

# Change in The Inner Map

This Action Point focuses on the mental strategy of creating great databases.

This Action Point is probably best done before bedtime or some other quiet time moment when it's possible to hold your child's attention for 3-15 minutes.

If you tried the visualization before changing the way the child remember the positive memory, now let your child imagine what would happen if he did it with a bad memory and it stayed in the basement.

You can do the full visualization with him again or just have him remember the process and do the whole thing with a bad memory.

When it is in the basement ask him if it's in the right place, - or if it should be somewhere else that would be even better for him than having the memory in the basement. Then suggest that he places the memory wherever he thinks that it will be best for him.

Listen carefully to what he says - and accept that what he explains is how things are in his inner map. Go with it and not against it.

Even if you have great ideas about what he can do in there, don't mention them to him unless he is unable to come up with anything at all. Then always suggest several things that he can choose from. Don't give him an easy answer.

Now If he manages to do this, do it again with another 2-5 memories - however many he wants to go through, - and ask him about the effects and about what it does to him to get rid of so many bad memories.

If he is up for it, you can do the same thing with positive memories that he may not remember well. Have him explain where they are and maybe even point to them. Then bring them in front of him and do the process of getting color back into them, making them 3-dimensional and have him step into them. Prompt him to really sense what it's like when he is IN the memory again. Do this 2-5 more times.

That should allow his subconscious mind to take over from there.

If he did not try the guided visualization with the positive memory, tell the story about it and how you can rearrange and build databases in there. Use a different word than databases.

Thank them for playing along!