INSTRUCTIONS:
Develop and enhance:

Step 1. Accessing a relaxing experience: “Imagine a place / experience where you feel calm and relaxed.”

Step 2. Emotions and sensations: “Tell me about the images, sensations, smells, sounds [etc.] you are recalling.”

Step 3. Enhancement (BLS?): “Tell me more about the images, sensations, smells, sounds [etc.] associated with that experience…. Okay, focus on that and follow…”

[BLS: 4 to 6 sets]

Step 4. Cue word: “Give that positive experience a word or phrase and then repeat it while experiencing its positive emotions and sensations. What do you notice?”

[If positive, proceed to Step 5.]

Practice

Step 5. Cuing with disturbance: “Now think of a mildly disturbing recent experience and access your cue word and its associated positive feelings and sensations. Notice the positive shift that occurs. What do you notice?”

[Optional: If positive, consider repeating the experience as necessary to strengthen the connections.]

Step 6. Self-cuing with disturbance: “Now think of a mildly disturbing recent experience, and without my prompting, access your cue word and its associated positive feelings and sensations and notice the shifts that occur. What do you notice?”

[Optional: If positive, consider repeating the experience as necessary to strengthen the connections.]

Integration

Step 7. Integrate: “Practice this process as often as possible between now and when we meet again.”