

ALTERNATING ATTENTION

USE DURING PHASE 6

Directions: In this exercise, you will bring your awareness and attention to an area of the body, or a sensation, that produces distress. While focusing on this area, your therapist will guide you through brief some bilateral stimulation. After this, you will be directed to attend to an area of the body, or sensation, that is free of distress, while the therapist provides slower bilateral stimulation.



1. Begin by closing your eyes or gently gazing downward on one spot. Now begin to feel into an area of the body, or a sensation, that feels distressing to you. When you have connected with this distress, let your therapist know, so they can begin some rapid bilateral stimulation as you continue to feel into this area/experience.
2. After about 20 seconds of rapid bilateral stimulation, your therapist will stop and ask you to redirect your attention to an area of the body, or sensation, that is free of any distress. This might be an area of the body that you experience as strong, safe, neutral, or otherwise distress-free.
3. While attending to this area or sensation, your therapist will apply slow bilateral stimulation as you continue to focus on this area/experience.
4. After about 30 seconds of slow bilateral stimulation, your therapist will stop, and redirect your attention to the distressing area/experience. At this time, they may ask you what has changed about your experience of that area of the body, if anything.

Steps 1-4 will be repeated several times, as needed.