

This worksheet is a simplified tool excerpted from the Transformational Language™ book series by Lee Skinner. It is intended for personal insight use only and does not replace the full teachings, context, or therapeutic process outlined in the books.

TRACE Process Guide

The TRACE model is a therapeutic inquiry method for repatterning identity-level responses by working through emotional memory and symbolic clarity.

T — Trigger

Start with a specific memory where the problem occurred. Ask: “What’s the first time you remember this happening?” Then identify the core emotion and revivify the scene in detail. Use Transformational Language to loosen the structure (e.g., “What would happen if this wasn’t a problem?”).

R — Reflect

Explore what this experience means to the person. What beliefs, identities, or inner rules are active? Ask: “What does this situation say about you?” or “What does that part believe?”

A — Access

Guide them into a strong, resourceful state using revivification or anchoring. Help them connect to a time when they felt powerful, clear, or aligned with their truth. Amplify this state until it’s deeply felt.

C — Connect

From this resource state, revisit the original memory. View it from third-person or adult-self perspective. Invite symbolic insight, emotional transformation, or a spontaneous reframe to emerge. This is the rewiring phase.

E — Emerge

Test the shift by imagining future situations. Ask: “How would this new version of you respond?” or “What do you now know that makes the old pattern unnecessary?” If stable, anchor and lock in the new state.

Use TRACE when identity patterns are stuck or reactive. It helps the system dissolve old wiring and emerge as something new — by choice, not habit.