

## **Re-Mediation**

1. Place hands out in front of body, palms facing up.
2. One hand represents one part (wants status quo/no change/the past/etc.) the other hand represents the other part (wants something different/change/future/etc).
3. Give each hand distinction (color/name/state) and discover what it is doing for the client. (Discover what each side is trying to accomplish) Anchor each hand with the desire it expresses.
4. Fire both anchors at the same time (touching both hands/mentioning both names/colors/etc.) As you acknowledge both have been doing important jobs.
5. Release the anchors and invite the client to discover the possibilities of bringing the two sides together to reach the goal. (If one wants to keep the client safe and the other wants adventure, what can be done to remain safe while seeking adventure. [i.e., the parts may decide something like, it's ok to do a Centennial Bike Ride, as long as it's with a group while wearing proper safety gear.]
6. Suggest the hands will come together only as slowly as the two sides finish their mediation and discover both sides can accomplish the goal.

### **Re-Mediation Script**

Induction of choice...

*Now, place your hands comfortably on your lap a few inches apart... with the palms facing up. Think of something you want to change about yourself and when you've done that, give me a nod of the head.*

*Today, one of your hands will represent the part of you that wants to change and the other hand will represent the part that is responsible for behavior that you no longer want, need or desire. It is important to understand...that part of you is not broken...it was created for a very important reason...and it is working just as it was designed to work for that important reason. Today, you discover new ways to reach that goal...ways that are just as important for the changes that have occurred in your life along the way. Today, you find new ways accomplish that goal.*

*With that in mind...be curious about what that part wants to do FOR you. What are the attitudes, beliefs and concepts that hold on to the old behaviors and what are they hoping to accomplish for you?*

*Allow that understanding to take the form of energy or even a color and imagine it heading down to the hand that controls the past. This energy, color, concept or behavior flows out of your mind, down the arm and into the palm of that hand.*

*That ball of energy may remain of a ball of energy or it may take on a color, a shape, a name, or even something else. When it represents what it is doing for you, give me a nod of the head so that I know.*

*That's right. This is the part of you that controls the past. It is not wrong or broken. It is the part of the past.*

*Now on the other hand....we build that part of you that wants, desires and needs something different. A change for good. This part of you also has a positive intent and wants to accomplish goals in a wonderful way.*

*Go deep inside your mind and discover what this part wants to do FOR you. What are the attitudes, beliefs and concepts needed to accomplish this goal? Are there new skills acquired or needed? What are the benefits to this accomplishment? Allow this part of you to form into that mental ball of energy and travel out of your mind and down your arm into the hand that represents your future.*

*That ball of energy may remain of a ball of energy or it may take on a color, a shape, a name, or even something else. When it represents what it is doing for you, give me a nod of the head so that I know.*

*From here, these once separate and oppositional parts will discover a new way to work together. Since both parts obviously want what's best for you, they can find new ways to do exactly what needs to be done to meet the needs of both sides.*

*Imagine the wisdom of your well-being listening carefully now to the wants, and needs and desires of both sides working for you now....so the two balls of energy can work together...merge together as these two parts give a little to come together in the middle in a change for good.*

*It is as if by magic the two balls of energy begin to give a little...each moving a little closer to the middle as they listen to the inner wisdom of compromise and benefit...each getting something and you getting the ultimate benefit of mind's wisdom working together for good.*

*Notice your body relaxing as the two balls of mental energy come together to form a new color...the color of compromise and compassion...gratefulness and forgiveness...as these two parts of you come together...you becoming even more aware of the new you emerging....stronger...safer...more alive as you have more time to enjoy the benefits while you spend less time on the fight.*

*It feels so good to work together to get the change for good.*

*As these two parts now continue to work together...protecting you...advancing you...evolving you as you continue to change for good.*

*(Add specific suggestions for change as necessary...ego-strengthening...and emerge)*