

Getting to the Root of Pain: Finding the Targets Script

<p><i>"How would you describe the pain in terms of how it feels physically?"</i></p>	
<p><i>"When you experience pain, what is difficult for you to do, especially with people closest to you?"</i> <i>Or</i> <i>"When you are experiencing pain, what do you want or need that you aren't able to get?"</i></p> <p><i>"Let's look at times in your life when you _____ (tried or wanted to do what is more difficult) and it didn't go well."</i></p>	<p>You are listening for a lack of safety, connection, or empowerment.</p>
<p><i>"Please tell me a recent time that would be an example of this issue"</i></p>	<p>Socially, Work, Intimate Relationships</p>
<p><i>"Can you give me an example of how this shows up in your life socially?"</i></p>	<p>Present Trigger #1:</p>
<p><i>"Can you give me an example of how this shows up in your intimate relationships?"</i></p>	<p>Present Trigger #2:</p>
<p><i>"Can you give me an example of how this shows up in your life at work?"</i></p>	<p>Present Trigger #3:</p>
<p><i>"As you bring up the worst part of this issue, what is the worst part of it now?"</i></p>	
<p><i>"How disturbing is it right now, on a scale of 0-10 with 0 being no disturbance and 10 being the highest disturbance you can imagine?"</i></p>	<p>SUD (Level of Disturbance)</p>
<p><i>"When you bring up this disturbance, what is the negative belief you have about yourself now?"</i></p>	<p>Negative Cognition (NC)</p>
<p><i>"When you bring up the worst part of the present issue and the words _____ (NC) what is an earlier time you can remember experiencing something similar?"</i></p>	<p>Earlier Memory: Age:</p>
<p><i>"How about an earlier time?"</i></p>	<p>Earlier Memory: Age:</p>
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<p><i>"How about an earlier time?"</i></p> <p>Clinician keeps asking as long as the client keeps answering. Earliest is the "touchstone."</p>	<p>Earlier Memory: Age:</p>

If time allows, you can go straight into phases 3-7 and begin reprocessing the touchstone. If not, move on to finding the future desired states.

Future Desired States

<p><i>“Now I would like us to look at each present trigger and decide how you would like to react, behave, or feel in that situation when or if it happens in the future.”</i></p>	
<p><i>“As you think about the present trigger of _____, how would you like to be able to react, feel, or behave when that or something similar happens in the near future.”</i></p>	<p>Future Desired State:</p>
<p><i>“As you think about _____ (name second present trigger), how would you like to be able to react, feel, or behave in the future?”</i></p>	<p>Future Desired State:</p>
<p><i>“As you think about _____ (name third present trigger), how would you like to be able to react, feel, or behave in the future?”</i></p>	<p>Future Desired state:</p>

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