

Script for LightStream Exercise¹

Therapist statements are bold/italicized

Additional instructions are parenthesized (plain text)

1. ***Concentrate on any unpleasant body sensations, tension, or tightness. If it had a*** (Ask about each, pausing for client response). **Shape? _____ Size? _____ Color? _____ Temperature? _____ Texture? _____ Sound? _____ what would it be?**
2. ***What is your favorite color you associate with healing?*** (Pause for response and write it down _____).
3. ***Imagine that this favorite color is a light, and it is coming in through the top of your head and directing itself at the sensation in your body. Let's imagine that the source of this light is the cosmos so the more you use, the more you have available. The light directs itself at the sensation and vibrates in and around it. As it does, what happens to the shape, size, color, temperature, texture or sound?***
4. If the client gives feedback that it is changing in any way, continue to repeat this statement: ***The light directs itself at the sensation and vibrates in and around it. As it does, what happens to the shape, size, color, temperature, texture or sound?*** Ask for feedback until the sensation is gone. This usually results in the dissipation of the tension.
5. ***Now that the tension is gone (or less), bring the colored light into every portion of your body. Remember you have the power to calm and soothe yourself with this exercise. Just take that in, that you have the ability to calm and soothe yourself.***
6. ***Take a moment, and then bring yourself back into the room.***
7. ***What do you get now?*** (The client should report something positive, and perhaps they are calmer. If this is not effective, choose another resource.)
8. ***Remember to practice this exercise daily so you can use it when needed.***

1. Shapiro, F. (2018). *Eye movement desensitization and reprocessing (EMDR) therapy: Basic principles, protocols and procedures*, 3rd Ed. New York, NY: Guilford Press.
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