

## PENDULATING

### **1 Drop attention to the body (let your attention go into your body)**

"Just drop your thoughts and feelings into your body. Where do you feel uncomfortable/upsetting feelings/sensations in your body?" "What do you notice in your body?" "Just feel what that feels like in your body"

### **2 Assessment of the distress.**

On a scale of 0 -10, how DISTRESSING is it to you now?

### **3 Shifting metaphorically to resource state.**

"Find a place in your body that is neutral, interesting or pleasurable. Shift your attention to that neutral, interesting, or pleasurable place. Describe the qualities of this place (calm, peaceful, relaxed, soothing, etc...) "Just feel what that feels like in your body".

### **4 Pendulating.**

"Focus your attention on the neutral, interesting or pleasurable place and tell me when you get there. Now shift your attention to the place where the distress is. Tell me when you get there. Now shift your attention back to the neutral place. Tell me when you get there."

"What do you notice?"

If the client reports a positive state-shift, add EM.

Examples: Client: "I feel calmer". Therapist: "Just notice that". Add EM.

OR Client: "I am calmer". Therapist: "Notice how you did that" Add EM



## **5 Repeat pendulation without EM**

Ask your client to continue to move attention from the neutral/pleasant place to the distress place. Always start and finish in the in neutral/safe place.

## **6 Repeat pendulation with EM**

If the client reports a positive state-shift, add EM. Continue to pendulate with EM until there is a significant state-shift.

## **7 Assess end SUDs**

"On a scale of 0-10, how distressed do you feel now?"

## **8 Self-use**

When the client is ready or able, have the client pendulate on his or her own until distress has remitted.

You can have the client practice pendulation in daily life between sessions to practice calming their system and integrating work done during a session.