



## Deep PEAT 2 Sample Script

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Identify area of focus (experience, belief, situation, problem, decision, goal).  
Determine SUDS rating.

*Would you like me to tell you what we are going to do or just dive in?*

If they prefer an explanation:

*We are going to follow a stream of consciousness, rocking between the experiences of mind and body. Thoughts and images are of the mind. Emotions and sensations are of the body. You will follow the flow between thoughts or images and emotions or sensations until we hit three positive states or some combination of emptiness and a positive state. Ok?*

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*Feel (problem) What **thought or image** follows (problem)?*

*Thank you.*

*Feel (previous content), what **emotion or sensation** follows (previous content)?*

*Thank you. Easy breath. Just keep the breath moving.*

*Feel (previous content), what **thought or image** follows (previous content)?*

*Thank you.*

*Feel (previous content), what **emotion or sensation** follows (previous content)?*

*Thank you. Easy breath.*

Continue in this way until they comes to three positive or empty contents in a row.  
Expand the final state with pleroma expansion.

*Direct your awareness to (name their final positive or empty state). Experience this peaceful/calm state fully, as fully as you can. Surrender to it. Let it permeate you as you breathe easily and deeply --- allow it to expand like a vibrational wave throughout your whole body --- even expanding beyond your body, **in front of you** like a wave --- to the edges of infinity. And **behind you** flowing behind you past the gates of eternity, to **the right** and to **the left** --- beyond the beyond--- far far away beyond the edges of*

*all that is and **below** you far past the depths of forever. Feel this \_\_\_\_ extend far far **above you**.*

Say this part a little **quickly**. *Become aware of this (final positive state – use their language) expanding simultaneously in all six directions, in front and behind, above and below, to the right and the left, all at the SAME time, like a star, expanding into forever.*

*Settle into this awareness, and let this settling have an effect and leave an impression. So much so that by the time you open your eyes, whenever YOU are ready, it will have left a deep impression, much deeper than you are experiencing in this moment.*

### **Verify & Stabilize**

- Direct awareness to body.
- Check the future. *How likely is it that this problem could impose itself on you in the future AGAINST YOUR WILL?*
- If so, explore opposition, other POVs, and/or clear the future.
- If not, ask about the need for forgiveness. If yes, expand forgiveness. If not, settle with light.

### **Troubleshooting**

- Client seems to be going in circles. They are likely not alternating between thoughts or images and emotions or sensations. If they seem to have a hard time identifying emotions, clarify that they can find emotions on the spectrum of mad, sad, glad, or scared. Once they determine which one, they can narrow the focus. This often breaks the stuck place.
- Taking too long between alternating can stall the process. Keep a steady pace.
- Avoid story telling.
- 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.