

Resource Generator

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1. Have the client associate into a problem state giving a specific example of a time (maybe the latest time) this issue was experienced.
2. Break the state.
3. Ask the client how they would like to feel instead in that problematic scenario. If they give a negative response (I don't want to feel _____ anymore) more dissociation may be necessary. [Ask about their first car, their favorite holiday...anything to take focus off of the problem state] Ask again how they want to feel instead. Once you get the positive response-----proceed.
4. Invite the client to go looking for a time when they felt the (desired state). Associate into that desired state by looking at it carefully. Have them gather all the visual, auditory, kinesthetic, gustatory, and olfactory signs of that desired state. Have them notice how they're standing, the look on their face, the sounds, the feelings inside, how do they know they are/have (desired state). And they can notice everything that went into having that desired state in that scenario.
6. Have the client collect all of those positive feelings and wonder how it will be in their future when they apply this same skill in the future when they need it the most. (apply the desired skill to the problem state discussed in step one).
7. Invite your client to apply all the good feeling, the posture, the look on their face, their breathing, the sound of their voice, etc. to a future time when they can use this skill and discover how it is different using this resource.
8. When they are ready invite them to jump into the situation using the resources (associating into the change). Let them spend as much time as necessary in the situation with the new resources and then signal when they are ready to move on.
9. Invite the client to experience success using this resource in a couple more situations that once produced the problem state and experience the difference using the new resources. Let them practice several more future situations with the new resource. (They can go back to the past as often as necessary to collect resources and take them to the future.)
10. Suggest the client return to the present feeling great "only as slowly" as they are able to apply the skills from their experience to the situations of their future.