



## Trauma Shifting

### Step 1 – Identify the negative experience

*“What’s the negative experience?”*

Write it down in a few words.

NEGATIVE EXPERIENCE

### Step 2 – Identify the stuck identity

*“Please close your eyes and keep them closed throughout the rest of the process”*

*“Think about and feel the negative experience”*

*“Let your mind go to the worst part of the experience... now freeze it there. Keep feeling this frozen moment... what kind of person are you being in this moment?”*

IDENTITY

### Step 3 – Dissolve the stuck identity

A. *“Feel yourself being (IDENTITY)...as (IDENTITY) what do you want?”*

B. *“Feel yourself being (IDENTITY)...exaggerate the feeling of it and tell me the first thing that you notice about it”*

C. *“Now feel yourself achieving your goal of (GOAL), imagine whatever you need to imagine in order to achieve that goal in your mind and tell me when you’ve done it.”*

D. *“What’s the first thing you notice about it?”*

E. *“Have you fully achieved your goal of (GOAL)?”*

If NO repeat instructions B-E of this step.

If YES proceed to Step 4.

GOALS (OF THE IDENTITY)

### Step 4 – Check if the identity has been released

*“Can you still feel yourself being (IDENTITY)?”*

If NO proceed to Step 5 / If YES repeat Steps 3-4 starting at instruction A of Step 3.

### Step 5 – Check the negative experience

*“Take your mind back to the frozen moment which was the worst part of the negative experience.*

*Does it still feel like a problem to you?”*

If YES repeat Steps 2-5.

If NO either finish the process or go to Step 6 to dig deeper.

### \*Step 6 – Dig deeper (optional)

*“Is there anything else about this that is still a problem for you?”*

If YES first help the client to define the problem into a few words. If the client describes another negative experience then use Trauma Shifting on it, but if they describe a problem as opposed to an event, use one of the Mind Shifting methods for dissolving problems.

If NO proceed to Step 7.

### Step 7 - Integration questions

- Ask questions from the integration questions handout.