**3 SKILLS RESOURCING Script and Worksheet**

Use this technique to develop many different resources for the different issues that concern the patient. The goal is to make the patient’s day to day life calm enough to move on to trauma work.

Say: What is the issue in the (past or present or future) that you want to focus on?

Say: As you think of that situation now, how stressful is that to you on a scale of 0 – 10 , where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine?

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Say: What skills or abilities do you need to deal with (name issue) better?

Say: Let’s determine 3 specific skills (or abilities).

Skill #1 2 3

Image

Body

Say: Remember a time when you embodied (name # 1)

Is there an image that represents this?

When you focus on the image, at that specific moment, where do you feel the (name # 1) in

your body?

Think of (name # 1), the image, and the feeling in your body and go with that.

Do 3 – 7 slow BLS passes.

Say: What are you noticing?

If the feeling is positive – do another set. If the feeling 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 with #1)

Repeat steps for #2 and #3.

Say: Think of all 3 together (name them if necessary) and where you feel them in your body. Just

nod when you are in contact with all 3 body feelings.

When the patient nods, do 3 -7 slow BLS passes. (Use only successfully installed skills/abilities)

Say: Go with that.

Say: As you are feeling your resources, take a look back at the issue we are working with. How

stressful is it to you now on a scale of 0 – 10 where 0 is no disturbance or neutral and 10 is the

highest disturbance you can imagine?

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