The Reboot Routine

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1. **Prepare the Replacement Behaviour.** Create a Rolling Road/Mental Video from the answer to **Question 20** in the questionnaire **('The best thing about being free').** This should be broadly disclosed in order to check the 2PF criteria, though it's permissible for the client to maintain a 'core of privacy' over intimate details, as long as they understand that if those details are not '2PF' the therapy might be compromised. (You should explain this 'core of privacy' notion to the client before starting this part of the process.) This allows them to include, for instance, sexual physical responses which might embarrass them and therefore create resistance if they had to discuss them. *It's up to your judgment to decide how much the client <u>must</u> disclose.*

2. **Prepare the Future Memory.** Ensure that the client still understands how the 'future memory' is constructed and ask them if they can just think about the day they will be imagining for a moment. Clarify the idea if necessary, wait for confirmation, and then ask them to close their eyes. (This 'future memory' can be anything that shows how the client is 'mended')

3. **Activate the Initial Image .** The image must be dynamically active and involved in the associated behaviour. *It is important that this image is dissociated, viewed as if from an external viewpoint. This helps to view the old identity as 'belonging to someone else, not really me,' and begins to loosen the grip it has on the psyche.* Now ask the client to <u>hold it in their mind</u> while you count from 10 down to 0 and when you get to '0' to **zoom in to the most uncomfortable part** of what they are seeing/thinking of and **freeze it**. Count at 1 second intervals, increasing the sense of anticipation as you approach the '0' – and when you get there, raise the energy sharply: *"And now freeze it! Freeze that image solid. Just nod your head once/lift your finger when it's frozen like that."* You should see the momentary hold of breath that is commonly associated with the freeze and as soon as the client gives the signal, continue immediately. The PAL might change as a result of the dissociation – either up or down – but this is not especially important; your counting downwards will encourage it to drop, though it's unlikely that the client will realise that.

4. **The Adoption.** Now use intensity as you say to the client: *"And now just see yourself walking out of that place, just walking out of that frozen image, leaving everything else there, frozen for all time, just an empty frozen shell of what used to be, and as you walk out of it it's as if you can suddenly see yourself becoming this wonderful new self. You can see it written all over your face! You feel terrific! Now zoom in to that new self so that it seems as if you're looking out through your eyes, that you have all at once actually become that new self, that you **are** the new you for the whole world to see! **Tell me when it seems just like that**."* Wait for the confirmation and encourage if necessary. Some positive emotional response is needed here if you're to get the best out of the therapy session.

5. Continue <u>at full speed now</u>: ***"Now start that Mental Video rolling,*** *make it as vivid as you can, whether you're seeing it in your mind's eye or just somehow imagining it… make it as real as you possibly can so that every single one of those neural pathways in your brain are carrying that image right into your mind, into your body, filling every single tiny particle of the moment of **now** where you are right there…"* etc. continuing just as in the Level 1 work, through the **Future Memory** looking back, then:

6. *"**And now hurtling back to that empty frozen shell of what used to be**, leaving it behind and delighting in the new you, that new you that becomes stronger and more vivid every time you think about it or imagine it, that new you who's enjoying life to the full and noticing everything about that mental video every single one of those neural pathways in your brain carry that whole idea right into the depths of your mind, into every cell and pore of your body, filling every single tiny particle of the moment of **now** where you are right there so that you can really **feel** that new you all the way out to the very boundaries of you, maybe just to your skin or perhaps filling the whole room with this wonderful sense of the new self that is the new you, and **shooting** that feeling all the way forward now to that future day when you're remembering the exact moment you knew your new life had started and now,"* Back to the start of this segment (6) and continue 6 more times.

7. **Resting Phase** exactly as standard.

8. **Consolidation Phase** exactly as standard

9. **Debriefing Phase** – here the client may well tell you exactly what they did in the beginning (at 1, above) but it's really just a double-check to make sure they've not added or deleted anything. If the **Replacement Behaviour** is substantially different and is *also* 'non 2PF', then there is a need to run the routine again – no need to check the PAL though, since at this stage it's immaterial. It could even be at '0' but if the replacement was not 2PF there is vulnerability.

10. **A Trigger Guard** goes here to offset possible recidivism. Remember preparing the client immediately after stage 9 has been shown to be most successful. More on this later but you will use: *"Now we're going to add in another set of loops, smaller this time, to help prevent you getting accidentally triggered back into the same behaviour pattern again. Is that ok?"* It should go without saying that you <u>must</u> get a 'yes' here.

11. **PAL test** seek to retrigger, exactly as in the normal way.