

## **Script for Developing/Enhancing State Change Resources**

***Therapist statements are bold/italicized***

Additional instructions are parenthesized in (plain text)

1. Explain the exercise: ***This exercise is meant to help you calm/soothe when you need it. We will focus only on the positive in this exercise to help you learn how to use it to be in charge of your emotions and state of mind.***
2. Ask for the resource: ***Bring up an image or a sense that gives you a positive feeling of calm, joy, safety, or relaxation.*** (Pause for client response before continuing.) ***What is it?*** (Pause for client response before continuing.) ***Describe what you see or experience.*** (Pause for client response before continuing.) ***What do you notice as you bring that up?*** (Pause for client response before continuing.) ***What emotions come up for you?*** (Pause for client response before continuing.) ***What sensations do you notice inside?*** (Pause for client response before continuing.)
3. Enhance the resource with bilateral stimulation (BLS): ***Bring up the image or sense, notice what you are feeling and where you feel the pleasant sensations inside, and allow yourself to enjoy them.*** (Pause for a few moments.) ***Concentrate on those feelings and sensations as we start the eye movements*** (or tapping, or tones, etc. for 4-8 slow passes). ***Take a breath. What do you notice now?*** (As long as the response is **positive**, clinician can use additional sets of slow, short BLS to strengthen the positive response. If the response is negative, direct the client's attention away from the negative parts and return to positive parts, if possible). ***Focus on that*** (whatever is positive, add short, slow set of BLS). ***What do you get now?*** (If response is negative, identify another possible resource or use a breathing or mindfulness exercise instead. If the response is positive, move to the next step.)
4. ***Is there a word or phrase that represents this positive state or experience?*** (Write down client's word or phrase for future use.) ***Think of*** (repeat word or phrase) ***and notice the positive feelings and sensations you are having.*** ***Concentrate on those sensations and the word/phrase*** (repeat word or phrase) ***as you start eye movements*** (or tapping, or tones, etc. for 4-8 slow passes). ***Take a breath.*** (Pause.) ***What do you notice now?*** (Pause for client response before continuing. If response is positive, clinician can use a few (1 or 2) additional sets of slow, short BLS to strengthen the positive response.)
5. Self-Cuing: ***Now say the word/phrase*** (repeat word or phrase) ***and notice how you feel.*** (Pause for a moment.) ***What are you noticing?*** ----- NO MORE BLS FROM THIS POINT DURING THIS EXERCISE-----
6. Cuing with Disturbance to Teach State Change: ***Now imagine a recent minor annoyance, a 1 or 2 on a scale of 0-10.*** ***What would that be?*** (Wait for response, making sure it's not too disturbing.) ***What do you notice inside now, thinking about that?*** (Pause for response) ***Ok, now turn your attention back to*** (say cue word or phrase) ***and notice any shifts in what's happening now.*** (Pause) ***What do you notice now?*** (Pause for response)
7. Self-Cueing To Practice State Change: ***Think of another recent minor annoyance.*** (Pause for response) ***On your own, bring up the cue word/phrase*** (to say cue word or phrase to themselves) ***and notice any shifts inside.*** (Pause) ***What do you notice now?*** (Pause for client response)
8. Practice: ***I encourage you to practice using saying the cue word/phrase to yourself and bringing up this experience between sessions. It will be easier to do with practice.***