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**Resourcing Script**

**Identify needed quality:**

* “What quality do you need [more of] as you consider [processing this traumatic experience / meeting this challenge]?”

Or

* “How would you like to be able to feel [about yourself] so that you can respond more effectively [in this challenging situation]?”

**Identify the experience of the resource:**

* “Can you remember a time when you personally felt this quality or experienced it when seeing someone or something else?”

**Image:**

* “Describe the experience.” (pause. Wait for a response.)
* “What image represents this quality?” (No BLS)

**Emotions and sensations:**

* “As you think of that quality/resource, notice what you see, hear, and feel right now. What do you notice?” (No BLS)

**Enhancement:**

* “Focus on that positive experience… what you see, hear, smell, and notice in your body right now. Take a moment to enjoy your experience.” (Pause.)
* “Tell me more about it.” (No BLS)

**Reinforce experience of the resource with BLS:**

* “Bring up the image of this quality. Notice where you feel those sensations in your body and allow yourself to experience them fully. Concentrate on the experience and follow my fingers.” (Slow BLS 4-8)
* “How does it feel to you now?”
  + If positive: “Focus on that.” (BLS) “What do you notice now?”
    - Repeat with several sets of slow BLS until the resource is fully strengthened.
  + If negative: Redirect attention to another experience associated with that resource; or, consider another resource.

**Cue word:**

* “Is there a word or phrase that represents this resource? Think of [repeats word] \_\_\_\_\_\_\_\_\_\_ and notice the positive feelings you have when you think of that word. Concentrate on those sensations and the word and follow my fingers.” (Slow BLS 4-8)
* “How do you feel now?”

**Self-cueing:**

* “Now I would like you to say the word and notice how it feels.”

**Rehearse using positive resource:**

* “Now imagine the situation that you would like to manage (or respond to) more effectively.”
* “Run a movie of your desire response using your resource.”
* “What do you notice?”
  + Add several sets of slow BLS until the desired scenario has been firmly established. Length of sets can vary depending on the client’s ability to stay with the desired response without activating a negative association.

**Challenging situation (optional):**

* “Now imagine a challenging situation that could arise.”
* “Run a movie of your desired response to this situation using your resource.”
* “What do you notice?”
  + Instruct the client to practice using the resource in situations that are stressful or hard to manage. Evaluate its usefulness in subsequent sessions.