



## Basic Outline for Resourcing

### Remember

You can use any positive event that happens for your client as a resource (client was able to use a resource, ask for help, accomplish a difficult task). It needn't take a great deal of time nor preparation. For example, if your client comes into the office reporting that they were able to use their safe place successfully this week, you can listen to their story and afterward have them reflect on that event noticing how they felt emotionally, physically, and the positive cognitions that go with it and have them tap that in as a resource.

1. **Identify** the desired resource (event) – it must be completely positive
2. Note **Emotions, Sensations and Positive Cognitions**: use the senses, adaptive/positive emotions, and physical feelings
3. **Enhance/Strengthen**: emotions, sensations, self-beliefs
4. **Further Strengthen with BLS**
5. Use BLS **as long as it feels positive and is strengthening**
6. **Cue Word**: Add a word to anchor and use BLS
7. **Test**: Imagine the challenging situation and use cue word to shift to more positive emotions and sensations
8. **Practice**
9. **Integrate**: Future template/rehearse how the resource will be helpful in the future or identify a recent past experience and rescript how it would have been different with the aid of the resource. Strengthen with BLS.