

# A Brief Guide to Basic Be Set Free Fast™ Self-Help

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Be Set Free Fast (also “BSFF”) is an acronym for “Behavioral and Emotional Symptom Elimination Training for Resolving Excess Emotions: Fear, Anger, Sadness, Trauma.” Proponents of this method (including Dr. Nims and myself) believe BSFF provides a distilled and accelerated experience of the natural emotional healing and learning processes which take place whenever true transformational emotional healing and psychological repair happens.

BSFF operates by means of a partnership between your conscious mind’s awareness, intention, and expectancy and the many faculties of your subconscious mind. Your subconscious mind controls or mediates your emotional, informational, psychological, and many physiological processes in support of living. Through informational and experiential memory storage and recall, it also primes your reactions to threats, and supports fulfillment of needs and intentions.

Unlike predecessor methodologies (including Roger Callahan’s Thought Field Therapy® (TFT®), hypnotherapy, NLP, psychodynamic, body-centered, and cognitive and behavioral methods), BSFF employs the extraordinarily elegant, efficient, and effective capacities and faculties of the subconscious mind\* in an interactive partnership.

The agency of the subconscious mind is at the heart of all cognition, emotions, learning and memory, and already has been supporting our intentions all of our lives. It accordingly possesses the dual capacity to learn, reinforce, or unlearn programmed responses triggered by a present event or thought. When the programmed response was set in place by a (or a series of) troubling significant emotional event or traumatic experiences, the trigger results in reactivation of the disturbed emotions and unresourceful cognitions and corresponding behavior and physiology.

In other words, the “program” (subconsciously stored and triggered unresolved, disturbing emotion + maladaptive, emotionally charged belief) causes or contributes to problems in living (conscious experiences of fearfulness, anxiety, anger, overwhelm, helplessness, hopelessness, dread, sadness, and post-traumatic stress inappropriate or disproportionate to the life situation in which they were triggered, leading to dysfunctional behaviors and physiological imbalances).

Because significant emotional events can include incidents which are reverberations or permutations of earlier programs as well as re-activation of them, there are potentially hundreds of related instances of unresolved emotions and beliefs, so even if only a few of them are causing severe distress at conscious levels, or are doing so only intermittently, they can have a cumulatively negative impact in several dimensions of life. In every case, these programs either prevent entirely or significantly limit the effectiveness of conscious choice and resourcefulness in responding to life’s challenges as they show up. Moreover, they can further inhibit our freedom to realize our potential as intelligent, creative, productive, loving and social beings.

However, although our subconscious level of functioning seems to be at the root of this suffering and limitation, through BSFF it also can become the key to our becoming free of it. Be Set Free Fast educates both our conscious and subconscious selves, capitalizing on the natural resources and capabilities of the subconscious mind in a deliberate strategy to target and eliminate detrimental programs at the root of psychologically involved problems in living.

The natural processes the subconscious mind employs to fulfill our intention effectively erases these subconscious emotional roots and beliefs elegantly, swiftly, and gently, and when the process is completed in a thorough manner, usually permanently.

## THE BASIC BSFF PROCEDURE

Once the subconscious mind has registered our conscious intention for it to execute the BSFF instructions through saying our word, the main tasks for the client (or the self-helper) on a conscious level boils down to a 3-or-4-phase protocol: 1. The “Notice, Assess, and Cue” Loop; 2. Resolving “Fail Safe” Programs (only if progress stalls); 3. Resolving all of the “About, Toward, as a Consequence of, and Unforgiveness” programs; always ending with 4. the Closing Sequence.

## THE “NOTICE, ASSESS, AND USE YOUR CUE” LOOP

1. become aware of the conscious manifestations (symptoms) of what you suspect is a detrimental, subconsciously operating unresolved emotion and belief complex (“program”); this can be pain, stress, tension, fear, anger, trauma, sadness, weakness, negative thoughts, or some other telltale sign you are experiencing problematic emotional or psychological state.

2. Assess the degree of subjective distress that the problem is causing on a scale of 0-10.
3. Have the intention that the underlying programs be eliminated by the subconscious mind
4. Signal the Subconscious Mind with your designated cue word to execute the instructions to eliminate the program. Simply say or think your cue word.
5. Observe your internal processes of sensation, breathing, thoughts (ideas, images, memories, speech, and remembered sensory experiences) for change.
6. Re-scale the original and/or any new issues emerging as a result of the process, and proceed with one of four options:

6a. If the felt sense of the identified problem and anything else that emerged during the course of the process feels completely resolved (“0” SUDS) and you feel settled and peaceful, transition to the Closing Sequence

6b. If the felt sense of the identified problem and anything else that emerged during the course of the process feels partially resolved, repeat steps 2-6.

6c. If the felt sense of the identified problem and anything else that emerged during the course of the process is stronger than when you started, or a new problem is front and center, this usually means the recognized problem was masking a more disturbing one. The first step is to acknowledge and accept this fact along with the presence of the deeper problem (the cue can help you do this) before going back to steps 2-6 for the deeper problem.

6d. If there was no change in the original felt sense (distress/upset/pain/uneasiness) or progress appears to have stalled, resolve subconscious resistance to the process by addressing “fail safe programs”.

### **RESOLVING “FAIL SAFE” PROGRAMS (Use only when your progress stalls)**

Using the cue in response to these statements will resolve subconscious programs which relate to the statement. If you muscle test or are in tune with your body’s sensations, you can try testing each fail safe and cue only for those which register the existence of underlying programming. Otherwise, just use your cue once after each one. Fail safe problems are relatively rare but must be resolved when active.

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

### **RESOLVE ALL “ABOUT, TOWARD, AS A RESULT OF, AND UNFORGIVENESS” PROGRAMS**

1. Use your cue to treat for any and all problems you’ve ever had about or towards the original problem and anything that emerged during the session. If anything comes up during this step, continue to self-treat until resolved (cue for failsafes if you get stuck).

2. Use your cue for any and all problems you’ve ever had as a result of the original problem and anything that emerged during the session. If anything comes up during this step, continue to self-treat until resolved (cue for failsafes if you get stuck).

3. Use your cue to have your SCM eliminate all programs formed from a. hurt; b. anger; and unforgiveness festering in your subconscious regarding any person, group, place, organization/ institution, or activity that you have ever perceived (consciously or subconsciously) as a cause or contributor to the problems treated in the session. Address categories a b and c thoroughly before moving on to the next stage.

4. Contemplate the problem in your mind. Revisit past scenarios and address any problematic emotions, thoughts, physical symptoms, or sense of unease and any detrimental impulses or inhibitions that arise. Cue for whatever arises in your mind and emotions that seems unresolved. Address fail safes if your progress stalls. Keep re-checking your SUDS score until you arrive at ZERO and you feel calm and settled.

### **THE CLOSING SEQUENCE**

In the Closing Sequence you methodically use your cue to resolve those categories of associated problems which are believed to increase the risk of the identified problem reconstituting. They include post-traumatic stress, unforgiveness which did not come to mind, “stoppers” (“what if” doubts and worries about the problem somehow returning. Stoppers focus the mind excessively on unwanted outcomes and can create self-fulfilling prophecies), self-directed anger/judgment/criticism for having had the problem, and self-forgiveness for having had the problems and for only now addressing them.

- a. All traumas //CUE
- b. Forgive everyone & everything//CUE
- c. All stoppers//CUE
- d. Anger, judgment, & criticism directed at self (“Angry/Mad at myself”)//CUE
- e. I forgive myself//CUE

#### **FINAL THOUGHTS**

With BSFF, your subconscious mind is primed through the BSFF instructions to eliminate emotional problems at their source: within you. While at time this can take place surprisingly rapidly and effortlessly, in other scenarios --as with all change work-- it can mean embarking on a Hero’s Journey requiring courage and persistence over time. For some problems in living --usually diagnoseable mental health issues--, the education, training, and experience of a professional along with their therapeutic presence and informed, detached perspective can facilitate profound degrees of resolution beyond what someone might be able to achieve on their own.

## SUMMARY

1. Consciously notice the problem
  2. Define the problem's parameters (brief narrative description of context, trigger(s), and associated thoughts/feelings/actions, and any negative consequences)
  3. Explore through imagination and visualization the types, quality and intensity of mental and emotional distress; gauge each on the 1-10 Subjective Units of Distress (SUDS) scale
  4. Take note of where in your body the associated sensations are and what the sensations are (still, moving, vibrating, tight, contracting, expanding, heaviness, nausea, pain, cold, hot, etc)
  5. Set these problem-state experiences aside by moving around a bit, changing position, and briefly imagining/thinking of something innocuous, pleasant, or amusing.
  5. Settle your awareness in the present moment, with the sensations throughout your body and your natural breathing in the forefront, and your mental and emotional activity in the vague background.
  6. Say to yourself mentally or aloud: "I am completely ready, willing, able and intending to address and resolve this problem with BSFF," notice how it feels to say this, and then, after inhaling naturally, use your cue and exhale.
  7. Note whatever you experience (if anything) immediately after using your cue.
  8. Check your SUDS score again for any change in number and also any changes in your emotional/felt-sense experience when you think about the problem.
  9. Cue to have your subconscious mind eliminate all of the programs causing or contributing to all of the associated problems (emotions, thoughts, physical symptoms, behavior) you've ever experienced associated with your identified problem: first the ones ABOUT and TOWARD the problem//CUE... then the ones that RESULT from the problem//CUE
  10. Emotions, thoughts, memories, images, inner commentaries associated with aspects of the problem and the history of the programs supporting it tend to emerge. They usually just come and go, but Cue for any that come and stay with you.
  11. Continue occasionally cueing until you have a sense of your SCM having completed this step (ABOUT, TOWARD... RESULTING FROM... and anything emerging and doesn't quickly pass on it own)
  12. Next, use your cue to address any programs of hurt, anger, and unforgiveness for people, places and things associated with the problem. Keep cueing for whoever and whatever comes to mind until you feel a sense of completion with this step.
  13. Check your SUDS and impressions when you think of the problem, and keep cueing until your SUDS score is 0 (ZERO) and you feel peaceful and settled.\*
- \*If you sense progress stalling at any point during your session, use your cue for the Fail Safe Statements list.*
14. Do the "Closing Sequence," then take note of how you are feeling in general, and then think about the problem and note your thoughts and perspective on it. You should notice a sense of calm, mature detachment, clear perspective, and resourcefulness that was not there previously. You may even feel a sense of guilt-free compassion for people involved. However, if there are still any negative emotions or thoughts around the situation, earmark them to address them in a future session if they still exist after a day.

*\*The term "Subconscious Mind" used in the BSFF framework is intended to be inclusive of all human physical and energetic capacities involved in generating, orchestrating and mediating memory, cognitions, emotions and mind-body health.*