

# Ending Phase 4: Desensitization | Complete Session

Get 3-5 Positive or Neutral Statements;  
notice body shifts and insights; you  
think they're at SUD: 0

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notice body shifts and insights; you  
think they're at SUD: 0

**If SUDs is 0 and Voc is 7**  
(AND you have already installed  
PC and completed body scan)

**This target is COMPLETE!**

**Closure** (if time is up)  
**Move on to next target or Future Template**

**If SUDs is 0** but Phase 5 is not  
complete (**Including VOC was not a 7**).

**Move into Phase 5:**  
**Once the Voc is 7 -**  
Move into installation and  
complete body scan

**This target is COMPLETE!**  
Move on to next target or  
Future Template

**If SUDs is not a 0**

**Move into Phase 3:**  
**Assessment Phase**  
You can pull the NC and PC from  
week before but gather new Image,  
Emotions, and Body Sensations

**Once SUDs is 0 and Voc is 7**  
(install PC and complete body scan)

**This target is COMPLETE!**  
Move on to next target or Future Template

