

Installation Step-By-Step

Phase 5

STEP 1

Bring to mind an image or other sensory experience of the worst part of the incident, and simultaneously bring the PC to mind.

STEP 2

Now, with the image and PC in mind, does the PC still fit? Is this still the thought you want to have when you remember this event? If not, is there another thought that would fit better?

STEP 3

When you think of that image, along with the PC, how true does that thought feel now, on a scale of 1-7, where 1 is not at all and 7 is completely true?

STEP 4

Now just go with that...
(Conduct 15 seconds of slow BLS.)

STEP 5

Ask for the VoC after each BLS iteration. When the VoC stops changing, or when it reaches 7, proceed to Phase 6.