

A BWRT extra routine



## **The Emergency Stop**

*This is designed to produce a rapid cessation of anxiety or other unpleasant emotional responses; it is not **designed** to produce a permanent fix but it appears that there are many situations where it might do that. It does not replace a destructive thought response or behaviour but simply puts a powerful interrupt in place. It is most effective when the emotional state is active and high, such as the commencement of a panic attack.*

It works best with a little preparation and the following, that can be conducted very quickly, is everything you need. It's written here in the way you might present it to a client:

Imagine a clock face, an analogue clock with an hour hand, a minute hand and a second hand. Think about the colour of the hands and the face and if there are numerals or markers. The clock is working and you can see the second hand moving – make it vivid.

Now send your mind to <client's troublesome memory> and make that as vivid as you possibly can and when it is as vivid as you can make it, zoom in quickly to what seems to be the most important part of it, the real nub of the situation.

Now freeze that memory solid, make it as though it's a 3D model frozen in time, in which you can move but nothing else can. Be inside it looking out, rather than outside it looking in. Freeze it solid. <Watch for the holding of breath here>

Now see the clock face and this time notice that the clock is stopped – the second hand isn't moving by even the tiniest amount. Focus on that clock that has stopped at that time, absolutely stopped... and as soon as you've focussed on it, open your eyes.

*As mentioned, this is a quick fix and won't necessarily work every time but experiment with it where you can and become totally conversant with the process.*

## **An alternative use**

*This is something I discovered only recently so is still experimental.*

We can stop a process, then restart it at will – this can be useful if, for instance, somebody has a private and irresolvable anxiety (sick relative, personal health issue or other energy-sapping circumstance) in which they need to totally suspend the 'care urge' for a time. For instance, a critical business meeting or an exam might need a clear head, while judgement can be impaired by personal anxiety. Yet, we *need* that care urge and its associated emotional and psychological components in order to retain what might be called our 'human connectedness.' As another example, actors could use it to suspend personal codes that might conflict with a role they are required to perform.

The process is the same as above but after the 'Freeze' moment we suggest to the client that they can walk out of the situation, leaving it behind them. When they want to restore it, they imagine the stopped clock, observe the frozen state, move into it and adopt it, then start the clock again.

As I say, this is experimental as yet but testing indicates useful possibilities.

**Terence Watts**