## The Absorption Technique Script (Hofmann, Arne 2005)

	what us on		e iss	ue in	the fi	iture (p	oresent	/pa <b>s</b> t)	) tha	t you	ı wan	et to
a s hig	cale c	f 0 to	10,	where	e 0 is n	n now, o distu imagin	rbance	or ne	utrai	l and	10 is	th
0 (no	1 o distu			3	4	5	6				9 urba	1 nce
The f	ollow	ng is	a lis	t of tl	hree po	sitive a	abilitie	s or n	eede	d res	ource	s.
(St	ate th			uld ye esent/		concer						
It is lient.	helpfu	e past	ust :	get a	theore	concer	n) bett	er?"				
It is litient.	helpfu	e past	ust	get a	theore	concer	n) bett	er?"				
It is lient.  1  2	helpfu	e past	ust	get a	theore	concer	n) bett	er?"				
It is lient.  1  2	helpfu	e past	ust	get a	theore	concer	n) bett	er?"				
It is it	helpfu i <b>ty</b>	e past	ust :	get a	theore	concer	nswer	from	the	head	or c	ort

Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of \_\_\_\_\_ (name the

of the

resource chosen)?"

***************************************	
Do 4 to 6	BLS.
Say, "Whu	nt are you noticing?"
If the feel	ing is positive, do another set.
	ot changed, do another set.
Say, "Go ı	vith that."
If it chang	ges to a negative feeling, look for another resource and start
mining age	111.
cond Abili Say, "Thir ever a	
Say, "Thir ever a feeling	<b>ly</b> nk of the SECOND ability. In the last few years or so, was there situation or time in your life where you remember having or
Say, "Thir ever a feeling Say, "Can	by  It of the SECOND ability. In the last few years or so, was there situation or time in your life where you remember having or this ability?"  you think of an image that represents that situation?"
Say, "Cand Say, "Wh (make feel the	ly  It was the second ability. In the last few years or so, was there situation or time in your life where you remember having or this ability?"
Say, "Cand Say, "Wh (make feel the	en you focus on the image, at that specific moment of time sure you red your voice reflects or stresses this point), where do you that some of that skill in your body of (name the the you had some of that skill in your body of (name the
Say, "Cand Say, "Cand Say, "Cand Say, "Wh (make feel the	en you focus on the image, at that specific moment of time sure you red your voice reflects or stresses this point), where do you that some of that skill in your body of (name the the you had some of that skill in your body of (name the

Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	Enhance	
Say, "What are you noticing?"  If the feeling is positive, do another set.  If it has not changed, do another set.  Say, "Go with that."  If it changes to a negative feeling, look for another resource and start from the beginning again.  Second Ability  Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	•	
If the feeling is positive, do another set.  If it has not changed, do another set.  Say, "Go with that."  If it changes to a negative feeling, look for another resource and start from th beginning again.  Second Ability  Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	Do 4 to 6 BLS.	
If it changes to a negative feeling, look for another resource and start from th beginning again.  Second Ability  Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	Say, "What are you noticing?"	
If it changes to a negative feeling, look for another resource and start from th beginning again.  Second Ability  Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"		
Second Ability  Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	Say, "Go with that."	
Say, "Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"		m the
ever a situation or time in your life where you remember having or feeling this ability?"  Say, "Can you think of an image that represents that situation?"  Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	Second Ability	
Say, "When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	ever a situation or time in your life where you remember having or	
(make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"	Say, "Can you think of an image that represents that situation?"	
Fnhance	(make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the	
	Enhance	
Say, "Think of that (name the resource), the image, and the feeling in your body and go with that."		

_	
_	
	the feeling is positive, do another set. it has not changed, do another set.
Sa	ay, "Go with that."
	it changes to a negative feeling, look for another resource and start from
d	Ability
Sa	ay, "Think of the THIRD ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"
_	
Sa	ay, "Can you think of an image that represents that situation?"
_	
Sä	(make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of (name the resource chosen)?"
_	
aı	nce
Sá	ny, "Think of that (name the resource), the image, and the feeling in your body and go with that."
_ D	o 4 to 6 BLS.
	ay, "What are you noticing?"

	If the feeling is positive, do another set.  If it has not changed, do another set.
	Say, "Go with that."
•	
Ge	tting the Resources Together
	Say, "Think of the three abilities together and where you felt them in your body. Just nod if you are in contact with all three body feelings."
	Only use the successfully installed resources. If the patient nods stimulate with a short set of BLS.
	Say, "Go with that."
Ch	eck for the Issue
	Say, "As you are feeling your resources, take a look back at the issue that troubles you, how stressful is that to you on a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"

During the Future Phase of the Inverted Protocol for Unstable C-PTSD use the Absorption or Wedging Technique to develop as many different resources for the different issues about which the client might be concerned. The goal is to make sure that the client's day-to-day life is calm enough to move on to trauma work.

5

6

8

(highest disturbance)

9

10

1

(no disturbance)

2