

Resource Development Protocol

Identifying Needed Resources for a Current Challenge

"I'd like you to think about a particularly challenging situation in your current life..."What qualities or strengths would you need? What would you like to believe about yourself? How would you like to feel?"

Explore types of resources (Pick 1 or several):

Mastery:

What are some positive attributes you may have? What is a time where you did the right thing, where things worked out well for you?

Relationships

Positive Role models?

Memories of supportive others?

What "Allies" do you have within (adult self, imaginary ally)

Symbolic

Figures or symbols from dreams, movies or artwork

Images from cultural, religious or spiritual sources

Positive goal state or future self

Checking the resource: "When focusing on the situation (challenge) _____ how true or helpful does (Resource) _____ feel like it will help?"

Reflect the Resource: "Continue to let yourself be aware of (resource) [repeat description of the image] _____ and notice [repeat description of feelings, sensations, etc.]."

Resource Installation: "Now, as you continue to focus on [resource image, feelings, etc] _____. ***BLS...**– 6 to 12 complete movements in each set, several sets...xxx...xxx...xxx...etc.*

Strengthen the Resource – Linking with Verbal or Sensory Cues: "Imagine going a step further in connecting with this resource. Make it bigger, brighter, pull it closer, step into it, what are the most positive words you can say about yourself now?" ***BLS...xxx...xxx...xxx, etc...***

Establish a Future Template: "Think about possessing this resource in the future as you face _____ [describe challenging situation]. Imagine possessing the _____ [Resource: e.g. courage, strength, boundaries] you need to cope effectively. ***BLS...** [Continue with short sets of bls as long as processing appears helpful.]. **VOC:** _____.*

This process may be continued for each of the qualities client wants to strengthen.