

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

[www.ChooseHappiness.net](http://www.ChooseHappiness.net)

## **An Option Session Protocol**

By

**Aryeh Nielsen**

## The Attitude behind the Questions of the Option Session

Before) **Allow**: Feel into the Option Attitude. Know that the client's unhappiness is not real, and they are welcome to keep it if they wish. You are here to help them help themselves be a little less unhappy about something that they want to be a little less unhappy about. Note, the whole process may take more than one session.

Anytime) **Clarify** -- At anytime, clarify what they mean.

Q1) **Orient/Initiate** -- Orient yourself to how you can help them today. Find out what they are interested in examining (allow the rest), and feel into the pacing (patience).

Q2) **Identify** -- Identify specifically the feeling they don't like, and what event is the presumed cause.

Q3) **Reason** -- Exhaust the reasons they believe that the event is causing them to have an emotional feeling they don't like.

Q4) **Cause** -- Explore their belief that [ having an emotional feeling they don't like is necessary for motivating themselves toward what they want most in this circumstance ] as the cause of their having an emotional feeling they don't like in this circumstance.

Q5) **Release** -- Inquire if they need to choose a feeling they don't like in order to motivate themselves towards their wants.

**Test** -- Inquire how they would feel, now, in response to the original event. If they still confess unhappiness, go back to questions 1-3.

**Support** -- What do you want? What about that is attractive to you? Why do you want that? This leads to either a confession of happy or unhappy wanting. If the latter, then go back to questions 1-3.

After) **Patience**: Now that the client has the realization that they are at cause (though not at fault) for feeling a way they don't like, they have the option to feel differently, or not. It is their choice, not yours.