



Deep PEAT 4 Sample Script

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Identify the problem, situation, decision, belief, goal, distorted thinking pattern.

What rating would you give it on a scale of 0 – 10, with 10 as the worst?

Thank you.

Would you like to know what we are going to do first or just jump in and I'll guide you as we go?

If they prefer an explanation:

We live in a world of opposites, day / night, summer / winter, inside / outside. We have the same thing going on with our minds and emotions. Happy / Sad. Angry / Calm. When we move back and forth between psycho-emotional opposites, it tends to dissolve the problem. We are going to do this by choosing two opposite snapshots, identifying the thoughts, images, emotions, sensations of each. Then we will go back and forth until both sides feel the same. The thoughts, images, emotions and sensations will gradually fade until there's nothing there. It will feel empty.

What top of mind for you today ? What would you like to focus on? If you could feel better about one thing today, what would it be?

How would you rather feel?

Think of a time when you really felt that problem strongly. Let me know when you have something in mind. Bring to mind an opposite experience. Let me know when you have it in mind.

They can tell you a little about if they would like and it would enrich the connection. Otherwise, it's not necessary.

Place two fingers (index and middle) underneath the left eyebrow, close to the bridge of the nose. Bring to mind the problematic situation. Feel what you felt then, see what you saw, think what you thought as if it's happening right now. Freeze frame it in the moment when the pain or intensity of that situation was at its strongest. Collect the snapshots at the eyepoint.

Good. That's it.

Notice the thought you are having in that moment. What are you thinking in that moment as if it's happening now?

Become aware of the image of that moment, are you inside your perspective, first person? Or is it as if you are on the outside looking in? As best you can, experience this moment from inside your own experience, your own perspective.

What are you feeling emotionally in that moment as if it's happening right now?

Notice what you are experiencing in your body in that moment? What are you feeling? Can you feel the sensations of that physical space, where that experience occurred? You know how if you think of your kitchen or your bedroom, you can kind of feel that space? Can you feel the space where you were when that experience happened?

Very good. Take a breath.

Change hands. Two fingers underneath the right eyebrow, close to the bridge of that moment. Bring to mind the other situation, the Happy moment (Nature / Opposite / Here and Now). Feel what you felt then, see what you saw, think what you thought as if it's happening right now. Freeze frame it in the moment when the joy or pleasure of that moment is at its height, the intensity of that situation was at its strongest.

Good. That's it.

Notice the thought you are having in that moment. What are you thinking in that moment as if it's happening now?

Become aware of the image of that moment, are you inside your perspective, first person, or is it as if you are on the outside looking in? As best you can, experience this moment from inside your own experience, your own perspective.

What are you feeling emotionally in that moment as if it's happening right now?

Notice what you are experiencing in your body in that moment? What are you feeling? Can you feel the sensations of that physical space, where that experience occurred?

Very good. Take a breath.

The first two rounds simply ask: *is the original experience stronger, weaker or the same?*

Then ask about specific elements: the order in which you ask, if not important. When you know your client, you will know which element is usually stronger for them - you can begin with that element. As you go, you will check on their original content. Once an element of content is empty, there is no need to ask about it.

Change hands. Two fingers under the left eyebrow, close to the bridge of the nose. Back to the original snapshot. Is it stronger, weaker or about the same as it was a moment ago.

Good. Take a breath. Change hands. Is this side stronger, weaker or about the same?

Change hands. Over here, is this stronger, weaker or about the same?

Good take a breath. Change hands. Is this side stronger, weaker or about the same?

That's it. Easy breath. Change hands.

Is there a thought, or is the thought space empty?

If there is content on any element –
Feel this moment as fully as you can. Easy breath, change hands.

What's left of the original image? Sometimes it can feel like an impression of an image like a photo that has been left in the sun too long.

What's left of the original emotion? Is there anything there, or is it empty?

What's left of the original body sensation? Is there a body sensation or do you just feel present?

Good. Easy breath. Change hands.

What's left of the thought or is it empty? Is there an image or is it empty? Is there an emotion or is it empty? Is there a body sensation or do you just feel present? That's right.

Continue moving between the eyepoints until both sides are empty and feel the same.
Encourage client to accept the content even as it fades.

Once empty, *Rest your hands down.*

Verify and Stabilize

Now, direct your awareness to your body. What do you notice?

Generally it's a feeling of calm or spaciousness.

Allow that calm easily flow and spread throughout your body. Let that calm hitch a ride on the light stream of your breath, filling your whole body with calm, inside and outside, the spaces between the spaces, all the membranes filled with calm. Let yourself rest here, tell me when you are ready to move on.

Pause.

If the body is tense, you know there is not full resolution. Consider other POVs, opposition, or future concerns.

Do you feel a NEED to or for forgiveness. It will feel like a need, like you're thirsty. Not a should.

If so ...

When we feel a NEED for forgiveness, it is generally right there. Turn your awareness towards forgiveness and allow it to flow like water or light, just finding its own way. Maybe even saying inside yourself, I forgive myself. Allow that forgiveness to expand even further, forgiving any beings who may have played any role in this I forgive you ... likely including

your parents, I forgive you, probably their parents, I forgive you. Allow forgiveness to echo through time, forgiving people and spaces, norms and cultures. I forgive you. Maybe even expanding to include Life, God of your understanding for creating a world where people like you and I experience problems like this. I forgive you.

If there is no need for forgiveness, continue to fill your body with calm and light.

Pause.

Whenever that feels complete, taking your time, you can open your eyes.

How do you feel about (problem) now?

Does it still feel like a problem to you?

How likely is it that this problem to impose itself on you again in the future again AGAINST YOUR WILL?

What do you know now that you didn't before? What are you taking away from this experience?

Trouble shooting

Pace is important, Be alert to staying too long on one side or not giving it enough time. If you leave too much time, they may get a little lost. If you don't need enough time, they don't have time to feel it. Count to 7 – 12 before prompting them to respond to your inquiry.

They may be avoiding the unpleasant. Really feel into that _____. Feel it fully, as best you can. You don't have to like it. Even exaggerate those feelings. Amplify them. Not a moment before or after just that moment. Whatever's left. No need to push it away, no need to hold it close, just experience it as it is.

Client is holding onto positive content. Remind them there is no need to hold on to the positive, It will always be a part of them and even more available.