



DEEP PEAT 2

Developed by Zivorad M. Slavinski

Deep PEAT 2 (DP2) is particularly useful for intellectually oriented clients, who find it difficult to discern emotions from thoughts. This alternating helps them recognize emotions and sensations with greater awareness. With DP2, we alternate between thoughts and emotions connected to the problem or self-limiting cognition.

For solo practice, writing the responses will help you track the emotion / thought duality and may point to persistent limiting beliefs that could be useful for your embodiment practice. That said, don't let slow writing slow the process.

REMINDER: Images can be accepted as thoughts and body sensations can be treated as emotions.

Instructions:

1. **Identify** the situation, experience, belief, or goal. Name it, the _____ situation.
2. Instruct your client to **FEEL the problem** (situation, experience, belief or goal) as completely as possible. Use their language. Notice their breathing and invite them to take an easy breath if the breath stalls.
3. Ask – **What thought follows that _____** (situation, experience, belief or goal)
4. Ask – **What emotion follows that _____** (situation, experience, belief or goal)
5. **Alternate between thoughts (or images) and emotions (or sensations)** until the client reports three consecutive positive or empty contents
6. **Stabilize** with the expansion of the positive or empty state.
7. **Check** on the originating problem, opposition, future and other POVs.

Troubleshooting

- As you are facilitating the process, be sure to mention the problem (*situation, experience, belief or goal*) several times in order to draw the client's attention to associated content.
- You can use the eyepoints in this process. It does not seem to influence the speed of the process but does seem to help those who have a hard time distinguishing thoughts and emotions. If you choose to use them, have the client touch the first left eye point for the emotion and the first right eyepoint for the thought.

- In this process, there is an obvious transformation of negative contents into positive ones. The client starts from a problem and reports her negative feeling regarding the problem. Then negative thoughts and feelings follow each other. At some point contents become neutral and soon afterwards, positive. This is the sign that the negative energetic charge has been “peeled off”.

EXAMPLE: The client stated that her problem was trying too hard to satisfy others.

Problem: I try too hard to satisfy others.

Practitioner: *Feel that you try too hard to satisfy others; while feeling that you try too hard to satisfy others, tell me, which thought follows that trying too hard situation.*

Client: I would like to get rid of that compulsion.

Practitioner: *What EMOTION follows that trying too hard situation?*

Client: Dissatisfaction because I overdo it.

Practitioner: *What THOUGHT follows that trying too hard situation?*

Client: If I would only not try so hard.

Practitioner: *What EMOTION follows that trying too hard situation?*

Client: Sadness

Practitioner: *What THOUGHT follows that trying too hard situation?.*

Client: If others praise me, I feel better.

Practitioner: *What EMOTION follows that trying too hard situation?*

Client: I irritate myself.

Practitioner: *What THOUGHT follows that trying too hard situation?*

Client: The thought is coming to my mind: Come on, be a little independent.

Practitioner: *What EMOTION follows that trying too hard situation?*

Client: I feel I'm blocked and incompetent.

Practitioner: *What THOUGHT follows that trying too hard situation?*

Client: It is as if I went nuts.

Practitioner: *What EMOTION follows that trying too hard situation?*

Client: It's nice and fun.

Practitioner: *What THOUGHT follows that trying too hard situation?*

Client: It would be great if this state could last.

Practitioner: *What EMOTION follows that trying too hard situation?*

Client: Peace

NOTE: This is the third consecutive positive content. The process is over. Begin **stabilization.**

Practitioner: *Feel that peace spreading and saturating your whole body, spreading far far away in front of you. Become aware of that peace extending behind you. Beyond the beyond behind you. Become aware of that peace extending above and below you – far above forever above you. Become aware of peace extending to your right and your left far beyond the edges of eternity on both sides of you. Become aware of that peace extending simultaneously in all six directions....like a star radiating into forever...in front and behind, above and below, to the right and the left.”* Let the client sit in this space for 30 seconds or so before inviting them to open their eyes.

Practitioner: *How does trying too hard to satisfy others seem to you now?
Is it possible for this problem to impose itself on you against your will in the future?
Are there other POVs involved?*