



Sub-Modality Change

My cousin was talking with me about her feelings of abandonment. I asked, *"Who has abandoned you?"* She said her mom, who had died of cancer 15 years prior. I asked if she believe her mom chose to leave her. I also reminded her that her love of design came from her mother. We talked of using her talents to honor her mom`s memory. She realized she was thinking like a powerless victim instead of a powerful woman who was loved very much.

By changing the way she looked at her circumstances, she freed herself of the feelings of abandonment and is now loving her design business.

