

ACCESS & ACTIVATE WORKSHEET

Phase 3

Step 1: Identify a "stop signal" or "time out" signal client can use.

I'd like to start off by agreeing on a stop signal, or time out signal, which will communicate to me that you are becoming overwhelmed and would like to stop. This can be a hand motion or position. One option is a time out sign -- what would you prefer?

Step 2: Image of the worst part of the target.

We've identified your target as [insert target here]. To begin to access the neural network of this target, I'd like you to try to bring to mind an image of the worst, or most intense, moment of the incident. Let me know when you feel like you've identified what this image is.

Step 3: Pair the Negative Cognition with the image.

We identified your Negative Cognition as [insert NC here]. To access this network at a bit of a deeper level, I want you to mentally pair your NC with the image of the worst part of the incident, holding both in your mind at the same time.

Step 4: Access associated emotions.

As you continue to hold in mind an image of the worst part of the incident, along with your Negative Cognition, begin to check in with your emotions, noticing any that might be present. Some clients notice the presence of multiple emotions, while others may not notice anything. What do you notice?

Step 5: Identify associated sensations.

Continuing to hold in mind the image of the worst part of the incident, along with your Negative Cognition, I want you to now check in with your body, noticing any sensations or experiences in the body that seem to go with the image and Negative Cognition. What do you notice?

Step 6: Do a "temperature check" (SUDS).

Now that you've accessed this network, including the Negative Cognition, image, emotions, and sensations, let's do a quick "temperature check." On a scale of 1-100, where 1 is no distress at all, and 100 is the worst distress you can imagine, what is your distress, or "temperature," right now?

Step 6: Access Positive Cognition, holding in mind the image.

In Phase 1, we also identified a Positive Cognition, which is what you'd like to think instead of the Negative Cognition. You identified your Positive Cognition as [insert PC here]. Does that positive belief still fit for you? If so, I want you to hold in mind that Positive Cognition along with an image of the worst part of the incident.

Step 7: Evaluate validity of the Positive Cognition (VoC).

*Now, with the Positive Cognition and image held together in your mind, I want you to evaluate how true the Positive Cognition feels **right now** (not how true it felt in the past), on a scale of 1-7 where 1 is not true at all, and 7 is totally true. How true does the Positive Cognition feel at this time?*

Tip: *Before starting Phase 4, re-access the image + NC and get a final "temperature check" to ensure there is sufficient activation (SUDS of 30+).*

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CLIENT'S RESPONSE:

Step 2: Image of the worst part of the target.

CLIENT'S RESPONSE:

Step 3: Pair the Negative Cognition with the image.

CLIENT'S RESPONSE:

Step 4: Access associated emotions.

CLIENT'S RESPONSE:

Step 5: Identify associated sensations.

CLIENT'S RESPONSE:

Step 6: Do a "temperature check" (SUDS).

CLIENT'S RESPONSE:

Step 6: Access Positive Cognition, holding in mind the image.

CLIENT'S RESPONSE:

Step 7: Evaluate validity of the Positive Cognition (VoC).

CLIENT'S RESPONSE:

Tip: Before starting Phase 4, re-access the image + NC and get a final "temperature check" to ensure there is sufficient activation (SUDS of 30+).