**Enhancing an Inner Peaceful Place**

**Access and Activate**

**1. Accessing a secure place**

Imagine a place or experience where you recently felt secure or calm.

**2. Emotions and sensations**

Tell me about the images, sensations, smells, sounds you are experiencing when you imagine that experience.

**3. Enhancement**

Now focus on the image, sensations, smells, sounds and notice the secure,

calm, inner peace you are experiencing.

What are you noticing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4. Deepen with BLS** (tap in/walk through)

Slowly tap in or walk through the experience, noticing your positive emotions, sensations, and thoughts. What do you notice?

**Practice**

**5. Cue word**

Give that positive experience a word or phrase. Now repeat that word along with its positive emotions and sensations.

What do you notice?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(tap in/walk through the client’s positive association of word and feelings)

**6. Cueing with disturbance**

Now think of a mildly disturbing recent experience. Now shift your focus to

your cue word and its positive feelings and sensations.

What do you notice?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(tap in/walk through if the client had a positive shift — focusing on the shift)

**7. Self-cueing with disturbance**

Now practice shifting a disturbance on your own.

What do you notice?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(tap in/walk through if the client had a positive shift — focusing on the shift)

**Extend**

**8. Rescript**

1. Is there a recent situation where it would have been nice to be able to use your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

(name the secure place)

Tell me a little about that situation. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Imagine using your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in that situation and notice how you would have felt. (name the secure place)

What are you noticing?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Tap in/walk through to strengthen the positive linkage)

Optional: Repeat 1 and 2 with other recent past situations where that

secure place would have been helpful.

**9. Rehearse**

1. Can you imagine a situation in the near future where your \_\_\_\_\_\_\_\_\_\_\_\_ would be helpful? (name the secure place)

Tell me a little about that situation.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Imagine using your \_\_\_\_\_\_\_\_\_\_\_\_ in that situation and notice how you will behave and feel. (name the secure place)

What are you noticing? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Tap in/walk through to strengthen the positive linkage)

Optional: Repeat 1 and 2 with other recent future situations where the

secure place will be helpful.

**Closure**

I’d like you to remember the work we have done today. Use your secure place daily. Sometimes it will work, sometimes you may forget to use it, and perhaps,

sometimes it will not work as you had hoped. When we meet again, we’ll talk

about how things worked.