

## “Movie Scripts”

*I'd like you to bring to mind the last time you didn't handle [certain situation, problematic behavior] the way you would like... [it could also be the next time they expect it to happen]. Notice all the details...*

*Notice the moment just before you're about to repeat that behavior. Notice the internal cues that you're about to repeat... Notice the thoughts, feelings and body sensations...*

*Let those internal signals remind you to enlist any resources and/or skills you've learned that would help you take steps towards handling the situation the way you would prefer...*

*Imagine utilizing those resources and skills....*

*Imagine the next steps, the next things that would happen that would lead you to the outcome you'd like...*

*Picture the last scene in this movie... how would you look and feel and be thinking.... what might you be doing? Get all of the details of this moment.... picture it as clearly as you can....*

[After the client has constructed the corrective/past or desired/future movie, have him/her run the movie internally while you apply BLS. Then ask the client to run the movie while self-administering BLS. Assign as homework.]