

Worst's Game Session Prompts

Finding the worst memory attached to the LB

Prompts:

- Close eyes and take a couple of deep breaths
- Bring up the LB
- Start at the early memory processed last time and fast forward through your life and identify the worst times you remember believing the LB
- When they pop up, just list them off. Don't worry about ranking them, we will find the absolute worst one afterwards

Once the memories are listed:

- Bring self back to feeling completely calm. A 0 on the 0 to 10 scale
- Now for a rollercoaster: I will bring up the memory then have you rate how distressing it is on the scale, then have you use Calm Place to go back to 0. We will continue until we have rated them all.
 - Bring up first memory selected and the LB
 - On a scale of 0 to 10 where would you be now?
 - Now use calm place to go back down to a zero

Repeat this for each of the worst memories selected.

If there is a tie for the worst, have them bring up both memories again and go with whichever one feels slightly worse or is more uncomfortable to think about.