

SAT Protocol 1: Recalling significant early memories

1. In a quiet place, look at your happy and unhappy photos, interact with your avatar in different emotions and recall positive and negative childhood memories and your early relationships in the family.

SAT Protocol 2: Becoming intimate with your Child

1. With your eyes closed, first imagine your *happy* photo/avatar, imagining that the Child is near you.
2. Now imagine you are embracing the Child.
3. Now imagine you are playing with the Child, e.g. a game that you played as a Child.
4. Now imagine you are dancing with the Child.

Reflect on how you feel in each phase.

Next,

1. With your eyes closed, imagine your *unhappy* photo/avatar, imagining that the Child is near you.
2. Now imagine you are embracing the Child.
3. Now imagine you are consoling the Child.
4. Open your eyes and put on the Google Cardboard. Set a negative emotion (sad, angry, fearful or disgusted) on your avatar. Then click on "Auto Emotion" and by staring at your Child avatar imagine you are reassuring and comforting your Child which makes them happy and eventually dance.

Reflect on how you feel in each phase.

SAT Protocol 3: Singing a song of affection

1. Print several copies of the happy photo to display in different areas at home, at work, and in your wallet.
2. Consider setting its digital image as your background on your phone and laptop.
3. Select a song with lyrics that you like that invokes feelings of warmth, affection or love.
4. Learn the song by heart and sing it as often as you can each day.
5. While looking at the happy photo/avatar, sing or recite part or all the selected song, to establish a deep emotional bond with your Child in your mind.
6. Start quietly; then, over time, allow your voice to become louder over time while using more of your body (e.g. shaking your shoulders and hands, and lifting your eyebrows up and down).
7. Imagine that in this way, like a parent, you have a loving, passionate dialogue and are joyfully dancing and playing with the Child.

SAT Protocol 4: Expressing love and care for the Child

In the process of caring for the Child, it is important to communicate by speaking out loud, to create an emotional bond with them and help them towards higher levels of emotional maturity.

Even though we cannot see our Child, the area of our brain that relates to long-term memories can hear our voice and recognize its kind content.

In childhood, speaking to oneself in a loud voice plays an important role in emotional and cognitive development and the establishment of an internal dialogue. During school years, discipline often leads to the elimination of talking out loud with oneself. Often, this is also suppressed at home. Research shows that adults who speak out loud with themselves when solving cognitive problems are often more successful. Thus, speaking to oneself out loud, whether as a Child or an adult, is a sign of emotional and cognitive maturity and not a sign of madness.

1. While genuinely smiling at the happy phot/avatar, loudly say to your Child:
 - a. "I passionately love you and deeply care for you."

SAT Protocol 5: Pledging to care and support our Child

Humans share with all mammals an innate and fundamental capacity to care for a Child.

1. In this exercise, you start to care for your Child as our own real Child.
2. You attribute and project your own emotions to the Child using the photos or the avatar.
3. As your adult self, you begin with a pledge you make at an especial time and place that you plan. After reading the pledge silently, you confidently pledge out loud the following:

"From now on, during this therapy, I will seek to act as a devoted and loving parent to this Child, consistently and wholeheartedly care for them in every way possible. I will do everything I can to support the health and emotional growth of this Child"

SAT Protocol 6: Restoring our emotional world after our pledge

House building is a key activity of humans and a fundamental game for Children. Building a dream house is a symbol of building a self.

1. Through imagination or by drawing, you now consider your emotional world, which is the emotional state of the Child, as a home with some derelict parts that you will fully renovate.
2. Some of the rooms of the new home are intended to provide a safe haven at times of distress for your Child; others establish a safe base for your Child from which to understand and tackle life's challenges.
3. The new home and its garden are bright and sunny; you imagine carrying out these self-attachment exercises in this environment.

SAT Protocol 7: Maintaining a loving relationship with your Child

1. Choose a short phrase such as "You are my beautiful Child".
2. Say it slowly, out loud at least 5 times as you look at the happy photo/avatar.
3. Then sing your favourite chosen song, or your favourite line from it, at least 5 times. As previously, increase your volume and begin to use your whole body.

SAT Protocol 8: Creating zest for life

1. While looking in a mirror, imagine your image to be that of the Child emotionally, then begin to loudly sing your previously chosen song. As previously, increase your volume and begin to use your whole body.
2. Do this twice now and then as many times as possible in different circumstances during the day, such as while on the way to work or while cooking dinner, to integrate them into your new life.
3. When singing your favorite song becomes a habit of yours, it becomes an effective tool for enhancing positive effects and managing emotions.

SAT Protocol 9: Enjoying nature

Children's early attachment to Nature plays a fundamental role in their physical and mental health and in their pro-environmental outlook in life.

1. Creating an attachment to nature for your Child is an effective way to increase joy and reduce negative emotions. On one day this week, go to a local park, wood, or forest. Spend at least 5 minutes admiring a tree, attempting to appreciate its real beauty as you have never previously experienced.
2. Repeat this process, including with other aspects of nature (e.g. sky, stars, plants, birds, rivers, sea), until you feel you have developed an attachment to nature that helps regulate your emotions. Achieving this will help you want to spend more time in nature after this course of therapy ends.

SAT Protocol 10: Overcoming your current negative emotions

These exercises are meant to contain your current negative emotions – such as anger, rage, fear, sadness, loss and anxiety– in relation to partners, family, friends, work, or society.

By projecting your negative emotions onto your Child, you connect to your Adult self, who, given the pledge already made, now attends to the problems of your Child supporting your Child and reducing your Child's negative emotions.

The reassuring and self-massage part of the exercise helps you to contain the negative emotions by releasing hormones called serotonin, oxytocin and vasopressin, which help to reduce negative emotions.

1. With closed eyes, imagine the unhappy photo/avatar and project your negative emotions to the unhappy photo/avatar representing the Child.
2. While doing this:
 - (i) loudly reassure your Child, and
 - (ii) give your face/neck/head a self-massage (by removing the Google cardboard if necessary);
3. Repeat these steps until you are calmed and comforted.

SAT Protocol 11: Overcoming past pain

Childhood trauma can lead to strong patterns of emotional and behavioural problems.

At this stage of self-attachment therapy, you can reprocess your traumas, starting with less severe scenarios, challenging negative episodes, and replacing them with positive patterns.

In self-attachment, you initially gain the skills to enhance your positive emotions before tackling childhood traumas through revisiting and reprocessing them.

These sessions are repeated for different types of traumatic patterns and scenes, from the less severe to more severe cases, until they are effectively processed emotionally, and new neural patterns are experienced in relation to them.

1. With closed eyes, you recall a painful episode from your childhood - such as emotional or physical abuse, or loss, with all the details you still remember; associating the face of the Child you were in the past with the selected unhappy photo/avatar.
2. As soon as recalling the associated emotions such as helplessness, humiliation and rage, with closed eyes you imagine your Adult intervening in the episode by:
 - (i) Approaching your Child quickly as any good parent with their Child in distress.
 - (ii) Loudly reassuring the Child that you have now come to save them, by standing up with a loud voice to the perpetrator, for example: "Why are you hitting my Child?", and, by supporting the Child with a loud voice, for example: "My darling, I will not let them hurt you anymore."
 - (iii) Imaginatively cuddling your Child, by a face/neck/head self-massage, and
 - (iv) Repeating (i), (ii) and (iii) until you feel comforted and soothed.

SAT Protocol 12: Muscle relaxation and playful face

1. Just as negative patterns can cause rigidity in your mind and behavior, they can also lead to rigidity in the muscles of your face and body, which can limit the emotional development of your Child and the ability to laugh.
2. It is therefore vital to loosen up facial and body muscles as you sing your selected songs to simulate and encourage the spontaneity of your Child with a playful face.
3. Loosening the body and mind at least twice a day you systematically engage in playing, dancing, laughing and having fun with your Child as parents do with their Children.

SAT Protocol 13: Laughing on your own

1. Think of something you have accomplished recently, e.g. doing household chores, having a conversation with a neighbour, or reading an article.
2. Begin by smiling at the thought of this as an achievement, then once you are comfortable, begin to laugh for at least 10 seconds, even though at first this may make you feel self-conscious.

SAT Protocol 14: Laughing with your childhood self

1. Looking at your happy photo/avatar, smile and then begin to laugh for at least 10 seconds. Repeat this process at least three times.

SAT Protocol 15: Creating your own brand of laughter

1. At a time when you are alone, open your mouth slightly, loosen your face muscles, raise your eyebrows, then slowly and continuously repeat one of the following tones, each of which uses a minimum amount of energy:
 - eh, eh, eh, eh; or ah, ah, ah, ah; or oh, oh, oh, oh; or uh, uh, uh, uh; or ye, ye, ye, ye
2. If you need a subject to laugh at, you can laugh at the silliness of the exercise!
3. Once this continuous laughter becomes a habit, you would be able to shape it according to your personality and style to create your own brand of laughter.

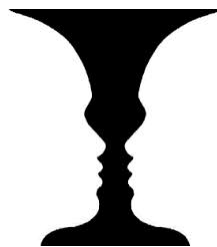
SAT Protocol 16: Learning to change your perspective

When you get deeply stuck in patterns of negative emotion, it is like staring at the vase in the figure above, which is full of dark and negative emotions. The more you stare at it, the more you get drowned in its negativity. It is like seeing a glass half-empty instead of half-full.

However, having acquired some mental flexibility in the previous exercises, your attention can now be switched away from seeing the black vase to the two white faces.

1. Stare at the black vase above and laugh for one minute the moment your perception changes and you see two white faces looking at each other.
2. Stare at the two white faces and laugh for one minute the moment your perception changes and you see the black vase.
3. Repeat (1) and (2) at least twice.

Picture of the Gestalt vase:



SAT Protocol 17: Learning to be playful about your past pains

1. On days 1-3, in the week ahead, visualize a painful event that took place in the distant past that you have struggled with for a long time, and despite its painfulness, try to see a positive impact it has had.
2. Use any of the four rationales for humour to try to laugh at the event.
3. On days 4-7, apply the same process to a recent memory (less than one year ago).

SAT Protocol 18: Identifying our personal resentments and acting them out

You will gradually be able to carry out the exercises with eyes open rather than closed, and can integrate most of them into your daily life.

Your Adult is now gradually able to extend the compassion they had for the Child to other people too.

Your Adult slowly becomes aware of some narcissistic tendencies and your Child acting out anti-social feelings like envy, jealousy, greed, hatred, mistrust, malevolence, controlling behavior and revengefulness.

Acting out these negative emotions wastes a great deal of time and energy which is non-conducive to your creative work.

1. Try to identify any pattern of narcissistic and anti-social feelings that your Child has acted out in your current or past relationships or any long-term resentment borne against someone. Try to recognize how much of your time and energy is consumed in such acting out and bearing resentment.

SAT Protocol 19: Planning more constructive actions

1. Work out a new way to handle, in future, what you have identified as acting out anti-social feelings or bearing personal resentment in your life.
 - (i) Without denying these feelings, try to reflect and contain them and avoid acting them out and. Try to let go of the personal resentment. This may be hard and challenging but it is necessary for emotional growth. Here, you are taking a critical but constructive stance towards your Child and exercising foresighted compassion.
 - (ii) Find a positive way of re-channeling the aggressive energy invoked by these feelings to productive work (e.g., going for some exercise, talking to a friend, etc.).

SAT Protocol 20: Updating our beliefs to enhance creativity

1. Here, you challenge your usual ideological framework to weaken any one-sided patterns and encourage spontaneity and the examination of issues from multiple perspectives.
2. Practice this with subjects or themes that you have deep-rooted beliefs about and are interested in. This may include any social, political, or ethical issue, such as marriage, sexual orientation or racism. For example, whatever your political viewpoint on a specific subject is, consider the subject both from a liberal and conservative or from a left-wing and right-wing point of view and try to understand both sides of the issue and challenge your dominant ideological framework. This does not mean that you would change your viewpoint, but it allows you to see the subject from different perspectives and to be able to put yourself in other people's shoes.

Consider a different question or issue daily for at least 5 minutes.

SAT Protocol 21: Practicing Affirmations

Role models and inspirational quotes play a key part in social and emotional growth of Children and adults. Affirmations by your role models can help you to be patient and show perseverance in dealing with problems and challenges, and not to lose hope in response to setbacks in pursuit of your goal.

1. Put together a list of inspirational affirmations by figures you admire.
2. Choose the three that inspire you most.
3. Read them out and repeat slowly for at least 3 minutes.