

Module Two: Video Number 4:

The Tipping Method Tools

Ok, so welcome to the fourth and final video for Module #2. Up to now, just to recap a little bit, we've laid out what it means to be a Radical Forgiveness Coach, established some parameters for what you as a Radical Forgiveness Coach can and cannot do, and have described the basics of Radical Forgiveness and Radical Self-Empowerment.

But, running through all of what we've done so far is the idea that you only get results with all of this work if we use the Tipping Method tools. It simply does not work if you do it in your head because at that point you are simply not connected to the part of your psyche that actually puts the process into action. You're using only your mental intelligence.

And, we know that your intellect does not believe in Radical Forgiveness or, at the very best, is extremely skeptical about it. So why would we want to use that form of intelligence for work that is essentially spiritual in nature?

So, having made a big deal about the fact that you must use the tools, in this module, we're going to take a look at some of the tools available for you to teach your clients how to use whether you are doing the work with individuals or groups, live, or online.

COACHING TIP: Actually, you'll make a lot more money doing it in groups, and even doing it online. Group coaching online is not that difficult, and it's a good way to build a good practice and a loyal following.

Now, let's talk about doing it with a small group first. Obviously, before you can teach people how to use the tools, you will first have to introduce them to the ideas and concepts that underpin the tool's use.

You should be able to give a simple explanation of Radical Forgiveness well enough that people are able to get the basic idea. Probably the best approach is to teach the Five Stages of Radical Forgiveness, explaining why traditional forgiveness cannot go beyond Stage 3 since there is still a commitment to the idea that something wrong happened.

Then you explain the reframe, which is Stage 4, finally getting to the core idea in Radical Forgiveness that nothing wrong happened and there is nothing to forgive. You will need to do a lot of practice in getting this explanation fluid, especially when it comes to explaining the reframe. We spend a long time on this in later modules so don't worry.

So, let's have a quick look at the tools you will have in your tool box for each of the two Radical Living Strategies. First, the ones we use for **Radical Forgiveness**. And, they are:

- A 3-page Paper Radical Forgiveness Worksheet (pdf)
- A 2-page Quick Radical Forgiveness Worksheet (pdf)
- A Radical Forgiveness Online Interactive Worksheet (link to webpage)
- The Three Letters Radical Forgiveness Process Online Program
- An Emerge-n-See 4-Step Process to Radical Forgiveness Worksheet (pdf)

The Centrifuge Worksheet

A 1-page Radical Acceptance (of another person) Worksheet

AUDIO: The 13-Steps to Radical Forgiveness (mp3)

All of these tools have a specific use, and you will use all of them at some time or another, but the two you will no doubt use the most will be the 3-page Radical Forgiveness Worksheet and the 3-Letters Online Program or process. For that reason, we giving a lot of space in this course to how you teach these tools. You will get the opportunity during the course to actually experience the 3-Letters yourself, as I said. We actually create a one week break in the course for you do that as part of your assessment. In order that you get fully trained in the use of the Radical Forgiveness Worksheet, three entire modules are devoted to it. That's how important we feel it to be that you are totally comfortable teaching it and able to use it in virtually any situation.

For many years now we've had the Radical Forgiveness worksheet up on our website as an online interactive program, so you will need to go over this many times to makes sure you know it really well and can help someone go through it. These online interactive versions have proven themselves to be very effective and popular. It's a good alternative to the paper version and is especially useful if you are doing it together over distance by Skype or Zoom.

The 2-page Quick Radical Forgiveness worksheet is very useful and a good one to teach your clients to have handy whenever a situation occurs that doesn't call for the full 3-pager but will work just as well. Same thing with the 13-Steps audio. It only takes about 10 minutes to do, but it can be a life saver, believe me. You should always teach your clients to use both these tools.

The 4-Step process is the only tool you use in the moment, so it is the one to teach people to have memorized or to at least have on a business card in their wallet or purse. It really is a lifesaver and will stop them going to Victimland for an unwanted and very uncomfortable 'vacation.'

The Centrifuge Worksheet is a great help at Stage 3, Collapsing the Story because it helps people to see how they have added a lot of interpretations and beliefs into their story and have thereby increased their suffering a great deal.

A very big part of the Radical Forgiveness process is being able to drop our demands that a person be any different and to accept them just the way they are. The Radical Acceptance Worksheet is a godsend to help with that most difficult of steps.

For Radical Self-Empowerment, the tools are:

A 2-page Combination Radical Self-Forgiveness/Self-Acceptance Worksheet

The 3 Letters Process for forgiving oneself

The Online Interactive Radical Self-Forgiveness Worksheet

AUDIO: The 13-Steps to Radical Self Forgiveness

Now, all of the above, except the audios, are completely free to your client. We also have a lot of paid Online Programs that you can recommend to your client. They are all priced the same, except the 3-Letter program, and offer extremely good value. If they are purchased through your website and you are signed up in our affiliate program, you will earn a fee. The online programs we offer at this time are:

A 21-Day Program for Forgiving Parents, Partners and More
The Radical Self-Forgiveness/Self-Acceptance Program
The Online 3-Letters Program (A 3-Day Journey to Freedom, Peace, and Happiness)
The Radical Money Program
The Radical Love Program
The Radical Grieving Program
The Radical Manifestation Program
The Radical Weight Loss Program

COACHING TIP: These are online programs that clients can use on their own at home. However, it is a good idea to suggest to your client that they do the program while you provide practical and logistical support, both while they are doing the program and afterward.

So clearly, you have a load of really good tools in your tool box to offer clients and with which to build a good practice.

COACHING TIP: One of the best ways to get clients and for you to really learn everything you will be called upon to teach and coach clients is to run a Book Study Group. There's no better way. It is, anyway, a course requirement that you do a 6-week book study group. We've actually put it in your schedule for it to begin in Week 6 and 7 so you can finish right at week 12, or very soon thereafter ready to be certified. You wouldn't want to delay your certification for not having started the book study early enough so you might start asking around for people who would like to do it with you, beginning that 6th week. You need six people.

OK, so, that's it for Module #2. Go ahead and do your best to pass the Quiz as soon as possible. And, once you've done that, the system will give you access to Module #3. And, you're going to love that one. Get ready for the ride.

See you soon.