

#### Phase 4 Desensitization (sets 30-45 seconds)

Begin: *I'd like you to bring up that picture (repeat the picture, the negative belief about yourself (repeat the NC, all the emotions and where you feel it in your body - let me know when you have it all and we will start the BLS*

End of set: (Stop BLS) *Take a deep breath, what do you notice now?*

End of Channel: If the client reports something positive or neutral, go back to the target

Go back to the target: *When you go back to the (repeat the target) what do you notice now?*

- If the client reports something disturbing on the target say: *Go with that.*
- If the client reports nothing disturbing on the target, take a SUDS and say: *On a scale of 0 to 10, how disturbing does the incident (target) feel now?*
  - If SUDS is greater than 0, continue reprocessing until you are at the end of the new channel. Keep going back to the target (squeeze the lemon) until the suds become a 0.
  - If SUDS is a 0, then do one more set to check for any new material: *Let's do one more set of BLS to see if anything arises.*

#### Phase 5 Installation (sets 30-45 seconds)

**Check PC:** *Think about (repeat the target) and the words (repeat the PC) do they still fit, or is there another positive statement that feels better?*

**Correct PC:** \_\_\_\_\_

**VoC:** *Think about the (repeat the target) and those words (repeat selected PC) from 1 -completely false to 7 - completely true, how true do they feel now to you? \_\_\_\_\_*

**BLS:** *Think of (repeat the target) and those words (repeat the PC and let that feeling grow from head to toe as we add some BLS. Let your body reflect what you are feeling.*

**Check-In:** *What do you notice now?*

Note: If the VOC 5-7, do BLS to strengthen (keep it going until it stops growing. Go on to Body Scan.

If the VoC is not reaching 7 - ask: *What is keeping it from being a 7?* You may need to change the PC to a process PC "I'm beginning to believe..." or desensitize the block and come back to Installation.

#### Phase 6 Body Scan (Only do if you have a SUDS 0 and VoC 7)

Say: *Keep your eyes open or closed and bring up (repeat the target) and the positive statement (repeat the PC) and mentally scan your entire body. Are there any lingering body sensations?*

If the client reports uncomfortable physical sensations, do sets of BLS until the sensations have been processed. If new material arises, follow the channels or if there are time constraints, have the client use their Container and Safe Calm Place.

## Phase 7 - Depending on Time, Choose A or B

If you have completed the (ADIB) on your first target (suds 0 and VoC 7)

1. Proceed to the next target in your target sequence plan
2. Repeat Assessment, Desensitization, Installation, Body Scan (ADIB) on each target
3. Complete all Past and Present targets then proceed to the future template

If you are still in desensitization (suds higher than 0)

1. Warning - *I am aware that we are almost out of time and we will need to stop soon. When you go back to the (repeat the target) what do you get now? On a scale of 0 to 10, how disturbing is this to you now?*
2. Golden Nugget: *Is there anything positive that you learned today that you could embody and take from our session? If yes, add short sets of BLS 3 to 5 times for 8-15 seconds*
3. Containment: *Put whatever is still disturbing into your (repeat the container) and get all the yuck sealed up. Let me know when you have completed this.*
4. Safe / Calm Place: *Now go to your (repeat word for safe/calm place, let me know when you are there (add BLS 3 to 5 x for 8-15 seconds).*
5. Grounding - *You have done some good work and I appreciate the effort you have made. How grounded do you feel now?*
6. Closure statement: *The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories or dreams. If so, take a mental snapshot of what you are seeing, feeling, thinking, and any triggers, write it in a log, and then put it in your container and use your Safe / Calm place. Bring whatever you have noticed to our next session, so we can continue working on this material. Be aware that you may be more sensitive to light, sound, touch, and taste so be gentle and rest.*