

Be Set Free Fast™ (BSFF™) “QUICK SHEET”

Dr. Larry Nims, Ph.D.

(Short format with optional treatments in blue by Alfred Heath, MA, LPC, Authorized BSFF Trainer)

Basic BSFF Protocol

(Usually all you need)

1. Notice the problem using conscious awareness & grade by estimating SUDS level (0-10); or, detect and SUDS grade it using muscle testing.
2. Treat the problem by applying the cue; if progress stalls, treat *Fail Safes*.
3. Use the cue until a sense of peace and comfort is experienced.
4. Complete by doing the *Closing Sequence*. (See below).

BSFF Full Protocol Treatment Steps

(For tougher-to-treat problems)

1. Notice the problem using conscious awareness, SUDS level, or muscle testing
2. Treat the problem by applying the cue until a sense of peace & comfort is experienced; treat fail-safe list whenever improvement toward SUDS zero seems to stall or whenever indicated by muscle to three and testing.
3. Treat “every aspect of self-identification, belief, value, attitude, thought, emotion, sensation, imagination, fantasy, who and every other problem I’ve ever had.
3a.) About or towards, and,
3b.) As a result of this problem or issue.
4. Cue for all hurt, anger and unforgiveness toward persons/groups/places/entities connected in any way to the problem or issue.
5. Continue to treat whatever comes up related to the problem until SUDS is zero and/or muscle test shows resolution.
6. **Optional:** *Treat for any remaining subconscious resistance or potential for relapse anywhere in the mind/body/energy system regarding any of the problems or issues treated during the session.*
7. **Optional:** *Treat the statement: “One or more aspects or points of view within me are not in complete alignment and agreement with the successful resolution of all problems and issues treated to date, my current age and stature, and my Authentic Self.”*

Closing Sequence

The subconscious will also apply the *Closing Sequence* for all new problems treated in the Closing Sequence.

- | | |
|---|--------------------------------|
| a. All traumas | d. Angry/mad at my self |
| b. Forgive everyone & everything | e. I forgive myself. |
| c. All stoppers | |

Fail-Safe Sequence

Optional: Instruct the SCM (subconscious mind) to treat each active failsafe in priority order at next cue. (If this doesn't clear the failsafe(s), then treat them all one by one (or muscle test and treat those indicated) in the following order:

- 1. I want to be free of this problem.**
- 2. I am willing to be free of this problem.**
- 3. I am willing to be completely free of this problem from now on.**
- 4. I give myself permission to be completely free of this problem from now on.**
- 5. It is okay (safe) for me to be completely free of this problem from now on.**
- 6. I deserve to be completely free of this problem from now on.**
- 7. I am willing to give up the benefits of keeping this problem in order to be completely free of it from now on.**
- 8. I am willing to receive all of the positive benefits of being free of this problem.**
- 9. I will do everything necessary to ensure that I get and remain completely free of this problem from now on.**
- 10. There are still one or more problems which will make me keep or take back this problem.**
- 11. There is still something in me that will make me keep or take back this problem.**
- 12. I am still vulnerable to taking this problem back some time.**

BSFF™ Stoppers List

(The reference to "all stoppers" includes any additional stoppers not listed here.)

- 1. I am afraid this session of BSFF won't work**
- 2. I am afraid the results of this BSFF session won't last.**
- 3. I doubt that the results will work.**
- 4. I doubt that they will last.**
- 5. I don't trust myself to do things effectively in these new ways.**
- 6. I doubt that I will do things effectively in these new ways.**
- 7. I doubt my ability to live out these changes in my life.**
- 8. I am vulnerable to taking back one or more of these problems that I have just resolved.**
- 9. I have one or more other problems that would directly or indirectly prevent me from maintaining my treatment gains.**

© 2007 – 2014 • Larry P. Nims, Ph.D. • Goodyear, Arizona, USA • www.BeSetFreeFast.com™
• BSFFwithLarry@cox.net; Alfred B. Heath, MA, LPC • Peterborough, United Kingdom
• www.AlfredHeath.com • Alfred.Heath@yahoo.co.uk • All rights reserved.

DISCLAIMER: The information on this sheet is excerpted from the intellectual property of BSFF founder Dr. Larry Nims, with amendments and modifications by Alfred Heath, MA, LPC with Dr. Nims's permission. It is for psychoeducational use only and is NOT a replacement for the authors' BSFF training materials with theory, principles, definitions, instructions, and protocols. It is a shorthand guide to use after learning the method. The authors give full permission to use this information & procedure for self-application for educational purposes only if proper citation of authorship, e-mail addresses, & websites are included. This document may not be uploaded to web sites or otherwise distributed for public sharing, sale, or other commercial purposes without written permission of the authors.