

ANGER 1 -, SOLDIER

[PREPARATION & EXPLANATION]

THERAPIST: (So?), since you understand most of the thing, this is what I'm going to do you're just going to follow this with your eyes.

SOLDIER: Uh-huh.

THERAPIST: Okay. And I'm going to stop and ask you, what are you noticing now? And I don't care if you come up with, Minnie Mouse, riding a surf board in Malibu with a tutu on. It's going to be your brain that's doing the work. So I'll stop I'll say take a deep breath let it all (get?) what are you noticing now I'm looking for change.

SOLDIER: Uh-huh.

THERAPIST: Okay any type of change. Uh could be memories it could be, body sensations could move around. We're going to keep you in your body in a lot of the things.

SOLDIER: Oh.

THERAPIST: Okay?

SOLDIER: Oh, okay.

THERAPIST: Okay now, sometimes, something may get emotional. If it does I'm going to keep on going.

SOLDIER: Oh, it's cool you--

THERAPIST: Okay it's like if you're driving up a hill if you take your foot off the gas you're going to end up down the bottom again. But if you keep the pedal to the metal you'll get up over the top and momentum is going to take you. So we're just going to keep on going. If you do want to stop just put your hands up and say stop, and I'll stop. Okay?

SOLDIER: Okay.

[RESOURCE ACCESSING]

THERAPIST: Okay now, what I'd like you to do is I'd like you to recall a time when you really felt, with it. Strong, powerful.

SOLDIER: A good time or--

THERAPIST: A good time a real good time.

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SOLDIER: Okay.

THERAPIST: Okay. What's the time? Give me a little bit about it.

SOLDIER: Uh. Before my grandma, passed away and my mom and we sit down and talked and stuff.

THERAPIST: Okay.

SOLDIER: So I was feeling real good at the moment.

THERAPIST: Oh okay, good. So could you recall that time?

SOLDIER: Yeah we was we was actually we was in the house actually me and my cousin was sitting there watching TV and she was on the TV and man we was pretty much just laughing or something.

THERAPIST: Okay good I want you to recall what that was like. Got a picture of it?

SOLDIER: Yeah.

THERAPIST: Okay good. [BLS]You know. You're with your grandma. Yeah that's it. Talking to her. Yeah how that feels. Uh-huh. Yeah and the way she's looking at you. The sound of her voice yeah that's it. Good. Yeah and how it feels. That's it. That's it just notice it. Yeah.

[RESOURCE ANCHOR]

THERAPIST: And if there's a word that you could use, to associate keep your eyes moving. With that time, what would that word be?

SOLDIER: Heaven.

THERAPIST: Okay good heaven that's it. The look on her face the sound of her voice that's right heaven yeah good. Okay. Okay. Take a deep breath and let it go. Okay now any-- (CUT)

[TESTING RESOURCE ANCHOR]

SOLDIER: And I thought of the bad things it's like, anger just, flared up and--

THERAPIST: Uh-huh.

SOLDIER: And the thought of heaven, it kind-of helped, but the flame I felt it still there.

THERAPIST: Okay. Okay.

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SOLDIER: Guess because it's so strong felt like the--

THERAPIST: It's strong.

SOLDIER: It's, it's strong anger that's, that's there.

THERAPIST: You've got there okay. Um.

[POSITIVE GOAL QUESTIONS (PG)]

THERAPIST: So let's say we get rid of this anger. Okay what's it going to do for you?

SOLDIER: Help me out a lot.

THERAPIST: Okay. So what are you going to be doing?

SOLDIER: I, I won't, I won't get so, angry all the time when I think of the moment I honestly think of it as something good. I want to process all my, angry moments as something good. That's where I want to be at.

THERAPIST: Okay.

SOLDIER: But when I think of it, it's actually something good not bad.

THERAPIST: Okay so, let's say, let's say the anger's gone it's in the past.

SOLDIER: Uh-huh.

THERAPIST: Okay. What are you going to be doing?

SOLDIER: Moving on pretty much--

THERAPIST: Okay--

SOLDIER: Feeling better myself.

THERAPIST: Okay so what's the moving on mean how is it what are you going to be moving on with?

SOLDIER: Like uh, pretty much I won't be snapping so much so I'll be able to get closer to my family. Me and my wife will be able to spend more time together be able to talk more without my little hot flashes.

THERAPIST: What do you guys like to do when you're together?

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SOLDIER: Oh pretty much just, talk and go just drive somewhere uh, just used to go out places pretty much.

THERAPIST: Okay any place special?

SOLDIER: Yeah any place no, no place special no place--

THERAPIST: Any place okay. Just driving around.

SOLDIER: Yeah.

THERAPIST: Okay good. Okay.

[BUILDING & STRENGTHENING VISUAL (PG)]

THERAPIST: So can you get a picture, of what that would be like? You and your wife out there, with the family or something just driving around having a good time. Enjoying yourself.

SOLDIER: Yeah I can get a picture.

THERAPIST: You got that picture? Okay.

SOLDIER: Yeah.

THERAPIST: Okay is it desirable?

SOLDIER: Yeah it is.

THERAPIST: Okay good. I want you to hold that picture. [BLS] And I want you to make that picture bigger. Is that better?

SOLDIER: Yeah.

THERAPIST: Okay. [BLS] Bring it closer. That's it. Okay good. But make it brighter. Is that even more desirable?

SOLDIER: Yes.

THERAPIST: [BLS] Yeah okay look at the way you guys are really interfacing and having a good time. The smiles on your faces yeah. Yeah the way you're standing the way you're holding yourself relaxed you know. You got that?

SOLDIER: Yeah.

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THERAPIST: That what you want?

SOLDIER: That's what I want.

THERAPIST: Okay. [BLS] Good. Okay.

[POSITIVE STATE (PS)]

THERAPIST: That's what we're going after.

SOLDIER: Okay.

THERAPIST: Okay. Now, put your hand right there I want to be able to touch your knuckle right there (ANCHOR). Okay?

[ANCHORING AND INSTALLING POSITIVE STATE]

THERAPIST: Okay. Now, you know that picture you had?

SOLDIER: Uh-huh.

THERAPIST: Okay. I want you to step into that picture. Step into that you in the picture. [BLS]

SOLDIER: Okay.

THERAPIST: [BLS] PS ANCHOR

Good. Now notice what that's like. Move around in that body relaxed. That's it happy enjoyable. Good that's it. Uh-huh. Yeah, take a look at your wife's face and the way she's looking at you. Yeah the smile on her face yeah. And how that feels that's it. Uh-huh. And the positive words she's saying to you. Turn the volume up. That's it. Good. And the positive words you're saying to yourself and how that feels. Yeah that's it. That's right. Breathe into that feeling really good yeah good. That's right good. Okay. That's what we're going for. Now that you know what it feels like.

SOLDIER: Yeah.

THERAPIST: Okay. You want to know what that feels like?

[TESTING PS ANCHOR]

THERAPIST: Touch your knuckle again. Notice what happens?

SOLDIER: Yeah, it's going to take me back.

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THERAPIST: Yeah. Now your knuckle stays with you and you can't wear it out so any time you want to bring that back, that's all you have to do.

SOLDIER: Okay.

[IDENTIFYING TRIGGERS]

THERAPIST: Okay so what gets in the way? How do you know when to be angry?

SOLDIER: Um, moments. Hot flashes pretty much like not hot flashes but, uh something will remind me. Like um, seeing the baby or, somebody talking about me or, somebody I love just, giving me that looking at me wrong or, me having a PTSD moment.

THERAPIST: Okay.

SOLDIER: Stuff like that.

THERAPIST: Okay.

[ACCESSING TRIGGERS]

THERAPIST: Can you bring up a picture of someone talking about you.

THERAPIST: [BLS] Notice the slightest change and just let that happen. That's Right. That's it. That's it notice it keep your eyes moving. Good that's it yeah. Uh-huh. Take a deep breath. Let it all go. What are you noticing now?

SOLDIER: You know, anger, fire. Pretty much just like, fire everywhere.

THERAPIST: Okay go with that... [BLS] That's right. Uh-huh. That's it keep going. That's right. Just notice it. Yeah. Keep going. Keep your eyes moving. Yeah. Okay you can take a deep breath again. Let it go. How about now? Any change?

SOLDIER: It's, it's a change it's like I feel, surrounded. Surrounded by, people. Just me in the middle.

THERAPIST: Okay. Go with that. [BLS] I'll tell you what why don't you move this back and forth with your eyes? That's right. That's it. Uh-huh. That's it. Uh-huh... Right. Another deep breath. Let it all go. How about now what are you getting?

SOLDIER: Like a light in the darkness. Pretty much a battle.

THERAPIST: Go with that... [BLS] That's it... That's it... What are you getting now?

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SOLDIER: It's kind-of strange because uh um, a good moment pretty much.

THERAPIST: Think about that... [BLS] That's it. Uh-huh. That's right... What are you noticing now?

SOLDIER: Heaven pretty much.

THERAPIST: Oh. Think about that. [BLS] That's it... How about now?

SOLDIER: Lights, pretty much just lights flashing everywhere. It's a good light but it's just lights flashing everywhere.

THERAPIST: Okay. So let's get back to what we started with. You know.

[BACK TO TARGET]

THERAPIST: Someone looking at you that way. And how strong is the urge now for anger? Zero to ten if ten is the strongest.

SOLDIER: Six.

THERAPIST: Okay where are you feeling that in your body?

SOLDIER: It's definitely in my fists but just not as angry.

THERAPIST: Okay notice where and how you're feeling it in your body...[BLS] That's it. Right... That's it... What are you noticing now?

SOLDIER: Uh, me punching through walls pretty much.

THERAPIST: Okay think about that...[BLS] That's it... (CUT)

THERAPIST: That's it... What's coming up for you now?

SOLDIER: I just keep thinking about what the, the punch how to punch through that wall. It's like, depression pretty much.

THERAPIST: Okay go with that...[BLS] *And I wonder if there's anything on the other side of that wall that you can see.*

[INTERWEAVE]

SOLDIER: Happiness.

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THERAPIST: Oh okay. *Is there any door in the wall, how tall it is you know maybe a hole in it maybe.*

SOLDIER: Uh it surrounds me.

THERAPIST: Uh-huh. Any doors?

SOLDIER: No doors.

THERAPIST: No doors.

SOLDIER: No cracks nothing.

THERAPIST: *No cracks nothing. What do you think you need to get through that wall on the other side?*

SOLDIER: Get past those depression moments.

THERAPIST: Uh-huh. Okay. *And you've been past them before right?*

SOLDIER: Yes I have once.

THERAPIST: *You have. So you know what it's like. You have.*

SOLDIER: Just trying to get right back then.

THERAPIST: Okay. *What's preventing you from getting there?*

SOLDIER: Memories.

THERAPIST: Think about that...[BLS] That's it. Keep your eyes moving. *That's right memories are things from, a while ago. And while they're part of our past, they're not us. And those are things we can leave in the past. Because we're in the present. And that's what the present is it's a present... To take into the future.* That's it... What's coming up for you now?

SOLDIER: A little boy pretty much standing up in the corner. Like light around him and, and walls around him and darkness.

THERAPIST: Okay. Concentrate on that...[BLS] *And I wonder if you could help that little boy. Know that, there is light. And help him stay in the light. You know what he wants... That's it. (INNER CHILD)*

SOLDIER: His like, voice is pretty much, talking to him like, failure and, uh, fat. The way I used to be picked on and everything. I can hear the little boy saying, I am somebody. He's pretty much, walking, but he's trying to find his way out, out of a maze.

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THERAPIST: Good. Think about that. [BLS] That's right. *And now we have you to help him out of that maze. That's it. Because every maze has a way out. And sometimes, we need help, for directions. Uh-huh. And you know the strange thing in life is, we learn through our mistakes. That's it yeah... Because we never know how to do something until we learn. Or somebody teaches-- (CUT)*

THERAPIST: (STARTS MID-SENTENCE). Right. [BLS] *It's all a light... Because the light's going to lead you to, the way out. And if it's light you can see. That's it. Where it is. The stumble things are. And work around it yeah. That's it.*

SOLDIER: That maze too long the first obstacle, pretty much blocking the way. And there's like a baby, see a baby sitting there crying that, looks like me.

THERAPIST: Uh go with that. [BLS] *Pick the baby up yeah. You know what the baby wants. Love. Nourishment. You know how to give that. You know. Yeah. And how that baby feels in your arms when you, cuddle it and protect it. Uh-huh. You might even want to carry the baby with you right through the maze to the end. To the light. That's it. (INNER CHILD)*

SOLDIER: Walking through the maze to the, second obstacle. Just pretty much walking through the maze.

THERAPIST: Okay. [BLS]

SOLDIER: Right now.

THERAPIST: Keep going...[BLS] *And I don't know if you know if you might, you might not know this, walking through the maze now. But you know where you're going. That's right. You've got that guiding light to, show you.*

SOLDIER: The second obstacle. Pretty much right into it. It's pretty much just, (hearing sounds?). Like fat and, ugly and stupid and. And failure not going to be just pretty much the negative, negative words.

THERAPIST: Uh think about that...[BLS] *And the fact that, you sure ain't fat now.*

SOLDIER: (LAUGHS)

THERAPIST: [BLS] *You're in shape and trim... And that stuff back then, and you know just like you shed those pounds, you can shed those thoughts too... That's stuff from a long time ago... And you found the way to shed the pounds you can shed the other crap. Yeah.*

SOLDIER: Pretty much continuing through the maze.

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THERAPIST: Okay. Keep going. [BLS] *And as you do, you might even want to notice how, much easier it is. Going through the maze. And even, maybe, more confidence, in your ability. Yeah. If you want to. Yeah, that's it... That's right... And there may be walls that you can bu-- (CUT)*

THERAPIST: (PAUSE) *The fact that you, have the authority to make your own decisions now with a clearer mind. Better decisions. Ones that, get you what you want. So that you're, that's right, in charge. Not some old memories. That's right.*

SOLDIER: (PAUSE) Walking through the maze to the fourth obstacle pretty much.

THERAPIST: Okay. Keep going...[BLS] Just let me know when you get to the end. When you get out of the maze... That's it. That's right.

SOLDIER: Next one's pretty much **fear**. Just, being afraid of certain things letting go of, doing a lot of things that, I feel inside that I know I should do.

THERAPIST: Think about that...[BLS] *Yeah fear is a tough one you know. Until we get in a situation then, it's decision time. And we know which way, the light's directing us. Yeah. Follow that direction. Uh-huh.*

SOLDIER: (PAUSE) Pretty much follow the light a little bit more. And you run into the last obstacle. Which is pretty much **PTSD**.

THERAPIST: Okay. Think about that...[BLS] Uh-huh. That's it. Yeah. Keep your eyes moving that's it.

SOLDIER: Uh. F**k, it's pretty much just me. Ensign Iko, on bullets sitting on top of bodies. Can hear voices saying uh, look at me and, walking around and pretty much dead bodies walking around and all just covered in blood.

THERAPIST: Think about that...[BLS] That's it. Those times in the past. Yeah. Tough times. Bad times. (CUT)

SOLDIER: (STARTS MID-SENTENCE) standing against the wall, never really got home.

THERAPIST: Go with that thought...[BLS] *And the fact that you helped that little boy, face those demons. And I'll bet in a way he helped you, through some of your demons. Because a lot of people, can't understand, the demons you faced. And how they affected you. Yeah.*

SOLDIER: I pretty much go, and that's pretty much, see myself with like, weaponry and everything and, they have weaponry and, pretty much. Get ready for battle.

THERAPIST: Think about that. [BLS] *And you're trained. You've got the knowledge and the experience. And you've got the backup... Uh-huh. You're one of the finest.*

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SOLDIER: See a battlefield kind-of like, uh, back in the day where it's pretty much, two cages and. I'm walking through it and pretty much, (*Scar's?*) walking through which is pretty much angry side of me. It's pretty much walking through all that anger. Can, feel that it's not going. Like a battle's about to happen.

THERAPIST: Go with that. [BLS] *And if Scar's walking beside you, seems to me like he's, in step with you. Working with you. (EGO STATE)*

SOLDIER: To make me angry.

THERAPIST: [BLS] *Maybe to protect you. Think about that. Maybe to be called on, when he's needed. To protect you. From the true enemy. Not from yourself. That's it yeah.*

SOLDIER: He's pretty much sitting there talking. It's pretty much like a battle of, confidence pretty much with me and him. He's like a, talking and, pretty much, getting into, we got to protect it. And it's pretty much battling back and forth and, he knows he wants me to protect it which pretty much, battle.

THERAPIST: Go with that. [BLS] *Maybe you can find an agreement between you and Scar. That he watches your six. And rather than battle between you, you walk together. So that he, can come out when you need him. And other than that he can, just be on guard, with you. Good working relationship.*

THERAPIST: [BLS] *But when you need him, he can walk point. And when you don't need-- (CUT)*

SOLDIER: (STARTS MID-SENTENCE) part of me again.

THERAPIST: Okay go with that...[BLS] *Making you stronger. More confident. That's it.*

SOLDIER: (PAUSE) Pretty much like once we emerge, it turned into a not a lion but like a, beast character it's like uh, instead of screams you know I pretty much hear a roaring like with power. And I could see, us running, through a cage. Pretty much running to the, next battlefield. To the next, next demon.

THERAPIST: Go with that...[BLS] *You got a strong ally now the two of you, merging together. That's right. Ready for the next battle, wherever, whenever, that may be. Both of you, skilled attuned. Uh-huh. Honed to perfection. Yeah.*

SOLDIER: The next one is *depression*. His name is *Lizo*. It's pretty much, said he represent thunder. It's like, dark and, pretty much battle pretty much battling him. And it's like, all I can hear him saying is the word failure. Pretty much just battle him.

THERAPIST: Okay. [BLS] *I wonder what it'd take to get, Lizo on your side. Into the light. Uh-huh. Might even want to ask Lizo to, look up into the light. And notice what happens. That's right.*

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SOLDIER: I'm just battling with words now. He looked up into the light. And he just pretty much, asking me questions and all, what'll happen if he did come to the light.

THERAPIST: [BLS] *It's a big step... Maybe the best way for Lizo to know what would happen with kind-of light is just to try it a little bit. Not too much just a little bit of light. And notice what happens yeah. Uh-huh. You can open your eyes that's it.*

SOLDIER: (PAUSE) Pretty much emerges with me. And pretty much tied into his light. And it gave him character. And, the battlefield it, sunk and now it's pretty much leaping. Fighting my way to the next, battlefield pretty much.

THERAPIST: Okay. Keep going...[BLS] *Now there's three of you. Working together. Yeah. (CUT)*

SOLDIER: (STARTS MID-SENTENCE) side the, strong side but, it's just right now she, doesn't feel, as if she doesn't want to mess with don't want me to do my talents any more because Sam is pretty much, isn't happy.

THERAPIST: Uh-huh.

SOLDIER: So it's a battle. Right now we're pretty much battling.

THERAPIST: Okay...[BLS] *So what compromise would she want to get on your side? With those talents... That's it.*

SOLDIER: From what I said she just want to be used. Instead of, held in, she wants to be used. I said if I promise to use her, she won't stay so dumb.

THERAPIST: Tell her that. [BLS] *That's right. You're building up a team there. Everybody's letting you know, what they need, to join your team. Making you stronger. Uh-huh. Right.*

SOLDIER: (PAUSE) It's like, when you reach it with her it's just it's pretty much like, all four of them pretty much it's like, it's like now, I'm not going to need your guidance it's like I got, new kind of eyes that pretty much, see things, differently. And, jumped out of that one to the, last one pretty much.

THERAPIST: Okay go with that...[BLS] That's right.

SOLDIER: (PAUSE) You ask me that's pretty much the, the visions. But, he pretty much, said his name is Renato. Which is my middle name it's kind-of funny which means rebirth. It's pretty much, saying you know he summed it all up. All of them equal him. So, it's pretty much once, join up with him, be stronger.

THERAPIST: Go with that...[BLS] *Yeah. All of you together. Strength in unity. Working together. Walking in the light. Alright.*

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SOLDIER: (PAUSE) When we were talking, he pretty much said uh, being with you uh being joined with you, it's just getting over the visions pretty much and getting stronger and moving on to where you can handle.

THERAPIST: Go with that. [BLS] (CUT)

SOLDIER: Keep on, taking the pills and getting through. And I will always be there inside you. And we each pretty much can join with me and I turned into myself.

THERAPIST: Go with that. [BLS]

SOLDIER: (PAUSE) Now I'm pretty much just, back here mentally.

THERAPIST: Uh-huh. Okay. Let's go with what we started with remember, being looked at that way?

[BACK TO TARGET]

SOLDIER: Uh-huh.

THERAPIST: Okay showing you, bring up that uh, thought and that picture. How strong is the urge for anger now zero to ten if ten is the strongest and zero is neutral--

SOLDIER: Two.

THERAPIST: Two? Where are you feeling that in your body?

SOLDIER: Um just moving around now easy, part of my fist when I feel like punching something. Right now it's pretty much just, moving around like a kinetic energy or something.

THERAPIST: Okay. [BLS] *Think about it, where it's moving and stuff okay get in touch with it. Uh maybe ready who knows you know to, move out of your body... Uh-huh... That's it.*

SOLDIER: (PAUSE) It's pretty much now where, using it positively, instead of negatively. The more I use it positively, the more I'll be able to find it.

THERAPIST: Good. Go with that. [BLS] That's it.

SOLDIER: (PAUSE) (I just?) pretty much, see light and just, strength pretty much just feel, stronger.

THERAPIST: Do you see now what you've been doing and while you've been doing that you've been touching that knuckle.

SOLDIER: Oh. (LAUGHS)

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THERAPIST: (LAUGHS). Yeah. Do you feel differently?

SOLDIER: No I didn't even notice that touching my knuckle.

[FUTURE TEMPLATE]

THERAPIST: Yeah. So-, think about somebody looking at you that way again and touch that knuckle. [BLS] Notice? Yeah. That's it keep moving uh yeah uh-huh noticing just right now.

SOLDIER: The light pretty much.

THERAPIST: Oh okay. Oh. Okay. You did some fantastic work today.

[CLOSURE]

SOLDIER: Thank you. (I don't feel any different?).

THERAPIST: You know with this process we'll continue, you may or may not notice different things happening. Um, just let it happen. And uh, you know let the chaplain know about that next time you see him, what's going on.

SOLDIER: Okay.

THERAPIST: And remember that knuckle, and remember heaven. Okay?

SOLDIER: Okay.