

## **Intro Exercise: Basic Pattern**

Elicit a negative memory:

We are just looking for a memory that stands out to the client in a negative way? “NOT” the reason for the visit.

2 Qualities: (Vivid and stands out as unpleasant)

Move the client's eyes 6 times on each axes

While asking them to keep thinking of that memory.

**Ask:** Do you have a negative memory that stands out for you?

Nothing to do with the work we are doing today, just something else.

It could be when you did something embarrassing,  
if someone annoyed you or something that happened at work.

Just make sure that when you access the memory that there is a visual  
component Vivid (you can see it) and there is emotion attached to it.

**Have them hold that memory while moving eyes 6 time in each direction.**

## **BASIC PATTERN EXERCISE**

*(After moving eyes ask whats it like now)*

*Allow them to think about that memory and observe what changes*

### **People describe:**

The memory usually becomes less focused (fuzzy, color change etc)

The Kinesthetic (emotional feeling of it) reduces

The memory seems farther away (in time and space)

Dissociation occurs

Age progression

Other things people say if there was sound before.. they can no longer hear it

They no longer feel it in their body