

The Unlock Routine



1. **Original self-identity.** Ensure the client can still access this and also the worst part of it as given in Question 1 of the questionnaire (or the client worksheet if this created a change.) Check if it is still at the level of PAL 1 (as close to 10 as possible) from the questionnaire or if it has changed. If it has dropped, you will need to get the client fully focussed again, to recover PAL 1 to at least 8, since any change created solely by the questionnaire is not likely to be long lasting.
2. **The perfect/ideal self.** Ensure the client can access the image of the perfect self they created in the last session (read back what they created at Question 13) and check to see that it is still at PAL 2 or if it has changed. At this point, the client can create any change to the image he or she wishes, even an entirely new 'self' as long as it still complies with the '2PF' concept. PAL 2 must be at least as high as PAL 1.
3. **Create The Mental Video.(Rolling Road)** Create a 'mental video' of the new self-identity looking and feeling good in some '**ordinary**' situation such as strolling through a park, making a cup of tea, sitting watching TV, gardening, shopping – any minor/benign activity at all other than any behaviour that could be directly associated with, or opposing, the presenting difficulty (we need to keep clear of the problem during this unlocking routine.)
4. **Create The virtual future memory.** Introduce the idea - you can use something like: *"Can you imagine one day next week when you're looking back to the moment when you discovered how brilliantly this therapy had worked?"* On confirmation: *"Excellent – we'll call that your future memory."*
5. **Commence working.** Ask the patient to close their eyes now and think vividly about their current image of self (the original self-identity.)
6. **Wait state/ Freeze** Ask them to zoom in on the worst part, (as in 1, above) and create the standard 'Wait State'/Freeze.
7. **The Rolling Road mental video.** Ask the client to replace the frozen image with the mental video, keeping it going until you ask them to stop.
8. Bring the patient to **now**
9. Straight to the Future Memory
10. **Loops.** Continue with the standard L1 looping process through old frozen memory, mental video, now, Future memory etc. X6loops
11. **The retest.** After final 'now' (slowing right down), test PAL 2 (Perfect/Ideal Self) again; if it's lower than it was, use interactive reinforcement to raise it as high as possible. Otherwise continue.
12. **Resting phase, Consolidation.** As normal. (Opening eyes after resting phase)
13. **Test.** Seek to trigger the original image of self (should be weak; might be absent.)

NB: No debriefing stage is necessary here, since all work at this stage has been disclosed.