TPM Process Map - "Objectives"





EMOTION BOX

- 1) Connect with your emotion.
- 2) Focus on what you feel until a memory comes to mind.
- 3) Repeat the first two objectives until the *same memory* comes to mind *twice*.



MEMORY BOX

- 1) Stay connected with your emotion.
- 2) Determine why you feel what you feel.
- 3) Determine why you believe what you believe.



THE CLOCK PRINCIPLE

BELIEF BOX

1) Determine if you currently *believe* the *lie-based belief* that you identified in the previous "Box."



TRUTH BOX

- 1) Invite the Holy Spirit to persuade you of the truth.
- 2) Be willing to receive what He has for you.



TRANSFORMATION BOX

1) Determine if the Holy Spirit has persuaded you of the truth.



ANGER BOX

- 1) Determine if you are angry.
- 2) Identify who or what you feel angry towards.
- 3) Express a tentative reason for being angry.



SOLUTION BOX

- 1) Determine if you are engaged in a "Solution Behavior."
- 2) Identify the "Perceived Problem" that you are attempting to solve by engaging in your behavior.
- 3) Articulate a "Solution Belief" that explains your behavior.

Summarized Instructions:

The "TPM Map" is a training tool that illustrates the "TPM Process." This version portrays each of the seven "Boxes," the Mentee's objectives in each box, and the typical path a Mentee takes when transitioning from one box to another. The "TPM Map" and the "TPM Flowcharts" are designed to help you more effeciently learn, practice, and apply the Process of TPM.

Detailed instructions on how to use the "TPM Map" can be found in the TPM training material.

TPM Process Map - "Mentee"





EMOTION BOX

- How does that make me feel?
- What comes to mind as I focus on that?



MEMORY BOX

- How does that make me feel?
- Why do I feel that way?
- Why does believing _____ make me feel _____



THE CLOCK PRINCIPLE

BELIEF BOX

 Not that it is true, but does it feel or seem true that (THE LIE-BASED "HEART BELIEF" OR "SOLUTION BELIEF") ?



TRUTH BOX

Lord, what do you want me to know?



TRANSFORMATION BOX

 Does it still feel true that (THE LIE-BASED BELIEF THAT WAS ACKNOWLEDGED IN THE BELIEF BOX)?



ANGER BOX

- Is any portion of what I am feeling being felt towards any person or any thing?
- Who or what do I feel angry towards?
- Why do I feel angry towards _____?



SOLUTION BOX

- Do I sense any resistance or hesitancy at the thought of (DOING THE OPPOSITE OF THE BEHAVIOUR)?
- What do I believe would happen if I were to (STOP ENGAGING IN THE SOLUTION BEHAVIOR)?
- So then, the reason for (ENGAGING IN THE SOLUTION BEHAVIOR) is what?

Summarized Instructions:

The "TPM Map" is a training tool that illustrates the "TPM Process." It portrays each of the seven "Boxes," the questions contained in each box, and the typical path a Mentee takes when transitioning from one box to another. The "TPM Map" and the "TPM Flowcharts" are designed to help you more effeciently learn, practice, and apply the Process of TPM.

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TPM Process Map - "Mentor"





EMOTION BOX

- How does that make you feel?
- What comes to mind as you focus on that?



MEMORY BOX

- How does that make you feel?
- Why do you feel that way?
- Why does believing make you feel



THE CLOCK PRINCIPLE

BELIEF BOX

 Not that it is true, but does it feel or seem true that (THE LIE-BASED "HEART BELIEF" OR "SOLUTION BELIEF") ?



TRUTH BOX

- May we present that belief to the Lord?
- Lord, what do you want (THE MENTEE) to know?



TRANSFORMATION BOX

 Does it still feel true that (THE LIE-BASED BELIEF THAT WAS ACKNOWLEDGED IN THE BELIEF BOX) ?



ANGER BOX

- Is any portion of what you are feeling being felt towards any person or any thing?
- Who or what do you feel angry towards?
- Why do you feel angry towards _____



SOLUTION BOX

- Do you sense any resistance or hesitancy at the thought of (DOING THE OPPOSITE OF THE BEHAVIOUR)?
- What do you believe would happen if you were to (STOP ENGAGING IN THE SOLUTION BEHAVIOR)?
- So then, the reason for (ENGAGING IN THE SOLUTION BEHAVIOR) is what?

Summarized Instructions:

The "TPM Map" is a training tool that illustrates the "TPM Process." It portrays each of the seven "Boxes," the questions contained in each box, and the typical path a Mentee takes when transitioning from one box to another. The "TPM Map" and the "TPM Flowcharts" are designed to help you more effeciently learn, practice, and apply the Process of TPM. Detailed instructions on how to use the "TPM Map" can be found in the TPM training material.



LOST OR UNSURE

What's going on right now?