouldn't even go for a job that I liked just in case someone thought I shouldn't be working in that job. I wouldn't even wear my hair the way I wanted in fear of judgement.

No wonder I was so depressed, fearful, anxious, and had Multiple Sclerosis. I was a ticking time bomb.

So, I went on a journey - a journey to heal myself. It started with healing MS and then I found that was the easy part. I was healing the old wounds of my past. Getting rid of being triggered by anger and sadness.

So, on my journey I discovered many healing modalities, and I started seeing clients and then something happened. I noticed and documented the clients with PTSD, depression and anxiety, were getting confused around timeline work, and then my worst nightmare as a practitioner happened. I had a client who had an adverse reaction to a traumatic event. This client convulsed, urinated and vomited due to this event.

I then had to get creative. I developed Timeline Reset.

## WHY THIS?

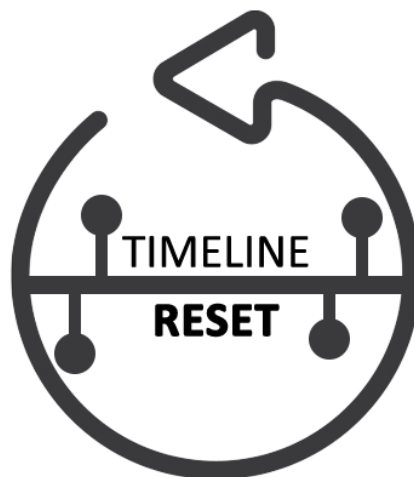
Why the Timeline Reset? As I have said before, it works. I have had people come into my practice or worked over Zoom and Skype, who are suicidal, cutting, purging, depressed, anxious, sad, hyper, PTSD and the list goes on and on.

I am passionate about connecting people to their passions and purpose in life. I want everyone to thrive and feel love.

I am a champion at helping people release negative emotions and limiting beliefs and finding their self-worth. Once you have that, you have everything.

This is for practitioners and therapists who are looking for a sure-fire tool to get their clients to shred unwanted negative emotions and limiting beliefs that are stopping them from living a healthy and thriving life.

So, let's start!



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## STEP 1: RAPPORT

### WHAT IS RAPPORT?

Noun: a close and harmonious relationship in which the people or groups concerned, understand each other's feelings or ideas and communicate well. Synonyms: affinity, close special relationships (mutual) understanding, bond, empathy, harmony, sympathy, link, accord.

When building rapport:

- only 7% of your words work
- only 38% of your tonality works
- And a whopping 55% is your physiology.

So, it really doesn't matter what you say or how you say it, it is your physiology. I also call this your energy. Everything is energy, this is scientifically researched and confirmed that we all have an aura, an energy field around us. They call it "electromagnetic field".

Have you ever been in a room, and someone walks in, and you instantly like or dislike them? That's your energy.

Any client you have, either sitting face to face with you or online, you (yes YOU) first need to get into rapport with them.

### HOW??

1. **Check where your client is at** - If they are bubbly, be bubbly.

If they are quiet, you match that. Don't expect them to match you, you are going to match, match and then lead them into a state that is better for healing and change.

2. **Breathe** - Breathe the same way they are breathing.

3. **Blink** - Blink when they are blinking.

4. **Tonality** - Match your client's tonality.

5. **Physiology** - This is the most important one...

Use the same hand movements as your client.

Sit the same as your client and mirror their actions.

6. **Intention** - Have the intention that your client will fall into deep rapport with you.

### DO NOT MAKE THIS OBVIOUS

**You will find that if your client sees you actively copying them, you will fall out of rapport.**

## BUILDING RAPPORT WITH MORE THAN ONE CLIENT AT A TIME

It's easier than you think. If you have a workshop, or a family, or even 2 people in your room or online and one of them just doesn't want to be there, (this happens a lot) take on the hardest case first - the client that doesn't want to be there the most. When you get into rapport with them, the other clients will unconsciously feel this and fall into a deeper rapport with you.

You unconsciously do this every single day.

**If your client is in disagreement with you, you have fallen out of rapport.**

### LEAD

After you match your client several times, then lead.

You can do this by crossing your legs or scratching your head and see if your client does the same. If they do, you are in rapport. If they don't, keep matching them and try again.

## STEP 2: CLIENT FILLS OUT INTAKE FORM

Give your client a really nice pen and a clean clip board to write on.

This is a great time to fall in rapport with your client. Please be really present and be mindful that your client is concentrating.

Make sure that your client signs the Timeline Reset coaching agreement.

(If working online, email this intake form to your client and ask them to send it to you before your first session.)



# CLIENT INTAKE FORM

## Contact Details

Title		First Name		Last Name	
Street Address					
Town/Suburb			State		
Post Code		Email Address			
Home Phone		Mobile Phone No.			

## Personal Details

How did you find out about us?					
Your Age		Birth Date		Occupation	
Do you consume drugs or medication? (Describe)					
Cigarettes?	P/Day	Water intake?	Glasses P (Day)	Filtered water? YIN	
		Alcohol intake?	Glasses P/Day	Fast food? YIN	

## State of Health

Please rate the following out of 10...

General Health?	/ 10 (10 excellent)	Energy Level?	/ 10 (10 high energy)
Pain?	/ 10 (10 high pain)	Describe	
Stress?	/ 10 (10 high stress)	Describe	
Other major surgery, accidents, illness?			
Other therapy you have received?			

Confidentiality is important to us. Please be assured we will keep your personal information safe

# TIMELINE RESET COACHING AGREEMENT

Date: \_\_\_/\_\_\_/\_\_\_

This agreement is an understanding between;

\_\_\_\_\_ Timeline Reset Practitioner

And

\_\_\_\_\_ (Client)

We will work on the mutual understanding that you are fully and solely responsible for your life and actions. I will offer feedback, advice, techniques and encouragement based on my own professional and personal experience.

We will work together to find solutions to your problems. However, any decisions about a specific action, or course of action, are yours, and you accept full responsibility for the outcome of those actions.

Any notes or audio recordings taken during sessions and conversations will be treated as strictly confidential and will never be shared within anyone without your consent.

All documents shared with you during the course of this program are subject to copyright and remain the property of Timeline Reset.

I give my permission for future contact regarding related information via mail, email, or phone.

By signing below, you agree to terms and conditions set out in this document.

Signed: (Client)

\_\_\_\_\_

Signed: (Practitioner)

\_\_\_\_\_

## STEP 3: THE SPILL OUT

### WHY LET YOUR CLIENT SPILL OUT?

You will get many clients, and you will be able to tell the ones who have been in therapy for years, and those who haven't.

The clients that have been in therapy for years will be very automatic in what they are saying, and it will roll off their tongue. I will show you how to get more out of these clients soon.

Then you will get the client who has never had the opportunity to bluuuuuurh. Yep, just spill and talk. Most of my clients, in my experience, have never really had the uninterrupted time and space to really spill.

During this time, you will be building rapport, nodding emphatically, holding space and writing down word for word what they are saying. You will also be circling anything that is a negative emotion (e.g., sadness, hurt, anger etc.) and you will write NE beside it, and circle any limiting belief writing LB beside it.

#### **E.g., your client may say:**

- I am really angry with my son because he never does his homework, and if he doesn't pass Year 11, he is going to be an absolute dropout, and never have a good job.
- My husband never supports me, and he will never understand what I go through.
- As for my daughter, she is just lovely, but the guilt I have over not being there enough for her really hurts me. I'll never get over this.

**NB\* Circle or highlight what you think are the negative emotions and the limiting beliefs.**

I call this the SPILL OUT.

This will take most of your session.

# THE SPILL OUT QUESTIONS

What is the problem from your viewpoint?

Keep asking "what else?" until they are totally emptied out. (Usually, the last thing they say is the most important)

How is this problem affecting you?

Is this problem affecting anyone else?

How does this problem typically make you feel?

How long have you had this problem?

When did you choose to have this problem?

Did this problem work for you in the past at all?

How often do you have this problem?

What triggers your problem?

Is there anything in the past that you have done that's helped the problem?

Tell me one word that describes your:

- Mother
- Father
- Brother
- Sister
- Partner
- Self

How would you like to feel?

How will you know when the problem has totally disappeared?

If you could wave a magic wand, what positive changes would you make happen in your life?

What wrongs have been done to you that you haven't forgiven?

What do you expect from the therapy? (You need to know this, as some people believe you have a magical wand that will solve all problems).

What do you expect from me as a therapist?

## STEP 4: RESPONSIBILITY vs VICTIM

### R IS GREATER THAN V

What does this mean? The way I explain everything to my clients is in the simplest way. This gets the best results.

You will need a whiteboard or have blank paper to write and draw on for your client. This very process is a life-changer.

This is a process that you and your client(s) will be working through together.

Did you know that 97% of the world is in victim mode?

When in Victim, there is no growth or solution to any problem, so this is why it's so important for you and your client to get into Responsibility.

Things may not be your fault, but they are your responsibility.

Responsibility vs Victim is a fundamental concept for me. I think it is one of the biggest tools for producing change. When you look back at a negative event or situation, and you have that mentality that it happened TO you, that puts you at Victim. You're pretty much powerless to do anything. But when something happens, and you ask, "How did I make that happen, or how am I responsible for this?"

Or even better "why did this happen *FOR* me?"

That question helps you find the responsibility, which then helps you to change the behaviour. If you constantly blame someone or something else for your pain, you literally become powerless to do anything about it. This is called living in victim mode.

That question helps you find the cause, which then helps you to change the behaviour. If you constantly blame someone or something else for your pain, you literally become powerless to do anything about it. This is called living in victim.

### WHY?

Why is this so important, and why is learning about Responsibility vs Victim so effective? Because it allows clients to take responsibility.

If we fall in Victim of others, there is no growth and no solution. This very process is a confronting and challenging process for your client. Please make sure you are in deep rapport with your clients before explaining this.

### EXPLAINING RESPONSIBILITY vs VICTIM

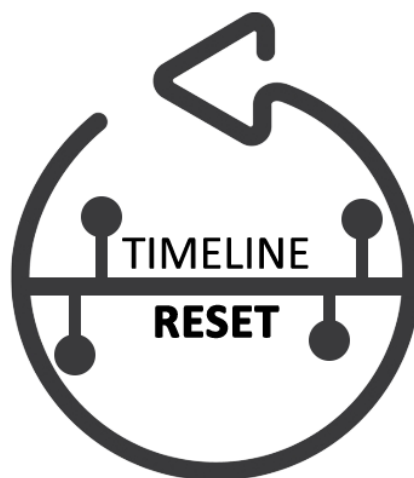
Clients respond best with stories and metaphors, so you can make up your own story but please make it simple and easy to follow. I use my own story of when I had Multiple Sclerosis; that I was very much in Victim of my illness, and I was getting sicker. Then, when I took responsibility of my illness, I started to heal.

I have many stories and I use the one that will click with my clients the most.

### WHAT'S YOUR STORY?!

Please make sure you explain this in a gentle way and more in a feminine energy.

The Responsibility vs Victim process can be completely alien to your clients and they will have an "aha" moment in front of you. They may also become quite upset and you need to make sure you are in rapport and very supportive of them. I give my clients printouts to take home with them or I send PDF's if online. The one that I use for all clients is on the following page.



# RESPONSIBILITY vs VICTIM

## WHICH SIDE ARE YOU ON?



### RESPONSIBILITY

- Ability to respond to a situation
- I am in charge of my mind, and therefore in charge of my results
- Moving Forward
- Looking for solutions
- "I can fix this"
- Driving the bus
- In control
- **EMPOWERED**

### VICTIM

- Relax or stop
- Inaction
- Blame everyone or everything else
- "This happened to me"
- Looking for excuses
- Not taking ownership of issues
- Focusing on problems
- Can't see solutions
- **DISEMPOWERED**

### YOU CAN'T CHANGE OTHERS

Are you at Responsibility, or at Victim in the circumstances in your life?  
If you are not 100% at Responsibility, you are at Victim

### CHOOSE RESPONSIBILITY

You can't always control what happens in your life.  
You can however, choose what you do with it, how you feel about it, how you react, your attitude, the meaning of it – and what you do next.

**ONCE YOU MOVE FROM VICTIM TO RESPONSIBILITY,  
YOU CAN THEN MOVE ON TO THE SOLUTION**



## RAPID CHANGE >> MASSIVE ACTION

Life is starting to shift. Things are beginning to move.

### GROWTH

In the beginning it can be a bit:

Daunting                      Challenging  
Confusing                      Fear can come up

These are all KEYS to growth – Face them - EMBRACE THEM!  
You MUST be ready to VALUE the Growth Zone over the Comfort Zone!

Leave the old Comfort Zone & EMBRACE the Growth Zone –  
It will soon become your new comfort zone.

On your whiteboard or paper, you will draw a big R and then the greater sign and a big V:

**R > V**

List with your client what words are in Victim, i.e.:

- he makes me mad
- powerless
- blame
- shame
- illness

Then list what words would be in Responsibility:

- power
- victor
- heal
- success
- forgiveness
- etc.

After this exercise, ask your client. "Do I have your permission to nudge you back into Responsibility if I need?" Get a congruent "YES" from your client. If you don't get that yes, ask them why they are choosing to stay in Victim.

It is so important that we let our clients know that everything is a choice - especially their reactions to an event. A short example is.... "He made me feel like that"  
No, you chose to feel like that.

Ask your client to put a big cross through the V and a circle or a love heart around the R.  
If you are doing this online, they write this down and cross out the V.

(When working online with a client, I like Zoom the most, because I can share my screen and they can look at the PDF's as I'm explaining it.)



## STEP 5: STRUCTURE OF REALITY

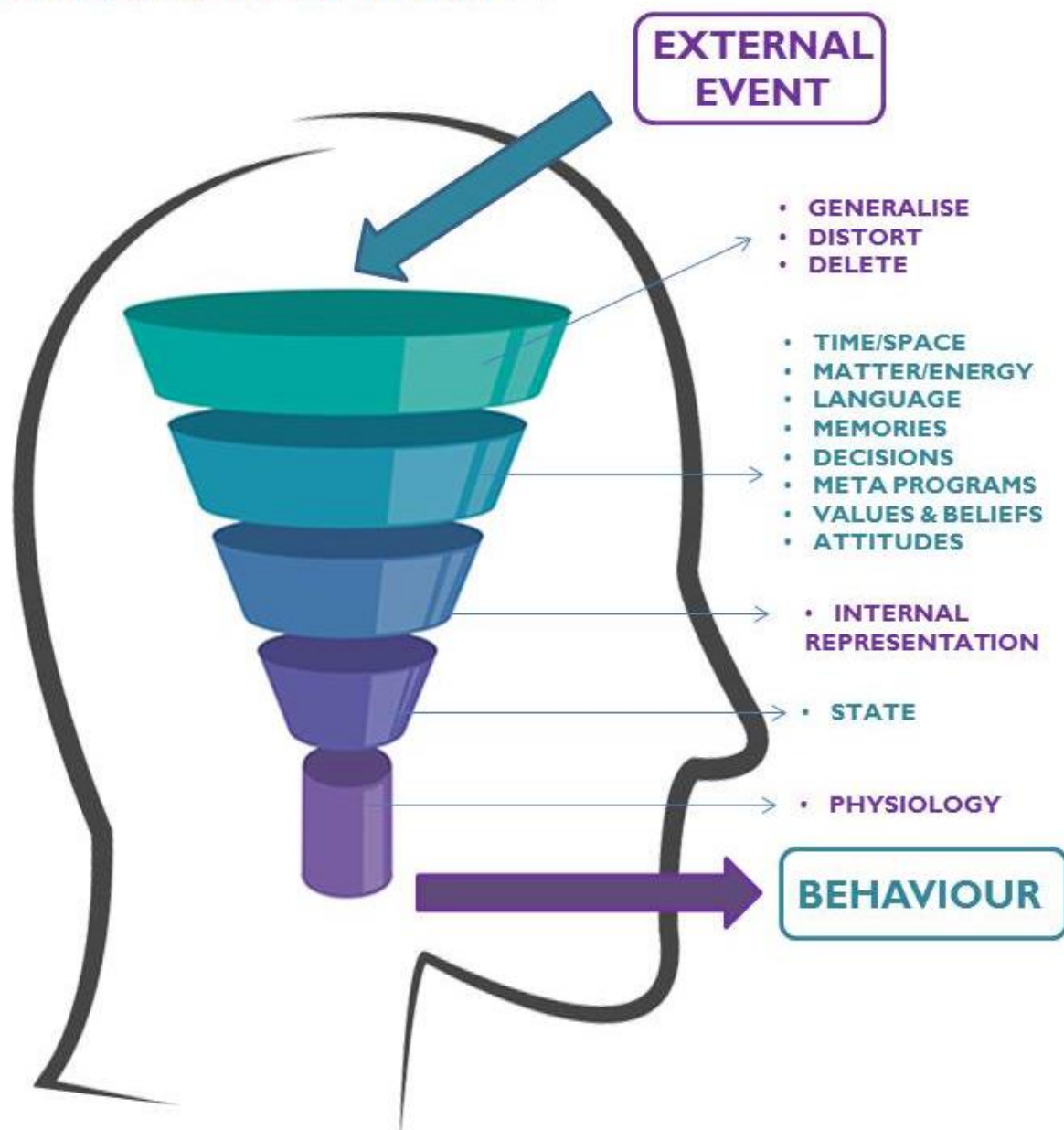
### WHO IS RIGHT??? WHO IS WRONG???

There are over 2.4 million bits of information at any one given moment. Can you imagine taking all this in??? So, what our brain does, is take in 264 bits of info which is far more sustainable. But which ones? Well, that depends on you. It depends on your past, environment, your values, beliefs and mood at the time.

So, do you think it would be reasonable to say that not everyone's 264 bits are the same? We generalise, distort and delete information all the time.

Next time you are arguing with someone, maybe they are 100% right for them, and you are 100% right for yourself?

### STRUCTURE OF REALITY

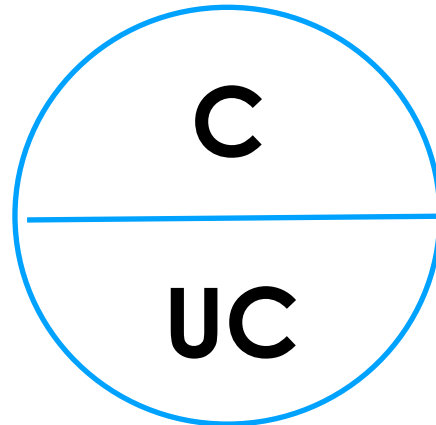


## STEP 6: THE UNCONSCIOUS MIND

### WHAT DOES YOUR UNCONSCIOUS DO???

#### Prime Directives of the Unconscious Mind

1. Preserves the Body
2. Is a Servant, Likes to Follow Orders
3. Is a Highly Moral Being
4. Stores Memories
5. Is Symbolic
6. Does Not Process Negatives



Basically, your Unconscious Mind saves you.

The easiest way to explain this to your clients is:

Draw a circle and put a line through it. Write C for conscious mind in the top half and UC for unconscious mind in the bottom half.

Your conscious mind is like the boss of a big company, and he can order the unconscious around. But if the unconscious doesn't want to do it ..... it won't.

Like someone who smokes. They know consciously that it's not good for them and it stinks and is expensive, but no matter what they do, they end up going for that smoke. Their unconscious mind will win the silent battle because it says, "we always smoke, it relaxes me, it's me time", until you work with the issue unconsciously, and let the mind know it is safe to let go of this, it will take so much longer to release the problem.

You know when people are shy or play life small? It is usually due to their childhood. Let me explain this further:

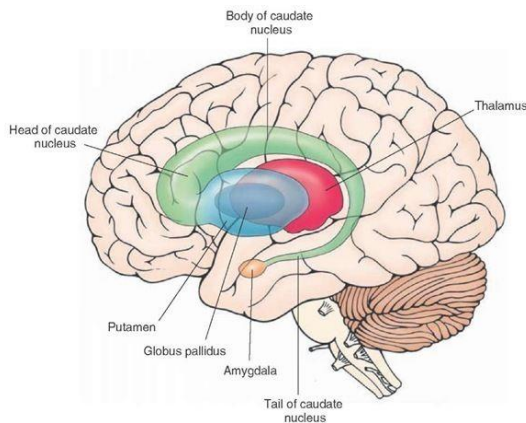
As a baby we are born with very basic emotions, we are not born judging others or with shame, guilt, anxiety or depression. There is no depression or anxiety gene, we learn this and mimic our parents or those we are closest to.

We are not born doubting ourselves. We are born with pure love and wonder and complete trust. Then our unconscious mind (remember, it keeps us safe) will go into survival mode. That is the job of the unconscious, it holds all our memories and lessons, and it keeps us safe.

Imagine this, a beautiful baby girl is born, full of giggles, love and wonder. This little girl grows into a very naturally energetic toddler with lots to say. Then she starts to be told to shhhhhh, she may even get a smack on her bottom or hand for talking too loudly or being in her free state.

Her unconscious mind will put her in protection mode to quieten her down because it decides that it is not safe to be loud. When that child gets older, she may be called "shy" - a label. When this young girl turns into a woman and is needing to get a job, meet a mate or make friends, she finds it so hard no matter how conscious she is of wanting to get over being "shy", her unconscious will not let her until it knows it is safe to do so.

## STEP 7: THE CAUDATE NUCLEUS



The **caudate nucleus** plays a vital role in how the brain learns, specifically the storing and processing of memories. It works as a feedback processor, which means it uses information from past experiences to influence future actions and decisions.

The caudate is also one of the brain structures which compose the reward system. Studies suggest that this affects our behaviour, based on the changing values of goals, and a knowledge of which actions lead to what outcomes, altering the impact of actions and decisions. This is why, positive reinforcement of change, motivation, and positive outcomes, are necessary for the caudate nucleus to respond, and in turn, influence our behaviour in order to achieve the desired positive outcomes.

We already do this unconsciously, with reinforcement of negative beliefs. From a young age, a negative idea, once planted in the caudate nucleus, is regularly re-affirmed each time we feel something that reinforces that negative belief, creating a permanent belief on a cellular level, which affects our response and behaviour.

For example, if the belief is that "I am not good enough", every event that occurs which makes us feel that we are not good enough, re-affirms this belief, storing it in the caudate nucleus, creating the behaviours and responses we have when we feel this in the future.

To instil a new positive belief, we need to first create a point of reference for the caudate nucleus, by doing an action to prove to ourselves that the new belief is true. Then regular positive reinforcement is required, in order to permanently change the caudate nucleus on a cellular level to affirm this new belief. Studies indicate that it takes 30 days to do this. Which is why it is recommended that positive affirmations for change need to be repeated, felt, and believed for 30 days, in order to actually realise this positive change on a cellular level in the caudate nucleus, and therefore effecting permanent change.

**REPEAT YOUR POSITIVE LEARNINGS DAILY FOR 30 DAYS**

## STEP 8: WHAT IS TIMELINE RESET?

**Timeline reset is a powerful method for creating instant change.**

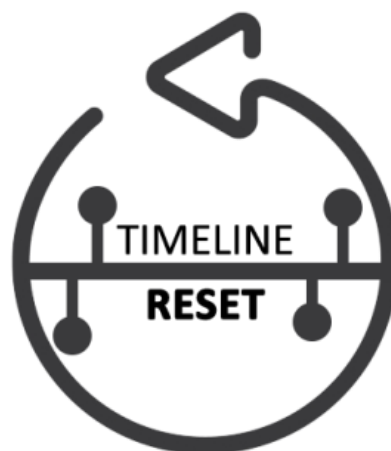
Timeline Reset works with the unconscious mind in a variety of ways, including healing emotional traumas and eradicating unwanted thoughts, emotions and behaviours.

Behavioural change in an individual takes place at an unconscious level. The Timeline Reset techniques allow you to work at the unconscious level and release the effects of past negative experiences and change “inappropriate” programming in minutes, rather than days, months or years.

**Timeline Reset** training will teach you a collection of techniques that allow you to gain emotional control over your life and implement these in your own therapy session with your clients.

Inappropriate emotional reactions, such as bursts of anger, periods of apathy, depression, sadness, anxiety, guilt, shame and chronic fear, are responsible for preventing people from achieving the quality of life they desire.

Limiting beliefs, such as “I’m not good enough”, “I’ll never be rich”, or “I don’t deserve a great marriage”, create false limitations and hamper clients’ ability to create reachable and attainable goals and outcomes. Timeline Reset techniques enable you to eliminate many types of issues in your clients past, thus allowing them to move forward toward their goals and desires.



# TIMELINE RESET

## RELEASING NEGATIVE EMOTIONS or LIMITING BELIEFS

Whenever we are releasing negative emotions, we release them in the following order:

- Anger
- Sadness
- Fear
- Hurt
- Guilt
- Shame
- Anxiety (optional)
- Depression (optional)

(If you are clearing anger, you MUST also clear sadness in the same session)

### CLIENT EVIDENCE

***On a scale of 1 to 10..... with 10 being the worst, what would you give this problem?***

***What would you like it to be?*** (Get a number out of ten.)

***Do you think this is realistic for you?***

Get a congruent YES.

**\*Repeat these questions for each of the emotions or limiting beliefs**

## STEP 9: LIGHT TRANCE

Pre-frame your client that you are going to guide them into a light trance, like watching a movie and being invested in it. They will be relaxed and talking to you through this process.

### RELAXATION SCRIPT FOR LIGHT TRANCE

***Get comfortable with both feet on the floor and both hands laying lightly on your lap, uncrossed, palms up. Looking ahead and just raise your vision by 20%. (You may stand and show them this if appropriate.)***

***Breathe in through your nose and out of your mouth. (Do this with them.)***

***Again, breathe deeply in through your nose and out of your mouth and as you breathe out the next time, gently close your eyes (demonstrate this with your hand) and relax even more in your chair.***

***Imagine a ray of calming light that is shining through the top of your head and filling the back of your eyes. Calming and filling and continuing down to the back of your nose, filling your ears, mouth, down to the front of the throat.... soothing and calming and now filling the shoulders. The shoulders can hold so much tension, and now feel that just drop out and feel the calming light fill your shoulders with calm, safety and relaxation.***

***Now feel that soothing, calming light fill your chest, tummy, hips, tops of the thighs, just listening to my voice and feeling so relaxed now, and feel that relaxing light flowing into your shins, tops of your ankles, tops of your feet and reaching right to the end of your toes, that's right feeling relaxed and comfortable. And now feel that light fill up under your feet to your heels, back of your ankles to the calves. Feeling even more relaxed now and feeling safe with my voice. The light now fills the back of the knees to the back of the thighs and now, all the way to the spine, and spilling out to relax all the muscles and any tension being held in the back now releasing and feel that calming, relaxing light, filling the back of the neck now and all through the head.***

\*Your client is now relaxed.

## STEP 10: SCRIPT FOR TIMELINE RESET

***In front of you now is a business building with a huge front door. Your unconscious will go as fast as I tell it to. You walk up 3 steps to the door and open it with ease. You see a plain and dull long hallway in front of you and you walk up this long hallway towards a brown door with the words "Life Records" on it.***

***You push this door with ease ready to release (say negative emotions or limiting beliefs)***

***You see a room full of filing cabinets and you search for your filing cabinet, the one with your name on it. (Look at the client's eyes searching) That's the one. The one on the left. Can you see it? (Wait for client to nod or say yes)***

***Walking over to your filing cabinet, open the drawer and take out the (say negative emotion or limiting belief) file.***

---

### ***CONTINUE FROM HERE***

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***What colour is it? Is it a small medium or thick file?***

\*Allow your client to answer. (This automatically disassociates the client from any past events that are caught up with the emotion or limiting belief)

***You will see on the other side of the room, there is a huge industrial shredder. But, before you start shredding, I am going to ask your unconscious mind if it is ready to safely release the old (say negative emotion or limiting belief) that is not serving you anymore.***

(Wait for congruent yes)

***Tell me out loud what is the biggest positive lesson you can learn by releasing this emotion?***

\*Allow the client to empty out at this stage. Ask them ***"what else?"*** until they have emptied out. Write down everything word for word. Guide your client to speak in the positive (e.g., if your client says, *"I won't be so stressed anymore"*, ask them, *"If you are not stressed, what are you instead?"*)

(To prompt your client to shift into a positive learning phase, ask these questions multiple times each)

***Finish this sentence for me: By releasing this (say negative emotion or limiting belief) I now choose to be....?***

***I now choose to feel?***

***My future is now?***

\*Ask these questions and ask, “*what else?*” until they are finished.

When your client has emptied out, ask them this final question: ***What is the one big learning that your unconscious needs to know, in order to release this (say negative emotion or limiting belief) forever?***\*Wait for response.

***What number are you at with the old problem now, 10 being a big problem or 0 being no problem at all, or has it simply disappeared?*** (Wait for a response of “yes, it has gone”)

\*If they say they are still at any number, ask them this: ***“What does your unconscious need to know to safely release this? Keeping the positive life lesson, but not the (say negative emotion or limiting belief)?”***

After they answer, then ask: ***Now what number are you at? Or has it simply disappeared?***

***Are you now ready to shred your file?*** (Wait for congruent yes)

**Great, shred your file and let me know when you have finished.**

***You will see on the right-hand side that there is a beautiful wooden table with a pile of beautiful coloured files on it. Find yourself the most perfect file to replace the old (negative emotion or limiting belief)*** \*Do not mention the actual emotion or limiting belief.

***What colour is it?***

\*Allow the client to answer.

***What are you going to call your (clients chosen colour) file now?***

\*Allow the client to answer. Write this colour and word down as the title of their list of learnings.

***Now you can safely accept this into your life.***

***It’s up to you now to walk over to your filing cabinet and place your new (colour) (name of) file into the drawer. That’s right, you are doing so well now.***

***Put that file in, close that drawer, place your back against it and take a huge sigh of relief.*** (Say this in an excited and relieved tone)



**IF YOU ARE NOW RELEASING ANOTHER NEGATIVE EMOTION OR LIMITING BELIEF, SAY:**

***Now turn around, open that drawer again, and now take out your (negative emotion or limiting belief) file.***

**\*Then return to the line break on your script (page 22) to continue the process**

## **ONCE ALL EMOTIONS AND LIMITING BELIEFS HAVE BEEN RELEASED, CONTINUE BELOW:**

***You see the door to the hallway now, and you open it with excitement, and you look forward to the new positive learnings you have discovered.***

**\*Speak in an excited tone. *As you open the door, you notice the dull hallway is lit up with all your new colours* (name all colours). *You start to skip, run, dance and spin towards the front door. The smile on your face and the joy you feel is indescribable!***

***You get to the large door at the end of the hallway, and you open the large doors, and you notice it has now changed to the door of your home.***

***Allow yourself to step through the threshold and allow yourself to see how positive things are now. That's right feels so good. Because now you can have all these things.*** (Now say out loud their learnings. Read them all out loud.)

***Now I am going to let you enjoy these amazing feelings for two minutes.*** (Time this. Watch your clients face as they embrace their new positive learnings)

***When you are ready.... coming back to the room, and open your eyes NOW.***

***Welcome back.***

**ACTION:** Now ask your client, what is something they can do immediately, right now to prove to themselves that instant change has occurred? (For the caudate nucleus)

### **YOUR CLIENT'S HOMEPLAY**

Your client's homeplay is to type out the list of positive learnings and email them to you. They are then to read these every day or record them and listen to them every day for 30 days. Make sure you take a photocopy or a photo for your own records.

# PRACTITIONER CHECKLIST

## **So, in a nutshell:**

- Build rapport
- Client fills out intake form & signs agreement
- Pour out
- Responsibility Vs Victim
- Structure of Reality
- The Unconscious Mind
- Release Negative Emotions
- Take an Action
- Repeat Learnings for 30 days
- Release Limiting Beliefs
- Take an Action
- Repeat Learnings for 30 days

# PRACTITIONER SESSION FILE NOTE FORM

Client Name: \_\_\_\_\_

Date \_\_\_\_\_ Session Number \_\_\_\_\_

Feedback from previous session:

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Stand out events:

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Biggest issue to deal with this session:      \_\_\_/10

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Therapy used:      \_\_\_/10

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Home Play:

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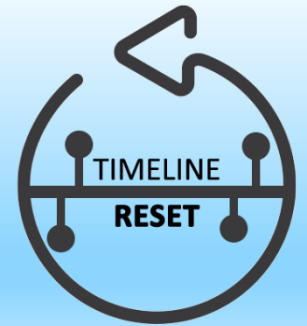
Notes:

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## EMMA ROMANO TIMELINE RESET

[www.emmaromano.com.au](http://www.emmaromano.com.au)  
[www.facebook.com/emmaromano1](https://www.facebook.com/emmaromano1)  
[emma@emmaromano.com.au](mailto:emma@emmaromano.com.au)

**To access your Timeline resources online, including training videos**

[CLICK HERE](#)

Once you have completed Timeline Reset training, practised it, and are ready to be certified, click this link for more information: [CLICK HERE](#)

**For further information on Timeline Reset, Family Freedom Protocol, Delete Reset, Relationship Sovereignty or Emma's other programs, workshops, podcasts & retreats check out her website & follow her on socials**

[www.emmaromano.com.au](http://www.emmaromano.com.au)

Don't forget to join the Timeline Reset Legends community on Facebook for ongoing training, support and to connect with other Timeline Reset Practitioners:

[JOIN HERE](#)

*Emma Romano*

[www.emmaromano.com.au](http://www.emmaromano.com.au)

[emma@emmaromano.com.au](mailto:emma@emmaromano.com.au)

[Facebook.com/emma.romano1](https://www.facebook.com/emma.romano1)

[@healwithemmaromano](https://www.instagram.com/healwithemmaromano)

