

This technique is useful for unearthing and exploring hidden assumptions behind your thoughts. Start with a thought and try to follow it back into your psyche, finding what is behind each thought. Pose some of the following questions. What would be so bad about that? What might happen? What would that mean? Why?

The example below is a true example of a woman who had a lift phobia for 20 years but had never unravelled her thoughts to find out what she was really scared of. She was actually quite surprised at what she found, and recognised that her fantasy at the end of her chain of thoughts was completely irrational.

