



# RESOURCE INSTALLATION (Full version)

## Identify issue

"I'd like you to think about a particularly challenging situation in your current life. Perhaps you are struggling with a particular person or situation in your life. When you think about this, what thoughts about yourself and what distressing feelings come up?"

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## Identify preferred state

"When you think about this situation, what qualities, resources, or strengths do you need?"

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What would you like to believe about yourself in this situation?

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How would you like to feel?

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What would you rather be able to do?"

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**Identify resource**

"Think of a time when you felt [ ] (e.g. strong, safe, confident, able to tolerate your feelings). Think of a time when you were able to behave with more [ ] (e.g. courage, self-trust, tolerance, flexibility). Try to remember a time when you have experienced yourself as [ ] (e.g. wise, professional)".

Or

"Think of people in your life now or in the past who possess or embody this quality. Think of whom you would want on your side helping you, cheering you on to feel [ ], (e.g. stronger, supported, more confident, etc.). Think about friends, relatives, teachers, caregivers, and therapists. Think of any people out there in the world who embody this quality who serve or would serve as a role model for you (e.g. public figures, characters in books, TV programs, films or cartoons). Think about people who have made a difference in your life. Think of someone or something that gives you hope or strength along the way. Are there any animals or pets that you associate with these positive feelings or qualities? "

## Strengthen Resource

"When you think about that [ ] (e.g. experience, person, symbol etc.) what do you see? -----

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What colours, textures do you notice? What is the temperature like? (Adjust it so that it is perfect). What sounds do you hear? What do you smell? "-----

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## Location of positive body sensation

"When you focus on [ ] (e.g. repeat a detailed description of the image as given by the client) and notice the [ ] (e.g. repeat the description of the sound, smell, sensation etc.), what feelings come up, or how do you feel now?

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Does it feel good as you focus on this image of [ ]? As you notice that it feels good, notice where you feel that in your body".



Or

"Imagine that person (e.g. for models or supportive figures) standing near you and offering you what you need. Imagine that he or she knows exactly what to say to you, exactly what you need to hear. Imagine merging with this person or stepping right into his or her body".

Or

"Imagine holding the resource (if it is a symbolic resource) in your hands. Imagine being surrounded by this image or feeling. Breathe this feeling in. Notice where you feel the positive quality in your body ".

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Continue with sets of bilateral stimulation as long as the processing appears helpful.

### **Strengthen resource**

The therapist strengthens the resource by repeating the descriptive terms for the image and its sensory qualities, in addition to the location of the feelings associated with the resource. Ask for a cue word/words or phrase

### **Add cue words or phrase**

Ask the client to focus on that image plus the words or phrase and notice the feelings. Add the eye movements with the instruction to just notice what happens. Hand taps or auditory sounds can be used in place of eye movements. Watch the client for changes. If the client looks distressed, stop

immediately. Otherwise, after the set, ask him/her what came up. If s/he reports that the positive feelings have become stronger, continue for 2 or 3 sets of bilateral stimulation.

Stop the bilateral stimulation when you feel that the resource has been strengthened. If at any time the processing becomes negative, stop immediately and consider choosing another resource.

The therapist can repeat this process for many different qualities that the client wants to develop and strengthen

### **Future template**

Help the client to imagine using the resource in different situations they have previously found difficult.

Ask client to bring up the image and cue words/phrase of the resource that they want to practice. Strengthen this until he/she can feel the positive feeling strongly in his/her body.

“As you feel these positive feelings, imagine

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(Being in the difficult or previously avoided situation)

“Notice what it would be like for you to deal with this situation differently”.

### **Additional resources**

The therapist can continue to develop these and other resources in future sessions until the client is ready to tolerate targeting dysfunctional material. Then in reprocessing sessions, first bring in as many positive qualities and resources as the client needs to be better able to address the dysfunctional material. If needed, strengthen these with eye movements or other bilateral stimulation.