

An example of the Lynchpin Script

Preframe: " So I'm really not sure if I can work with you or not.

What I can do for you, I don't know yet. The range is quite wide. So let's just find out what is possible.

Now, what I do need to do is just check for a couple of things, really, just to help me understand your situation, because I understand at the moment this is clearly very serious for you.

So, I want to just take you through a particular thing just to see if this resonates with you. If it doesn't, it doesn't matter, but it's really just to help me to understand more than anything else."

Story 1: Now, there was a guy I worked with, he had PTSD, and this is what I did with him. (Show diagram or draw the diagram on paper or chart) Just imagine this is time. This is where you are now. And that's the unpleasant event. (What you do is divide the time up. So divide everything related to event, before, and after). This is everything that happened before. This is the event itself. This is what's happening, and this is what happens afterwards.

You also point out the difference between self and other, above and below the line) This is self. So that's all of his stuff. And down here is other, which is basically everything he's got no control over basically other people, environment, that kind of stuff.

Now this guy, he was walking back from a party, got a kick in on the way home. A bunch of guys tormented him, really, really put them basically it was a competition amongst these thugs as to see who could be the bigger cunt. That was ultimately what it was. It was recreational violence. There's nothing from him at all. He just happened to be the one that they selected because they were going to do someone that night. (So now what I'm going to do with him is I'm going to start teasing through this data and I'm going to start at 1) So this is what he was doing prior to even encountering these people. So prior to any of this happening, where is he? What's he doing?

Well, he's at the party. He's decided to walk home. Friends actually said don't walk and get a taxi. And he went, no, I need to walk it off. He needs to walk the booze off because he's got an early shift the next day. So he made a decision to do that and that's what's leading up to it. So he's on his own now. Meanwhile, we have to try and have a guess, really an educated guess.

So these horrible thugs, what do you reckon they're up to? Well, they're probably doing a bit of cocaine right in the city stuff. They're probably drinking. They probably do this stuff quite a lot. I doubt this is their first offense. This is the kind of shit they do. They will probably assholes at school, they're probably assholes in the local shops, they're assholes to their neighbors, they're assholes to their families. They're just thorough assholes every which way they go. So that's the stuff we can put in there. Now what we have is a concourse of forces between this man's life and these people's lives. And they're about to collide in a concourse of events. And that's the collision here, which is the event. So now what we can do is have a look at what they did and we've got all the details. But they got him cornered. They tormented him, teased him, mocked him, humiliated him, and then started escalating each other into who could be the biggest asshole.

So that's the stuff that goes down there. Now, what I'm going to look for is what happens after the event again down here this is all other now.

I can actually tell you what happened because I actually remember this event by the way, all this is true this is all completely true story I remember because I lived in the city where this happened it became the front page on the local news and became the

headline and the reporter was stood outside the victim's house giving the reports just in case these guys want to come and finish the job. That's stuff that this poor fella can't control. And there's the press intrusion. There's family, there's family intrusion. He's in hospital.

There's all the comments. He overhears people making that kind of stuff.

He's on an open plan ward where things get discussed freely despite everyone pretending there's confidential, all that kind of shit's going on. He can't control that.

That's all other.

Now we come to here what's he doing afterwards. Number five. Well, after he came out of hospital, he's not going out much. He's drinking a lot of alcohol. He's not working, smoking a lot of cigarettes, smoking a lot of weed. He's not seeing his friends. He's not socializing. He's basically becoming a recluse and very introspective malnourished and is becoming very pale and pasty because he's not seeing sunlight. This is going on for about ten years after the event. Now, we're coming to here (6) This is the big one. You see, I know people don't flash back to what happened to them.

They don't. No one flashes back to what happened. They don't. That's a complete myth. That's what idiot therapists think. That's what everyone else focuses on. I'll tell you what he flashes back to. I'll tell you what keeps him awake at night. I tell you what makes him drink the alcohol that smoked the end of cigarettes, smoked the weed, keep him from going out. He said,

"Please don't kill me." That is what did it.

"You see, people don't flash back to what happened to them. They flash back to a tiny aspect of their own trait behavior that now seemed to be causative of the problem."

Here you shift frames to another story and go through two or three other examples.

Story 2: The Beirut port explosion. So there was a guy that worked in the Beirut port, and one day before the explosion he was on a vacation with his girlfriend. She comes and asks him to extend two more days, come on, we are barely spending time with each other, to which he agrees. He calls up his friend who agrees to take his shift for the next couple of days. The friend went off to work normally, because it was supposed to be a normal day. The explosion happens, the friend dies, and the guy loses his job, is out of work, and is isolated and depressed blaming himself. What he flashes back to is not the call, is not the loss of the job, he goes back to the moment where he told his girlfriend "Yes dear", because he likes to see her happy.

What these people are doing the whole time is they're beating themselves up for that behavior that up until that moment was a normal trait behavior.

Also, now they can't stop thinking about it because it's as though if they didn't have that trait behavior, this whole thing wouldn't have happened. To which I then ask the client:

Do you have one of these behaviors? (pointing to number 6)

Oh, you do? Okay, look at my finger. Keep thinking of that.

Now, what would they have in common? They will keep cycling back, trying to make a correction in their own behavior so the event doesn't happen.

Here's the problem because this is so trivial to everybody else. It's so trivial, everyone dismisses it, and they just invalidate it by going, well, that's normal.

That doesn't matter. That's okay. And what everyone focused on is this. But the person on the inside, they're cycling back through time, constantly looping through, trying to make a correction here. They can't correct this, they can't correct any of that, and they know that this is what they're trying to correct. So what we find is this is a normal trait behavior.

What PTSD people have in common is they're trying to go back in time to make change in what happened or how they behaved, and they're also trying to go back to the person they were before, essentially, so they can change that, and they want other people to understand. There's a need for other people to understand. And what happens is, because everyone else is focusing on (4), there's a constant demonstration from others they don't understand, and they can't go back in time.

This trait behavior or trait state is an identity thing, is why the PTSD infiltrates across multiple contexts. Because if it was just behavioral, it would be contextual to that thing. It's a cross cultural cross contextual infiltration where now who I am is the causation for the thing that happened. If he wasn't such a romantic and people pleaser. If the bar guy wasn't such a polite, nice boy and a good boy for mummy, he wouldn't have got the kicking, that kind of stuff. Essentially, it's a normal behavior reframed by the trauma. It's a normal identity reframed by the trauma.

Write a Lynchpin story - could be real or fictional