



## Radio Wave Graph Instructions

### CLASSIC/GENERAL

1. Have your client identify an area of their life where they are now Above the Line but can remember when they were Below.
2. Identify the first time they remember being Below the Line—where were they? Have them put an X in the furthest left box next to the appropriate energy.
3. Identify where they are now and have them put an X in the furthest right box next to the appropriate energy.
4. Help them track notable occasions where the energy shifted—either up or down, and start plotting the graph to their current Above the Line state.
5. Along the way, make a note of what it was that was either bringing them down or pulling them up. Also have them note approximate dates (years and/or or months).
6. Use the numbers and letters to track when doing this over the phone.

### SUPPRESSION/INDULGENCE vs. INHIBITION/INCLUSION

1. Have your client identify an area of their life where they are now Above the Line but can remember when they were Below.
2. Identify the first time they remember being Below the Line—where were they? Have them put an X in the furthest left box next to the appropriate energy.
3. Identify where they are now and have them put an X in the furthest right box next to the appropriate energy.
4. Help them track notable occasions where the energy shifted—either up or down, and start plotting the graph to their current Above the Line state.
5. Along the way, when they are Below the Line, ask:
  - What **emotions** were you Suppressing? How did you do this?
  - What **behaviors** were you Indulging? How did you do this?
6. When they are Above the Line, ask:
  - What **behaviors** were you able to Inhibit? How did you do this?
  - What **emotions** were you able Include? How did you do this?
7. Use the numbers and letters to track when doing this over the phone.