

# TAG (Truth-Acceptance-Go!)

## TRUTH

**1)** When Obsessing, Resentful, "Fucked-Up" or experiencing "Head Fear", grab your TAG! Notebook (or any paper-like object – napkin, newspaper – whatever!) and write "I'm obsessing about" or "I'm resentful about" or "I have fear that" or "I'm fucked-up about" and let the Subject flow. Example – "I'm obsessing about whether I will ever finish the novel I'm writing" – then once the Subject is articulated (and it is never *really* about the Subject) we write "and because of this I have fear that" and see what comes out *without thinking about it* – we just let it pour. Example – "I'm obsessing about whether I will ever finish the novel I'm writing and because of this I have fear that I am not a real novelist" – then we want to keep writing until we get to a statement that is *100% false for any human being*. Example – "I'm obsessing about whether I will ever finish the novel I'm writing and because of this I have fear that I am not a real novelist and because of this I have fear that I will never think I'm truly great at anything and because of this I am worthless" – *now we can stop because we've reached a 100% false Core Delusion* – "If I never think I am truly great at anything, then I am worthless"

**2)** Now we write out what is true. The **NET** or **New Empowering Truth**. It can be helpful to imagine someone we love (son, daughter, nephew, brother, etc...) saying the Core Delusion to us regarding themselves. What would we say to them? We might reflect or contemplate for a minute or two then we imperfectly articulate a New Empowering Truth – "Whether I think I am truly great at anything or not has no bearing on my worth as a human being. I have inherent, endless worth as a human being. If I imperfectly practice my ever-expanding principles, I will *experience* my worth on a deeper and deeper level."

**3)** We look at the Core Delusion and *surrender* the battle to believe it is not true. We admit we have it, but acknowledge that, on some level, we see it for the lie that it is. We admit that the New Empowering Truth is true, *even though we may not Feel or Think that it is true*. In essence, the New Empowering Truth acts as a NET that safely catches us if we have the courage to tunnel all the way down and reveal the Core Delusion.

## **ACCEPTANCE**

1) We ask ourselves "What am I feeling right now?" and write down whatever we are feeling. Example – "I am edgy, scared, angry, sad and a tiny bit hopeful." We look back at the Core Delusion and ask ourselves "If I had this Core Delusion for much of my life wouldn't it make sense I feel some of these things even *though the Core Delusion is not Real?*"

2) We take a few moments to ACCEPT and make friends with our feelings.

## **GO!**

1) We take some Next Right Action. We use the New Empowering Truth as the basis for our Next Right Action. "If I believed the New Empowering Truth were true, what might the Next Right Action be?" If the emotional energy we are experiencing seems very strong we can also ask ourselves "What might a healthy Next Right Action be to help me safely express this emotion?" (One great Next Right Action to help express the emotion is to call a trusted friend and *share the entire inventory process with them*. You can explain the technique to them or simply do it in your own words – with practice, it is not as hard to do this as it might seem and it is a *huge tool in building intimacy, emotional release and True Surrender*)

2) We take some Next Right Action – we actually do it. *Gently and with great compassion*, but we do it.

3) If in the midst of our Next Right Action we *stop acting* and start obsessing or resenting we *gently and with great compassion* return to the task at hand. If we seem unable to do so, we go back to **TRUTH** and repeat the TAG! Inventory Process.