

**USE FOR A UNWANTED EMOTION OR NEGATIVE/ PROBLEMATIC FEELING  
OR WHEN A MEMORY GETS STUCK WITH A FEELING THATS NOT LOWERING**

## **INTEGRATIVE KINESTHETIC ALGORITHM (K) pattern**

### **THE 5 STEPS**

- 1. Elicit a negative state or anticipatory event (WHATS THE PROBLEM?)**
- 2. Locate the imprint memory**
- 3. Move the eyes until the deviations stop  
or (run smooth) on each axes**
- 4. Recalibrate and assess change**
- 5. Continue if required**

#### **STEP 1- Elicit the negative state Negative State (feeling/emotion)**

Ask the client "so what's the problem?" OR "Do you have a negative feeling or a general way of being that you would like to change? Or (or work with the one thats in front of you) that has come up

*Popular emotions to work on, fear, guilt, anger, sadness, remorse, regret etc.*

1. Then Ask them "and how strong is this feeling 1-10.
2. **And** how familiar is this feeling?
3. **And** when is the first time you can remember feeling this way?  
Mind you it may not be the first time just the first time you can remember now.  
When you see they have something.. ask
4. **And** how vivid is this memory?  
**(Notice where they look for this memory) this is where you will start the eye movements)**

#### **STEP 2 - LOCATE THE IMPRINT MEMORY**

(If the client cant locate an imprint memory.. ask them when is the first time you can remember someone else feeling this way? *Occasionally we learn to be or feel a way from someone else (I often have people say... "omg Its not mine!")*)

The client will often access an imprint that just "clicks" and they know it is the right memory to work on. It is often something they have not thought about in a very long time and may seem to have nothing to do with why they are there

Just knowing this is the imprint is therapeutic.

#### **STEP 3 - RUN THE ALGORITHM**

Ask the client to focus on this memory and move their eyes just like the Basic Pattern. This time we tell the client

(Repeat several times) **"hold onto the memory for as long as they can, but should it change and go to anything else, that's fine. Just notice. Just keep holding that memory ..should anything else come up just notice what comes and goes."**

Unlike The Basic, we are looking for deviations or blips. This indicates that the internal representation is changing. Once one axis is smooth, change to the next one. Do this until all the axes are clear or for about 30-40 seconds (no more than 40 seconds)

Here we are looking for those eye deviation, this little blips as you notice them you can comment on them.

Say things like “whats that there” or “something came up there” etc. while keep moving the eyes

Keep in mind that you looking for these deviations which means something has changed.  
(Advanced you can switch directions when you see these deviations)

#### **STEP 4 - RECALIBRATE AND ASSESS CHANGE**

Test 1: Ask When you think of that imprint memory now what **happens or what do you notice?**.

**AND** When you think about that feeling now whats it like? 1-10?

1-10. If any emotion 4 or above, or vivid visuals remains, run the pattern again.

If the client reports that the issue is worse, Treat it as a new emotion. You are always wanting to work on the issue that is being presented. Work on the new emotion, then come back to the first one.

#### **STEP 5- CONTINUE THE PROCESS**

In this case, find the imprint for the second emotion (how strong, how familiar, when is the first time you can remember feeling this way... it may not be the first time just the first time you can remember now? And how vivid is this memory) and then run the algorithm again.

(Start where they look for the vividness) Do this for a maximum of 4 imprints or until the emotion is 3 out of 10 or less.

If at any time the client reports any specific negative memories arise, then switch to the Basic kinesthetic algorithm. Client's may also use identity statements, if so, switch to the identity algorithms as detailed later.

Keep notes of memories and identities that arise for calibration in the second session.

#### **Again the structure of working with negative emotions**

**Step 1: Elicit negative state and rate it out of 10**

**Step 2: AND How familiar is this feeling**

**Step 3. AND (when is the first time you remember “feeling” this way? Mind you it may not be the first time rather the first time you can remember now)**

**Step 4. AND how vivid is this memory (note where they look for the memory)**

**Step 5. Starting at that location move eyes**

**And when you think of that memory now what o you notice.. or what's it like?**

**And when you think of the feeling now what's it like ....what would you rate that feeling now?**

**If anything remains, repeat eye movements.**

**Test the emotion. If 4 or above, repeat with new numerical feeling using steps 2-5**

