

Age Regression and Progression

Reasons to DO Age Regression

ISE—SSE--RSE

- 1 When client says they know when it started.
- 2 Client's physiology regresses
- 3 Emotion out of proportion to event

Types of Age Regression

Date/time—To a specific place

Affect Bridge—For a specific feeling

Symptom—For a recognized cause

Cognitive—Thought/thinking pattern

Rapid and Instant Regression Inductions

- 6-word: What does that remind you of?
- 5-word: Have you experienced that before?
- 4-word: Go back in time
- 3-word: Be there now
- 2-word: Remind Yourself
- 1-word: Recall (Regression) Imagine (Progression)

Safe questions and statements to avoid leading

For Building the state (deepening the trance):

Are you inside or outside?

Alone or with someone?

Day or night? / Is it light or dark?

How old are you?

Advancing the narrative:

What's going on?

Then what happens?

Go on....

Tell me more....

Is there anything else about that?

Gathering Insight:

How does that make you feel?

What does that make you think?

If you're hell-bent on finding the ISE:

Is that familiar or new?