

CALM / SOOTHING EXPERIENCE

(Shapiro, 2001)

INSTRUCTIONS:

Develop and enhance:

Step 1. Accessing a relaxing experience: *“Imagine a place / experience where you feel calm and relaxed.”*

Step 2. Emotions and sensations: *“Tell me about the images, sensations, smells, sounds [etc.] you are recalling.”*

Step 3. Enhancement (BLS?): *“Tell me more about the images, sensations, smells, sounds [etc.] associated with that experience.... Okay, focus on that and follow...”*

[BLS: 4 to 6 sets]

Step 4. Cue word: *“Give that positive experience a word or phrase and then repeat it while experiencing its positive emotions and sensations. What do you notice?”*

[If positive, proceed to Step 5.]

Practice

Step 5. Cuing with disturbance: *“Now think of a mildly disturbing recent experience and access your cue word and its associated positive feelings and sensations. Notice the positive shift that occurs. What do you notice?”*

[Optional: If positive, consider repeating the experience as necessary to strengthen the connections.]

Step 6. Self-cuing with disturbance: *“Now think of a mildly disturbing recent experience, and without my prompting, access your cue word and its associated positive feelings and sensations and notice the shifts that occur. What do you notice?”*

[Optional: If positive, consider repeating the experience as necessary to strengthen the connections.]

Integration

Step 7. Integrate: *“Practice this process as often as possible between now and when we meet again.”*