

Future Self RDI

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1. Identify adaptive qualities and characteristics.

“I’d like you to imagine we are sometime in the future, and this stressor is over. You survived it and life is returning to a form of normalcy that feels safe. In this future scenario, your future self is able to reflect back on how you coped with this time, and you are able to reflect with a sense of positivity. You dealt with the crisis well. What are 3-5 words or phrases your future self can identify that reflects how you coped with the crisis?”

Get feedback from client. Make a list of their words or phrases. Ask for clarification where needed. These should be positive words and phrases that help support clients adaptive networks and that build resiliency.

2. Enhance each adaptive quality/characteristic and prepare to install one at a time.

Now reflect back each phrase or word one at a time and get some additional information. Ask your client to focus on each strength one at a time and inquire:

- *“Is there any imagery that goes along with (word/phrase)?”*
- *“When you say that (word/phrase) are there any emotions that you notice?”*
- *“Are there any body sensations you are aware of as you connect with all of this?”*

If client’s report is positive, you may add rounds of BLS to enhance. If negative, problem solve where possible.

3. Install each quality one at a time with BLS.

“Now hold the (word/phrase) in your mind. Notice all the imagery that goes along with it, the emotions and body sensations. Just notice and we will add some BLS.”

Add 1 round of slow and short BLS, 4-8 passes.

“What do you notice?”

If it is positive you may add another round of BLS. Continue rounds of BLS for 3-5 passes, as long as feels appropriate to your client.

4. Increase adaptive responses to present day stressors.

“What is one or two things you could do between now and next time we meet, that would get you closer to embodying these qualities?”

Talk through what you client can do to get closer to these qualities. Problem solve with them where needed.