

## RESOURCE DEVELOPMENT

1. Ask for the target memory or situation
2. ***What quality, internal state, resource would help you successfully process this memory/situation?***
3. If client gives an abstraction (courage, kindness, safety), ask: ***Is there an image*** (memory, model, mirror, imagining/magic) ***that would represent that quality for you?***
4. ***Bring up that image and notice as many details as possible*** (ask for details in various modalities: visual, auditory, etc.)
5. ***Stay with that image and notice any positive feelings and/or body sensations.***
6. ***Is there a cue word or short phrase that would remind you of this resource?***
7. OPTION (Andrew Leeds): Ask the client to imagine physically connecting with, incorporating or merging with the resource OR (Circle of Excellence - NLP) joining the resource image inside a circle.
8. ***I'd like you to concentrate on that image, the feelings and sensations and the cue word/phrase and follow my fingers (or taps).***
9. Proceed with BLS (6-12 slow round trips) whether there are any active feelings/body sensations or not. They may arise during the BLS. Repeat twice or as long as the positive feelings/sensations increase.
10. Ask client to bring up a disturbing event/feeling, then guide them to recall the resource image/phrase. Then have them do this independently of any cues from you.