

Meeting your younger (or older) self:

Slow tappers/BLS and read slowly with pauses

Ok, so this exercise is where you visit your younger self. What do you think would be a good age to start with? Maybe 7? But we can go back and do other ages if you would like to another time.

Try and get an image of yourself at this age. What did you look like? Look at photos if necessary.

Also, forewarn the client that the house they create can be real or imaginary, but it needs to have two doors leading off the hallway. Also, let them know that they don't need to get an exact image of everything as they go along (this trips up perfectionists!) and it's ok to have a general feeling of what happens.

Set up with slow tappers and ask the client to close their eyes or avert their gaze.

Script

So you are standing on a road and right in front of you is a really safe house. A house you love that is really welcoming. You go in through the gate and up the garden path and you see a front door and it's open.

You go in, and you are in the hallway and in the hallway, there are two doors that both lead to one room. Both doors are shut, but you are going to go into the first door. So go in there and have a good look around.

It is a lovely room. You really like it. It feels safe and calm and there are lots of things in there that you like, so just take a moment now to look around and take in a few of the objects and notice the way that the light falls in the room. You see different things that interest you. Notice how you feel in the room. It's safe and you really like it there. Take a seat anywhere and once you're comfortable look at the other door, the door that you didn't come through.

Through that door is going to be coming your younger self, your *seven-year old* self. So it's all going to be in slow motion, *she* doesn't know that *she* is looking at you. It's all going to happen really slowly. So watch *her* come through the door and pay attention to *her* expressions, how *she's* walking, how *she's* holding *herself*. Really pay attention. Now let *her* just walk in the room and you're just going to notice what *she* does in the room. Just let *her* be and you just observe. How is *she* looking at you? And as *she* looks at you, I just want you to notice any feelings or impulses that you have towards *her*. Just let those be.

Notice any feelings *she* has towards you... and as that's happening just let it play out like it would. Just let it play out however *she* wants it to be and all the while you are just noticing what *she's* like.

Now, *she* is going to come nearer to you and let *her* sit down if *she* wants or stand if *she* wants, but you are going to have a chat. So I just want you to look in *her* face and you might talk first or *she* might talk first, but just allow that space for you and *her* to have a chat.

And just be really curious about what *she's* saying and the effect she is having on you as she is talking. I'll let you do that now.

PAUSE

Then there might be something you really need to say to *her*, so just take your time and say that now. Notice *her* response and notice your feelings towards *her* and just let that happen.

And then just before you end the conversation say what you need to say to *her* now. Really look into *her* eyes and notice *her* expression. Then I want you to say to *her* 'I know, I understand'. So do that now. Follow any instincts that you have towards *her*. **PAUSE**

OK, it's now time to go and it's up to you. You can either take *her* with you through the door you came through or *she* can safely go out the door *she* came in through and you can meet *her* again. But *she* is safe in this house, so either door is ok for *her*. It's what you'd like to do with *her* now. So you can either take *her* with you and if you'd like to do that, I want you to take hold of *her* hand and open the door you came through. Shut that door behind you, walk down the hallway and come out of the front door. If *she* is on the path with you take hold of *her* hand and then you are on the road. The house is behind you, and you are looking straight ahead and when you are looking straight ahead you can open your eyes.

Possible Questions:

Where was the house was it imaginary or somewhere you knew?

How did your younger self behave in the room? Was *she* confident, shy?

How did you feel when you saw them?

Who started the conversation and what did you say?

What did you say to your client at the end?

Ask the client to check in to this younger part throughout the week. Try to translate what the younger part says to their adult self and negotiate (eg. I don't want to do this; I want to go and play. In adult talk, this could translate to 'ok, but if you do this work you can go for a run later'.