

Float Back Session Prompts

If Calm Place was not done with Core Belief, do it first

Prompts:

- For each LB we attack 3 anchor memories. We can't ask you to find the worst or earliest so we have two games that we play to find them.
- We will find the first time you remember the LB popping in to your head.
- We are going to pull out that belief/get rid of it
- First we need to find the earliest time you felt the belief.

Do Float Back

Prompts:

- Close your eyes and think about that belief and tell me where you notice feeling tension in your body and what are the emotions that go with that?
- I want you to hold on to those feelings and the LB and think of a time in the last week or two when you remember feeling and believing the LB then tell me about it
- From that moment, go back in time further to maybe a year or two ago, when you can remember feeling and believing the same way and tell me about it
- From that, go back in time some more and see if you can find a time you remember feeling and believing the same way
 - How old were you then?
- If they lose the feeling: I am going to help you bring it back. I want you to bring back the feelings you had in your body and the LB, then float back from the last time
- Go back in time and see if there is anything earlier
- Double check it. Bring up the feelings and the beliefs and the earliest memory and see if there is anything earlier.
- That's where we are going to start the reprocessing is on that earliest belief
- The earliest memory might not make sense, because you are seeing it through adult eyes.

Explain Reprocessing

- How it looks: you will put on the headphones and hear clicking noises
- What happens= the memory gets moved back and forth in your brain, which takes it from an emotional memory to a declarative one
- I will coach you into the LB
- There will be lots of silence because this does not require talking
- There is no right or wrong way to do this
 - Some process in memories, colors, metaphors, some stick to the one memory or jump all over the place.
- Cannot do it wrong because the brain is smarter knows what it has to do.
- When an LB is done, you will notice an absence of reaction.

If you have at least 20 minutes left, then you can start reprocessing