

Used ONLY when clients are stuck or significantly looping, and returning to the target memory does not produce “any” movement in the material. Use your own attunement and creativity.

Reset

- What do you notice in your body right now?
- What was the last image in your mind?
- What about this memory is disturbing?
- What happened next?

Safety

- Are you in danger right now, or is this a memory?
- Is the danger happening right now?
- Are you safe now?
- Can they hurt you now?
- It's over. You're safe now. That was then. It's old stuff.
- Can you get out of there?

Control

- Did the child have a choice?
- Did you, as a young child, have more power than your [abuser]?
- As an adult, can you choose now?
- I am not in control. I can control what I can." (Internal reframe)
- What would you like to have been different?
- Whose responsibility is it? Who's the parent? Who's supposed to be in control?

Responsibility

- Who was responsible for the child's safety?
- Can a child make an adult do that?
- Who makes decisions for children?
- Whose job was it to....

Present-Orienting

- It's not happening now, right? You're here with me. Go with that.
- Look around. Is there anything that tells you you are safe/not safe?
- Can you feel your feet on the ground?
- Look around the room. Count the items. What color is that?

Other

- How would you have liked that memory to go? What would you have wanted to happen?
- Were others present?
- Was that child bad?
- What would you say to that child now?
- What did that child need to hear?
- When in the past have you felt like you belonged