

# Control group session transcriptions

## Participant C01

00;00;00;00 - 00;00;23;24

Facilitator

Okay. I'm gonna record us again. I'm going to leave the chair next to you so you can get up in case you need to hold on to it. Makes it easier for you.

00;00;00;00 - 00;00;23;24

C01

Okay. Thank you so much. I appreciate the kinship.

00;00;00;00 - 00;00;23;24

Facilitator

Okay, So I don't know if you remember what we did the last time?

00;00;00;00 - 00;00;23;24

C01

Yes.

00;00;00;00 - 00;00;23;24

Facilitator

I want you to kind of go back into that space and just relax your body.

00;00;23;26 - 00;00;48;15

Facilitator

Relax your body and one of the reasons we want you to lie on the bed is because it allows your body to kind of go into a passive state. And that allows you to become aware of what your body's feeling. More specifically, and then become aware of how your body feels and all the sensations around you so how you feel lying on the mattress.

00;00;48;18 - 00;01;29;18

Facilitator

Remember, we on a campus so the noise levels fluctuate. Ignore all of that and just stay with my voice and what your body's feeling. And then I want you to very slowly, picture a door in front of you again. And as part of the picture in your mind. Think about the space it may be in if there is or is not anything around it, the colors in that space of the space and the door itself, the materials that the door is made off the handle, all of that detail, just take a minute and create a full picture in your mind of what you see today.

00;01;29;25 - 00;02;42;05

Facilitator

Here now. And then I want you on the door to visualize your name on the door. You must think of all the detail that goes with that, the font it may be in, the colors, it may be in the size, the placement whether it's higher up or lower down. And there's absolutely no right or wrong. We just want to open your mind to create the picture.

00;02;42;08 - 00;03;52;25

Facilitator

And then importantly, you want you to ask yourself, how does your body feel? What emotions come up for you when you look at this, this image of you, your name on the door. Can you think of emotions that come up? Think of all the emojis on your WhatsApp which one would you choose for this or any other emotion? If you can't think those. Any specific emotion that you can name?

00;02;42;08 - 00;03;52;25

C01

Just sort of a feeling of comfort.

00;03;52;25 - 00;04;26;00

C01

It's just it's just it's like a slight comforting smile.

00;03;52;25 - 00;04;26;00

Facilitator

That's actually a very nice response. What I want you to think about is where in your body. Do you feel that sense of comfort? Which area of your body, some emotions you'll feel in the pit of your stomach or in your tummy in general, some emotions you feel in your head or your heart area or your arms or your hands, or legs maybe calves or thighs.

00;03;52;25 - 00;04;26;00

C01

You know, just sort of like in the chest area.

00;04;26;03 - 00;04;52;19

Facilitator

Okay. So what I want you to do, is I want you to just stay with that feeling, that comforting sensation. Why you do this? Sometimes you find that, in, that feeling in your in your chest area, you will get stronger. Or it will get weaker or it will change to something different or it will move to another part of your body.

00;04;52;22 - 00;07;25;21

Facilitator

Anything it does is fine. There's, again, no right or wrong. I just want you to experience it. That's the key word for me. Feeling in your chest feeling.

00;04;52;22 - 00;07;25;21

C01

It feels like it's moved more to my feet or toes.

00;04;52;22 - 00;07;25;21

Facilitator

I want you to still stay with it while you stay with it, if there's any thoughts, memories, or even sensations, a taste, a smell, a sound.

00;07;25;21 - 00;08;02;01

Facilitator

A song that comes to your memory. You're welcome to share it with me.

00;07;25;21 - 00;08;02;01

C01

It just feels like... there's some sort of a just like a fire burning like a fireplace or the fire. Hearing crackling sounds of the wood.

00;07;25;21 - 00;08;02;01

Facilitator

Tap into that, go with it, go with that sensation and ask yourself when you're in a space where you can feel that, that warmth of a fire place and the crackling.

00;08;02;03 - 00;08;17;19

Facilitator

How does your body feel?

00;08;02;03 - 00;08;17;19

C01

Just feels sort of like warm and relaxed. Warmth in the sense of like comfort or...

00;08;02;03 - 00;08;17;19

Facilitator

And where you feel that comfort? That warmth?

00;08;17;22 - 00;08;52;18

Facilitator

It's a great form of protectiveness.

00;08;17;22 - 00;08;52;18

C01

Yeah, just sort of like around the the upper arm area.

00;08;17;22 - 00;08;52;18

Facilitator

Okay, I want you to stay with that emotion, feel that feeling, that physical feeling in your upper arms, because what we activating is subconscious strength. There was something or someone in your life, in your early life that provided a great comfort to you that in throughout your life will probably be one of your greatest assets.

00;08;52;21 - 00;09;35;19

Facilitator

There are probably challenges for you as well, but this will be one of the greatest assets so let's tap into it and just stay with it. I want you to immerse yourself in that feeling of comfort. Picture yourself going a shrunken version of you going and sitting inside those areas in your arms you said you moved your feet or your chest.

00;09;35;21 - 00;13;00;11

Facilitator

Where ever it still is. It's okay if it moves around. Now picture yourself going into that space, into your own muscles. And I just want you to experience that feeling deeply. Don't force anything. Just stay there. That will allow you to experience it deeply. Again, if anything else does come up, you are welcome to share it. But otherwise just stay with that feeling.

00;09;35;21 - 00;13;00;11

Facilitator

How's your body feeling?

00;09;35;21 - 00;13;00;11

C01

Just very relaxed.

00;09;35;21 - 00;13;00;11

Facilitator

Okay. I want you to try and let that feeling of relaxation. Where is the starting point?

00;13;00;11 - 00;16;36;25

Facilitator

Where do you feel it now?

00;13;00;11 - 00;16;36;25

C01

my toes.

00;13;00;11 - 00;16;36;25

Facilitator

In your?

00;13;00;11 - 00;16;36;25

C01

Toes.

00;13;00;11 - 00;16;36;25

Facilitator

Okay, so which means it's moving throughout your body. I want you to deliberately allow it to move where ever it wants to move. If it moves through your whole body, that's great too. You don't have to force that. Just allow it to move where ever it wants to move.

00;13;00;11 - 00;16;36;25

Facilitator

Just as we close off. I want you to go back to that crackling sound and the comfort of the space that your door created.

00;16;36;28 - 00;18;08;09

Facilitator

It's yours. Then I want you to thank your body, caused it shared valuable information to us. With us today. And tell your body, that you'll come back to that comfort when you can help you. On days when they need it. And then very slowly I want you to start becoming aware of yourself here in this space with me again. You don't need to rush your body. When you're ready if you open your eyes and very slowly sit up.

## Participant C02

00;00;00;00 - 00;00;22;28

Facilitator

Okay, so just for future reference, there's no right or wrong with this. We've had of all the trial sessions we've had and the two we've had this morning, I've gotten two completely different responses with the exact same stimuli. The one went into a very fear based response language in a very safe space. And that's just okay. It's just where

00;00;22;28 - 00;01;00;06

Facilitator

Your mind will choose to take you where your mind takes you. Depends on a hundred different factors, such as what you had for breakfast, whether you had breakfast or not, what your drive here was like, yeah, etc., etc., etc.. So there's nothing specifically looking for, I do hope. Or what I try to aim for is, uhm, I think it's very helpful for you guys to be working on the study with us and I try to manage the process in such a way that you take something away as well.

00;00;22;28 - 00;01;00;06

C02

Cool.

00;00;22;28 - 00;01;00;06

Facilitator

Okay? So good so we can ask you to lie down again also.

00;01;00;09 - 00;01;31;01

Facilitator

Okay, that's fine if you want to sit in a chair also, that's okay. Where ever you're comfortable, as long as you're comfortable. You can move that if you prefer, you can also put the blanket over you. If you want to sit.

00;01;00;09 - 00;01;31;01

C02

I'm going to consider all three. That chair... than the most comfortable. But let me just...

00;01;00;09 - 00;01;31;01

Facilitator

Oh, you're welcome to do that. Let me confirm for you that the as long as you're comfortable, we can also do this.

00;01;31;04 - 00;02;05;24

Facilitator

So does that help? Now you have to take the blanket. Feel like you have to. Yeah. Okay. Okay. Oh, okay. Um, let's discuss the first space session to get you comfy.

00;01;31;04 - 00;02;05;24

C02

Okay, awesome.

00;01;31;04 - 00;02;05;24

Facilitator

Okay, so. So very similar to what we did. The last time. I want you to close your eyes and relax. Just relax your body if you need to.

00;02;05;24 - 00;02;28;23

Facilitator

wiggle around to find a comfortable position. So you're welcome to do that. Um, and I just want you to become aware of your body.

00;02;05;24 - 00;02;28;23

C02

Okay.

00;02;05;24 - 00;02;28;23

Facilitator

So you feel a sensation of the wall behind you. Maybe or the softness of the pillow whichever your body is going to tap into. Doesn't matter. Um, there's the feeling of the soft blanket under your hands.

00;02;28;26 - 00;02;55;28

Facilitator

Just allow your senses to become aware of that, become aware of the feeling of your feet inside your shoes as well. That's usually very good for a brain because it's a sensation we feel every day, but we're rarely aware of it. And then I want you to visualize a door in front of you. The door may have a space around it or maybe the door alone.

00;02;55;28 - 00;03;20;27

Facilitator

There's no right or wrong. Remember, what we're aiming for is what ever your mind produces.

00;02;55;28 - 00;03;20;27

C02

Uh huh...

00;02;55;28 - 00;03;20;27

Facilitator

That's the correct answer right. So picture, the door picture whether there is any other space around it or functions around it or not. Um, what colors are on the door or around the door what the material or what door material is made on the handle of the door.

00;03;20;28 - 00;04;20;29

Facilitator

The detailing is there is any or not. Take a minute just to create that picture in your mind, and as you create that picture, whatever your mind creates put it together and then picture on the top of the door. I want you to picture or anywhere on the door for that matter, but picture your name. And again, let's detail that and look at what font it's in, what size it's in where it's placed on top at the bottom on the middle to the left to the right, whatever your mind automatically did just add that to your picture.

00;04;21;01 - 00;05;11;14

C02

Okay.

00;04;21;01 - 00;05;11;14

Facilitator

And just stay with that picture for for a few seconds. As you sit with a picture, that image in your mind, we want you to ask yourself what emotions does this picture bring out for you. If you can't think of specific emotions, use your emojis to help you think of the entire scope of all the emojis. Ask yourself which one or ones, whether it's one or more than one emotion.

00;05;11;17 - 00;05;45;00

Facilitator

Would you link to this picture that you've created of this door, how's that space feel like for you, what emotion does it bring out for you?

00;05;11;17 - 00;05;45;00

C02

Uhm... can I answer?

00;05;11;17 - 00;05;45;00

Facilitator

Yes.

00;05;11;17 - 00;05;45;00

C02

Is it okay if the door's based on a memory?

00;05;11;17 - 00;05;45;00

Facilitator

Yeah yeah. That is what your mind has created so that's perfectly fine.

00;05;11;17 - 00;05;45;00

C02

Cool, then, I guess happy or excited this particular door's from when I was on holiday, so it was an exciting time.

00;05;45;03 - 00;06;18;01

Facilitator

Okay, now what I want you to focus on this time is that feeling of happy. Or all of those memories associated with that holiday, where in your body do you feel that emotion of happiness. Sometimes we feel emotions in our stomach in the pit of our stomach, sometimes or, you know, arms or fingers or something in your legs. Your feet your toes your heart your chest.

00;06;18;04 - 00;06;43;17

Co2

I think my chest.

00;06;18;04 - 00;06;43;17

Facilitator

Okay. So here's the key part for me. The process. I want you to experience that and I want you to stay with it. So just sit with it. Sometimes when you stay with that emotion, with a feeling in your body, sometimes it gets stronger, sometimes it gets weaker, sometimes it changes to something else or moves to a different part of your body.

00;06;43;20 - 00;09;43;16

Facilitator

All of that is fine. Anything your body does is fine. Our job here today is not to contain your body or specify what it must feel. Our job today is purely to listen to what your body wants to do. So stay with that emotion and let it do whatever it wants. Maybe it will change. Maybe it won't. Doesn't matter at all.

00;09;43;19 - 00;10;12;24

C02

I think it's sort of hard to stay focused on the image of the door, but I think it's definitely emotions that flow. So...

00;09;43;19 - 00;10;12;24

Facilitator

What I want you to focus on is that emotion that was in you said it's in your chest.

00;09;43;19 - 00;10;12;24

C02

Yeah.

00;09;43;19 - 00;10;12;24

Facilitator

What is that doing? Has that changed, is it the same?

00;09;43;19 - 00;10;12;24

C02

That's I think mostly the same.

00;09;43;19 - 00;10;12;24

Facilitator

Okay.

00;10;13;02 - 00;10;41;04

Facilitator

Yeah.

00;10;13;02 - 00;10;41;04

Facilitator

If it's flowing through your body, you said something about flowing...?

00;10;13;02 - 00;10;41;04

C02

Yeah. So especially when you sit still or when I sit still and I try to focus on something, I kind of try and get, try to let it flow through you so that it's not all concentrated in one place.

00;10;13;02 - 00;10;41;04

Facilitator

That's really nice actually.

00;10;13;02 - 00;10;41;04

C02

Um, so yeah, I guess the emotion itself, I don't feel like a change, but I feel like it's not still in my chest.

00;10;41;07 - 00;11;04;15

C02

I think it's moved a little bit, maybe down my hands.

00;10;41;07 - 00;11;04;15

Facilitator

Okay. So stay with that. As you do this, you just need a few more minutes, right.

00;10;41;07 - 00;11;04;15

C02

Okey dokey...

00;10;41;07 - 00;11;04;15

Facilitator

As you do this, if any thoughts, memories or even sensations, a taste a smell, a song, a sound, anything comes up for you. A person? You're welcome to share it with me.



00;11;04;18 - 00;11;36;03

C02

Oh, okay.

00;11;04;18 - 00;11;36;03

Facilitator

And if nothing does that's perfectly fine.

00;11;04;18 - 00;11;36;03

C02

Okay. You say you want me to continue or do you want me to...

00;11;04;18 - 00;11;36;03

Facilitator

Did anything come up?

00;11;04;18 - 00;11;36;03

C02

Oh, totally.

00;11;04;18 - 00;11;36;03

Facilitator

Okay. Let's talk about that...

00;11;04;18 - 00;11;36;03

C02

Sure. So, um, a lot of the, well this particular door was a church door to and I loved visiting churches when we were in Paris. Um, but this one was in Dusseldorf.

00;11;36;05 - 00;12;04;21

C02

Um, but it just reminded me of when we were in Paris and it brought up this memory of me and my friend running into a different church.

00;11;36;05 - 00;12;04;21

Facilitator

Okay. That memory of you being with your friend and, I'm gonna call it church hopping, how does that make you feel? What what emotion does that memory bring up for you?

00;11;36;05 - 00;12;04;21

C02

Yeah, it was exciting, but also stressful because we were a little late.

00;12;04;24 - 00;12;30;06

Facilitator

So I want you to tap into that day that moment that those emotions and exciting and then the stress, it's it's not the greatest stress, but it is stressful.

00;12;04;24 - 00;12;30;06

C02

Right.

00;12;04;24 - 00;12;30;06

Facilitator

Um, and I want you to ask yourself, where in your body do you feel that it was stress, almost a slightly positive stress because it wasn't a survival stress and going...live or die stress.

00;12;30;08 - 00;13;02;15

C02

Yeah. Yeah. Um, I think that's very much also in my chest.

00;12;30;08 - 00;13;02;15

Facilitator

Okay.

00;12;30;08 - 00;13;02;15

C02

Yeah. And maybe my throat a little bit.

00;12;30;08 - 00;13;02;15

Facilitator

Is it the same feeling or a different feeling.

00;12;30;08 - 00;13;02;15

C02

No. Definitely a different feeling.

00;12;30;08 - 00;13;02;15

Facilitator

So what I want you to do is I want you to stay with that feeling.

00;12;30;08 - 00;13;02;15

C02

Okay...

00;12;30;08 - 00;13;02;15

Facilitator

Picture yourself tiny version of you, shrunken version of you going into your chest and sitting in the muscles in that space of your chest and just

00;13;02;17 - 00;13;30;21

Facilitator

Experiencing, what that feeling feels like, what that sensation in your chest feels like. I don't want you to influence that feeling, I don't want you to distract yourself or make it go away or anything like that. I want you to stay with it. Our key here is for you to experience how emotions feel in a physical level.

00;13;02;17 - 00;13;30;21

C02

Okay...

00;13;02;17 - 00;13;30;21

Facilitator

And if you do, if you try and change the feeling, you're not gonna do that.

00;13;30;26 - 00;18;17;08

Facilitator

So stay with it that's your key word.

00;13;30;26 - 00;18;17;08

C02

Okay.

00;13;30;26 - 00;18;17;08

Facilitator

Just stay it whatever that feeling does follow it. Anything else that's coming up for you?

00;13;30;26 - 00;18;17;08

C02

Yeah. Um, so, I mean, I guess do you want me to describe what that feels like or...

00;13;30;26 - 00;18;17;08

Facilitator

You can tell me the thought or the memory and then what it feels like...

00;13;30;26 - 00;18;17;08

C02

If I think of it, it's very much the same day, though I do think that, like, the more I do all, I'm trying to keep that sort of excited stress emotion going.

00;18;17;10 - 00;18;50;24

C02

Um, it, it very, um, yeah, it kind of feels like, I don't know if you to explain it, but they're very, um, they're very close to that sort of not too intense anxiety, but that sort of slight anxiety. Um, but that's very much...

00;18;17;10 - 00;18;50;24

Facilitator

...more apprehension than anxiety?

00;18;17;10 - 00;18;50;24

C02

Yeah. Um, but that definitely feels like it's really tight, like in my chest and maybe a little in my back.

00;18;50;27 - 00;19;31;08

C02

Um, maybe a bit in my throat. And that made me think because I'm so used to de-escalating anxiety. And that made me just think of, of just like talking to people in general. Um...

00;18;50;27 - 00;19;31;08

Facilitator

Is that an apprehension for you? Speaking to new people.

00;18;50;27 - 00;19;31;08

C02

No, no, no. Um, sometimes it can be...

00;18;50;27 - 00;19;31;08

Facilitator

Under what circumstances?

00;18;50;27 - 00;19;31;08

C02

I was mostly thinking of, like, um, like talking to my mom or my boyfriend and rather just saying, you know, like, especially if it's in, if things are overwhelming.

00;19;31;11 - 00;20;08;07

C02

I mean, positive stress release. If you talk to someone, then it's a little bit easier. Yeah.

00;19;31;11 - 00;20;08;07

Facilitator

So it's actually the positive thing.

00;19;31;11 - 00;20;08;07

C02

Yeah.

00;19;31;11 - 00;20;08;07

Facilitator

Okay. So how is that, that feeling of talking to your mom or your boyfriend in de-escalating things and venting and making sense of things? How does that make you feel?

00;19;31;11 - 00;20;08;07

C02

Good. That's like a... \*pew...

00;19;31;11 - 00;20;08;07

Facilitator

Nice one. Where in your body do you feel that? That feeling of maybe it's you don't know what the right word is...

00;19;31;11 - 00;20;08;07

C02

...like releasing tension?

00;19;31;11 - 00;20;08;07

Facilitator

Releasing, comfort, security.

00;20;08;13 - 00;20;37;12

C02

Yeah I think that kind of feels like it flows out from the chest. But that definitely goes into my fingertips.

00;20;08;13 - 00;20;37;12

Facilitator

I think that's very interesting that you feel... a lot of your emotions in your in the chest area.

00;20;08;13 - 00;20;37;12

C02

Yeah.

00;20;08;13 - 00;20;37;12

Facilitator

But they feel different.

00;20;08;13 - 00;20;37;12

C02

Yeah...

00;20;08;13 - 00;20;37;12

Facilitator

The same area but it feels different. That's interesting.

00;20;08;13 - 00;20;37;12

C02

I think especially with with relief though, it's something that flows through you.

00;20;37;12 - 00;21;05;20

C02

It definitely feels like it starts here, but it goes the whole way through, like even to your toes kind of thing. Um, yeah. And whereas like, like stressful anxiety kind of feels all very in the middle when everything gets really, really tight.

00;20;37;12 - 00;21;05;20

Facilitator

So just as we start to close off, I want you to tap into the most positive emotion you've experienced today, which I think may be the feeling of relief.

00;21;05;25 - 00;22;31;14

C02

Hmmm.

00;21;05;25 - 00;22;31;14

Facilitator

And I want you to feel it flow through your body and just allow your body to experience that, that feeling of relief the stress is going away. Everything is good again. And I want you to bottle up a little bit of that feeling inside of you so you can remember it and use it when you want it, and you need to comfort yourself and then very slowly, I want you to start becoming aware of the sensations back here in this room. You leaning against the wall there. The sensation of the mattress underneath you it's an air mattress.... the temperature of the aircon.

00;22;31;17 - 00;23;18;22

Facilitator

And then very slowly, you don't need to rush your body, very slowly when you're ready, you can open your eyes.

## Participant C03

00;00;00;00 - 00;00;38;15

Facilitator

The first step is to just to relax yourself get comfortable, find a position that you're comfortable in. Wiggle around, if you must. Do you wanna cover with the blanket? Or are you okay?

00;00;00;00 - 00;00;38;15

C03

I'm okay.

00;00;00;00 - 00;00;38;15

Facilitator

And then I want you to...as you relax, become aware of the sensations around you so become aware of the feeling of the air mattress underneath you, the feeling of...uhm...your feet inside your shoes.

00;00;38;18 - 00;01;07;24

Facilitator

There's a lot of noise in the campus, so that will go... it will fluctuate. It will get louder and softer so I want you to zone out... and just focus on my voice and what your body's feeling. And if you relax, I want you to start visualizing a door in front of you again. And as you visualize the door... think about all the detail on the door.

00;01;07;26 - 00;01;39;19

Facilitator

Maybe there's a space around it, a room, a space, the environment. Maybe there isn't. There's no right or wrong with this. We just want whatever your mind creates that's the right answer. So think about what the door is made of what material it's made of what color it is what elements or colors or decorations or patterns that are on the door or around the door and take a few seconds just to create a full picture.

00;01;39;22 - 00;02;31;03

Facilitator

That space of your door. Whatever you feel right now right here today. Where we are now. And as you create this picture of your door, this time I want you to visualize your name on the door. So think about what font it's written in. Where it's placed is it higher up or lower down or to the left or right or to the middle. What color it's in, what size it's in.

00;02;31;05 - 00;03;30;00

Facilitator

Just create a nice full picture of your door with a name, with your name as you want to write it. And then I want you to become aware of what emotions come up for you when you look at your name on the door. Take a second and just think about what you feel when you see your door with your name on it. Can you name any specific emotions that you feel?

00;03;30;02 - 00;04;16;28

Facilitator

If it's difficult to think of emotions, use your emojis. The emojis you use on Whatsapp. Think of all the different emotions that are listed there and which emotion could you identify that explains how you feel when you look at your name, on your door.

00;03;30;02 - 00;04;16;28

C03

I feel confused, curious.

00;03;30;02 - 00;04;16;28

Facilitator

Confused and...?

00;03;30;02 - 00;04;16;28

C03

Curious.

00;03;30;02 - 00;04;16;28

Facilitator

Okay, So I want you to think about the confused and curious, they're very different emotions, but where in your body.

00;04;17;01 - 00;04;41;10

Facilitator

Do you feel them? Identify the space, sometimes certain emotions you would feel in your stomach, certain emotions you would feel in the pit of your stomach, certain you would feel in the tips your fingers or in your arms, in your heart area, or head or chest or legs. There are certain emotions that I feel in my calves, specifically of my legs.

00;04;41;12 - 00;05;20;28

Facilitator

There's no right or wrong with this. Take a minute to become aware of your body and then ask yourself where in your body do you feel that.

00;04;41;12 - 00;05;20;28

C03

The confusion is in my head.

00;04;41;12 - 00;05;20;28

Facilitator

Okay...

00;04;41;12 - 00;05;20;28

C03

...curiosity I feel in the tips of my fingers.

00;04;41;12 - 00;05;20;28

Facilitator

So what I want you to do is I want you to stay with that feeling. I want you to just experience what that sensation feels like in the tips of the curiosity, the tips of your fingers.

00;05;21;01 - 00;08;53;06

Facilitator

And what's the other one you said was in your head.

00;05;21;01 - 00;08;53;06

C03

Confusion.

00;05;21;01 - 00;08;53;06

Facilitator

Confusion. So when you stay with that feeling, sometimes it gets stronger, sometimes it gets weaker, sometimes it changes to something completely different. Sometimes it moves to another part of your body. Whatever your body does, that is perfectly fine. While you're in that space: if you think of anything, any thoughts or emotions or memories or sensations, like a taste a smell, a sound, a song, if anything comes to your mind, you're welcome to share that with me.

00;08;53;09 - 00;09;39;27

C03

I can hear loud traffic. Like a school bus. I can hear the children, on the school bus speaking.

00;08;53;09 - 00;09;39;27

Facilitator

Yes. What emotion does that bring up in you? Is it positive emotion or a negative emotion?

00;08;53;09 - 00;09;39;27

C03

Positive.

00;08;53;09 - 00;09;39;27

Facilitator

And off the range of positive emotions which one specifically come to your mind first, when you think of the school bus, the traffic, the kids probably laughing, playing or teasing each other?

00;08;53;09 - 00;09;39;27

C03

I feel joy.

00;08;53;09 - 00;09;39;27

Facilitator

Joy. That's wonderful.

00;09;39;29 - 00;10;04;13

Facilitator

Where in your body do you experience that joy?

00;09;39;29 - 00;10;04;13

C03

I feel a wave of it from my head until my chest.

00;09;39;29 - 00;10;04;13

Facilitator

You feel waves of... joy?

00;10;04;15 - 00;12;44;29

Facilitator

I want you to immerse yourself in that. I want you to actually feel that. Feel it with awareness. Imagine a tiny version of you, a small little you that goes and sits inside that space in those muscles. As it flows through your body. As the joy flows through your body. Go and sit in your body, in the muscles that are holding the joy and feel what it feels like. What is your body doing now?

00;10;04;15 - 00;12;44;29



C03

It feels as though... little me is on a playground. In the muscles. Go down a slide. Or going on a trampoline...  
\*inaudible

00;12;45;02 - 00;15;15;16

Facilitator

Stay with that memory and stay with how your body feels. What emotion does that bring up for you? Is it joy again or something different?

00;12;45;02 - 00;15;15;16

C03

Still joy.

00;12;45;02 - 00;15;15;16

Facilitator

Stay with that joy in your mind, stay in the memory of the playground. The kids, the excitement of the traffic and going to school, going to do things. Allow your body to experience what joy feels like.

00;15;15;18 - 00;18;49;28

Facilitator

How's your body feeling?

00;15;15;18 - 00;18;49;28

C03

My body feels extremely relaxed. Feels as though my body is not the entity I am currently.

00;15;15;18 - 00;18;49;28

Facilitator

Oh that's amazing. I want you to stay with that just a little bit longer. Immerse yourself in it, enjoy being in that space, in that state.

00;15;15;18 - 00;18;49;28

Facilitator

How's that feeling in your chest feel? Did it get stronger or weaker or different?

00;15;15;18 - 00;18;49;28

C03

Feels like flutters.

00;15;15;18 - 00;18;49;28

Facilitator

Okay. I want you to collect a bit of that feeling, almost like you're bottling it up and you can have it.

00;18;49;28 - 00;20;13;08

Facilitator

Save it as a resource for a day when you need that, a bit of joy. I want you to remember what that felt like. Collect as much as you can inside of you. And remember what it feels like in your body, in your chest, in your head, in your fingers, in your toes. And I want you to start becoming aware of yourself here, with me in this space. So to feel the temperature of the aircon, to feel yourself on the air mattress again. And you don't need to rush your body, but very slowly when you feel ready, you could open your eyes and you can sit up. Just take your time.

00;20;13;10 - 00;20;17;25

Facilitator

Okay, okay. I just want to stop this.

## Participant C04

00;00;00;00 - 00;00;32;03

Facilitator

Okay, so what we do, I want you to just make yourself comfortable on the mattress and become aware of your body, relax your body and become aware of the sensations your body is feeling, the feeling of your body on the air mattress, which is a unique sensation your feet inside your socks. Your head on the pillow. Your hands touching the fabric of the mattress.

00;00;32;03 - 00;01;11;00

Facilitator

Or your clothing. And as your body starts to relax. I want you to picture in front of you an image of a door again. And let's picture, all its details. What is the door made of. What colors make up the door. Is there anything in the environment around it or not? What material is it made of what the doorknob looks like.

00;01;11;02 - 00;01;53;21

Facilitator

Create a picture of what you see here today. Right now. Okay, and remember there's no right or wrong. Whatever your mind creates. Whatever picture your mind creates is good enough. That's the answer we want. So take a few seconds just to allow that picture to formulate in your mind and solidify in your mind. And as that picture is created, I want you now to visualize on the door your name and picture what it looks like on the door, where it's placed.

00;01;53;21 - 00;02;57;06

Facilitator

Is it high up or the middle the left or lower down to the left, to the right? What font it's written in, what size it is, what material its written in or written on. And just add that to your picture. And then I want you to become aware of what emotions come up when you picture your name on the door what emotions does that image invoke in you.

00;02;57;08 - 00;03;28;16

Facilitator

If you struggle to identify an emotion: then think of your emojis on your WhatsApp. And the different range of emotions. And try to choose one of those that reflect how you're feeling. So what emotion came to mind when you think of things like that?

00;02;57;08 - 00;03;28;16

C04

I kind of struggle to be honest.

00;02;57;08 - 00;03;28;16

Facilitator

That's fine.

00;02;57;08 - 00;03;28;16

C04

But I guess I'm just I'm just comfortable. I don't know if that's really an emotion.

00;03;28;19 - 00;03;54;17

Facilitator

That is an emotion, that is definitely an emotion.

00;03;28;19 - 00;03;54;17

C04

Yeah. Like I'm not upset by it or not. I'm not very happy by it. But I'm just. I'm comfortable with it.

00;03;28;19 - 00;03;54;17

Facilitator

So let's help you along with that. Right. If you feel a sense of comfort or contentment or security or whatever you want to call it, while you are in that space looking at the door with your name.

00;03;54;19 - 00;05;03;12

Facilitator

I want you to think about what your body feels like in that space, that feeling of comfort or contentment, where in your body do you experience it?

00;03;54;19 - 00;05;03;12

C04

I'd say in my chest.

00;03;54;19 - 00;05;03;12

Facilitator

Okay, now I want you to stay with that feeling in your chest. Just stay with it. I want you to experience what that feels like. Whatever your body gives you is the right answer don't force anything. Stay with that feeling in your chest and while you stay with it: does any thoughts, memories, feeling or sensations a taste a sound a smell a song.

00;05;03;15 - 00;05;38;03

Facilitator

Anything that comes to your mind. You can share it with me.

00;05;03;15 - 00;05;38;03

C04

Uhm...I just can think about my mom. I know I shouldn't only feel. It does. I feel kind of anxious about it.

00;05;03;15 - 00;05;38;03

Facilitator

Okay. You said you thought about your?

00;05;03;15 - 00;05;38;03

C04

My mom.

00;05;03;15 - 00;05;38;03

Facilitator

Okay. And that anxiety, is mommy okay or is there something happening at the moment?

00;05;03;15 - 00;05;38;03

C04

No I think she's fine.

00;05;03;15 - 00;05;38;03

Facilitator

Okay, then let's stay with that emotion.

00;05;38;03 - 00;06;07;27

Facilitator

So that little bit of anxiety you feel try and think about where in your body is that anxiety located? Where do you feel it?

00;05;38;03 - 00;06;07;27

C04

I still feel it in my chest. I want to say my heart, more.

00;05;38;03 - 00;06;07;27

Facilitator

Okay. It's interesting how we can feel different emotions in the same place. In this case, it's all in the chest, but it would feel different... sometimes, and sometimes it feels the same too, which is all fine.

00;06;07;29 - 00;06;32;27

Facilitator

So what I want you to do is I want you to stay with that feeling. What we most often do is distract ourselves and try to move away from that feeling, because it's not always pleasant. Today I'm asking you to do the opposite. Today I'm asking you to stay with that feeling of anxiety or anxiousness in your chest, in your heart, and just sit with it.

00;06;33;00 - 00;07;51;10

Facilitator

The point is this of this is for you to experience what that emotion of anxiety feels like in your body. For a few minutes, just stay with it. If anything else comes to mind, you can share that too. When you stay with that feeling, sometimes it gets stronger, sometimes it keeps weaker, sometimes it changes into something different or moves to another part of the body.

00;07;51;12 - 00;09;51;09

Facilitator

If it does any of that, it's perfectly fine. Our intention is not to control these sensations. It's to listen to these sensations. Stay with that feeling. What is your body going now, how does it feel?

00;07;51;12 - 00;09;51;09

C04

It feels a lot lighter in my chest area. I can sort of feel the tension going towards my shoulders, towards my neck.

00;09;51;11 - 00;13;14;08

Facilitator

So stay with that feeling. That new feeling that came up in your shoulders, in your neck, it's moving around right? So stay with it, follow it. If it moves anywhere. Just stay with it, okay? Is it moving?

00;09;51;11 - 00;13;14;08

C04

I can't really feel it anymore...

00;09;51;11 - 00;13;14;08

Facilitator

That's okay...

00;09;51;11 - 00;13;14;08

C04

Feels like it's dissipating.

00;09;51;11 - 00;13;14;08

Facilitator

\*inaudible, uhm... stay aware of your body and see if anything else comes up in your body. If does it's fine, if it doesn't that's also perfectly fine too. Is there anything else that you feel currently?

00;13;14;11 - 00;17;32;21

C04

I feel like I'm leaning to one side...my body feels a bit off center.

00;13;14;11 - 00;17;32;21

Facilitator

Okay. Lean into that feeling, allow it to be. It may not be comfortable, but stay with it. Is it getting worse or better?

00;13;14;11 - 00;17;32;21

C04

It feels like it's being amplified.

00;13;14;11 - 00;17;32;21

Facilitator

It feels like it's...?

00;13;14;11 - 00;17;32;21

C04

It's amplified. It's worse.

00;13;14;11 - 00;17;32;21

Facilitator

Okay. Stay with it. Stay with it. That means there's something that needs to be processed. So let's stay with it.

00;17;32;24 - 00;22;51;03

Facilitator

Just stay with that feeling you give yourself to that feeling. Don't try and control it or fix it. How is your body feeling?

00;17;32;24 - 00;22;51;03

C04

A bit better, but my neck still feels a bit weird.

00;17;32;24 - 00;22;51;03

Facilitator

Okay. I want you to completely give in to that feeling, allow it to take over feel that imbalanced, crookedness or discomfort or whatever it may be. Just allow it to be. Make yourself numb to it give into it. Is that feeling still in your neck?

00;17;32;24 - 00;22;51;03

C04

No it's gone.

00;17;32;24 - 00;22;51;03

Facilitator

Let me know when you feel like

00;22;51;08 - 00;23;54;04

Facilitator

It's completely gone. If it doesn't go completely, that's fine.

00;17;32;24 - 00;22;51;03

C04

I think it's gone.

00;17;32;24 - 00;22;51;03

Facilitator

Okay. Then I want you to thank your body because through expressing those feelings and sensations, your body communicated a lot of very valuable information to us. I want you to thank your body. And then very slowly, you start becoming aware of the sensations in this room. There's noise outside the temperature of the aircon

00;23;54;05 - 00;24;44;10

Facilitator

Is a little bit cool in here and yourself on that air mattress again. You don't need to rush your body. You can go as fast, or as slow as you want, but when you are ready: you can open your eyes, and you can sit up if you want.

00;23;54;05 - 00;24;44;10

C04

Can I get off or...

00;23;54;05 - 00;24;44;10

Facilitator

Yes.

00;23;54;05 - 00;24;44;10

C04

Okay. You can.

## Participant C05

00;00;00;00 - 00;00;24;04

Facilitator

All right, so what are we going to do today... Can I just check that my volume is up? Is leaving this here just for recording purposes. Right? What we're going to do today is very very similar to what we did the last time, but it's more intense. So if you're saying that your visualizing ability is, feels stronger, that is extremely helpful for us.

00;00;24;07 - 00;00;45;11

Facilitator

Right, uhm, I hope you're going to have... a lot of people have had very very good deep therapy sessions here. Yeah, the type of therapy sessions, what we're I'm doing is not, unpacking too much of old stuff, or stuff that will trigger you. But it itself very much is building inner strength, which is great. And so I hope you gonna have that as well.

00;00;45;13 - 00;01;22;05

Facilitator

So I'm going to ask you to lie down again as well. And if you want to cover with the blanket you're welcome to, if you don't want to you don't have to and then like we did the last time, just relax your body. Relax your body and very slowly. Um, start becoming aware of yourself on the bed, the feeling of your body lying on that air mattress, your hands touching each other, the fabric of your clothing your feet inside your socks.

00;01;22;05 - 00;01;47;20

Facilitator

There's the the soft, fluffy blankets underneath you. Maybe your skin is touching that just to kind of become one with your body. We walk around in this vehicle the whole day, but we're not consciously aware of ourselves. And as your body starts to relax, I want you to go back and imagine a door again, and let's do it the way we did it the last time.

00;01;47;23 - 00;02;11;05

Facilitator

So we picture everything you can see on the door, what it looks like. Um, the color it is the material it's made of. Maybe what it sounds like in that space. Is there anything else in that space or just the door? Either way is okay. So we're not looking for anything specific here. I just want your mind to create a picture.

00;02;11;07 - 00;02;51;15

Facilitator

So whatever your mind creates is kind of the right answer and for a minute just stay with that picture of the door. Stay with the picture of the door. And allow your mind to create a full picture. And this time what I want you to do is I want you to picture on the door your name written and you picture what \*participants name\* looks like in which font it's written, what size it's written in.

00;02;51;18 - 00;05;17;12

Facilitator

Where it's placed, higher up. Lower down, to the left, to the right... whatever it may be. And just take a minute and immerse yourself into that picture. That door with your name, it's your door... it's your space. Then I want you to think about what your body feels like in that space and what emotions come up for you when you look at that space of your door? If you struggle to think of emotion and emotions then think of the WhatsApp emojis. 'Cause there's a full range of emotion there. Any specific emotion you can think of?

00;02;51;18 - 00;05;17;12

C05

Overall, just calm...

00;02;51;18 - 00;05;17;12

Facilitator

So I want you to think about where you feel the sensation of calm in your body where it's

00;05;17;12 - 00;05;59;16

Facilitator

specifically, do you experience that emotion? Some people it's in their stomach, in the pit of their stomach, or in the arms, in the chest, in the heart, in the legs. Tips of the fingers, tips of the toes, everybody feels different things in different places.

00;05;17;12 - 00;05;59;16

C05

Uhm... it kind of flows from the back of my head, down my back, actually.

00;05;17;12 - 00;05;59;16

Facilitator

So what I want you to do now is I want you to just stay with that feeling in the back of the head, in the back of the neck, become aware of that sensation and just stay with it.

00;05;59;18 - 00;06;53;06

Facilitator

When you stay with it, sometimes it gets stronger, sometimes it gets weaker, Sometimes it changes to a completely different sensation, almost to a different part of the body. Just stay with whatever your body does and while you stay with it sometimes when you in that space. There are thoughts or memories or feelings that come up or sensations sometimes a taste in your mouth, a smell, a sound, a song.

00;06;53;08 - 00;09;40;23

Facilitator

If there is anything, you're welcome to share it with me. If nothing comes up, it's perfectly fine as well, but take your time with it. Don't force your body to do anything, move with whatever your body gives you, whatever it does.

00;06;53;08 - 00;09;40;23

C05

There's nothing. It's just calm.

00;06;53;08 - 00;09;40;23

Facilitator

That's fine. Then we just stay with that.

00;06;53;08 - 00;09;40;23

Facilitator

Any thoughts, emotions that come up for you?

00;06;53;08 - 00;09;40;23

C05

Not quite actually. Just... It's nothing specific.

00;09;40;25 - 00;12;09;10



C05

It's almost like. Almost like a dream, but it's kind of flipping, not really focusing on anything specific.

00;09;40;25 - 00;12;09;10

Facilitator

Just give into it. Don't try and control it. Don't try and manage it. Let your mind run, let it do whatever it wants and just stay with it. Where is your mind rushing to?

00;09;40;25 - 00;12;09;10

C05

Things I've seen like the Neverending story dragon flying through the clouds. Then...

00;09;40;25 - 00;12;09;10

Facilitator

I can't hear you very clearly...

00;09;40;25 - 00;12;09;10

C05

...like the never ending the dragon from Neverending Story, soaring through the clouds then disappears almost.

00;12;09;12 - 00;12;56;06

C05

And then it's basically just the clouds of the sky.

00;12;09;12 - 00;12;56;06

Facilitator

Okay, just stay with it, just stay with it, go on that ride wherever your mind takes you and ask yourself, when you're in that fantasy world, almost, how does your body feel?

00;12;09;12 - 00;12;56;06

C05

It's quite warm.

00;12;09;12 - 00;12;56;06

Facilitator

Okay. And is there a specific place in your body where you feel that emotion? That comes up with that visualisation of the clouds and...

00;12;09;12 - 00;12;56;06

C05

Not quite no. it's almost like it's like everywhere.

00;12;56;08 - 00;13;07;27

C05

I think it would almost like emanate from the middle, the centre... and it's spreading up.

00;13;07;29 - 00;16;11;28

Facilitator

Okay, just stay with that feeling. Allow your body to experience those emotions that you feel when you go on that, little ride.

00;13;07;29 - 00;16;11;28

C05

I can't say I'm feeling, anything specific. It's almost like, almost like I'm not really feeling anything.

00;13;07;29 - 00;16;11;28

Facilitator

That's okay... we'll just let your body lead you.

00;13;07;29 - 00;16;11;28

C05

It's almost like feeling content.

00;13;07;29 - 00;16;11;28

Facilitator

Maybe that's the space you in. So stay with that feeling of content, the calm, the ease, the contentment, I think in a way it reflects your personality as well.

00;16;12;00 - 00;17;49;29

Facilitator

So just stay with it. I think there's a lot of inner strength that you can build by embracing it, try to think of if there's a specific part of your body where you feel that in. If you do, then just stay with that feeling in that part of your body. If you don't, it's perfectly fine. So I want you to gather up inside of you, almost like when you collect something in a bottle.

00;17;50;02 - 00;19;01;17

Facilitator

That feeling of ease, that feeling of calm. The feeling of contentment, what it feels like in your body, collected inside your body. Take your time and just. It's almost like I want you to have a memory of it. So collect as much of it as you can or remember it, if you can't collect it. Just take a few seconds and gather it embrace that feeling so that you can remember it.

00;17;50;02 - 00;19;01;17

C05

It's like, like happiness almost like... very calm...

00;17;50;02 - 00;19;01;17

Facilitator

Where does your body feel that happiness? Stay with it.

00;19;01;19 - 00;21;05;07

Facilitator

Gather that memory.

00;19;01;19 - 00;21;05;07

C05

I feel it, in my heart, almost.

00;19;01;19 - 00;21;05;07

Facilitator

Okay, for a minute. Let's just stay with that feeling. Once you've gathered that feeling, I want you to slowly start becoming aware of yourself here with me again. The feeling of your body on the mattress, the temperature of the aircon and all the noise outside. And then very slowly, you don't need to rush your body.

00;21;05;10 - 00;22;03;18

Facilitator

but very slowly... you can open your eyes, and you can sit up when you're ready.

## Participant C06

Facilitator

Okay, so I'm gonna record us. I'm gonna leave it there just so that it can capture both our voices. And then I just want you to start out just by relaxing yourself, similar to what we did the last time. You can shuffle around if you need to to find your spot... and just relax your body and become aware of what your body feels like. So there's the sensation of the air mattress, which is probably unique. You're probably used to it if you go camping often, but become aware of it. Become aware of your hands touching the fabric of the mattress or your clothing, and the sensation of your feet inside your socks...and as your body relaxes, allow yourself to start visualising a door. With all its details, maybe there's a space around it that you're going to visualise it or not. Look at the color of the door, the material it's made of. The size, placement. And if there is a space around it you can visualise all the details that go with that.

Facilitator

This time as you visualise the door, I want you to also visualise your name on the door. And again let's look at the details to make it easier for you, so look at what your name is written in, the size of it, the font it's written in, the placement of it: is it higher up or lower down? Or to the left or right on the door? And just allow your mind a few seconds to create a full picture, of all of this. The door, the possible surroundings, and also your name on the door.

Facilitator

As you visualise that space, I want you to think about, if you look at your name, what emotions does it invoke in you? What emotions does it bring up? To make it a little easier for you to think of emotion, if that's difficult, if you can't do it automatically, think about your emojis on WhatsApp. There's a full range of emotions there basically. And that may help you to identify what emotion you are experiencing. And take your time with this. Sometimes the answer comes quickly. Sometimes it takes a bit of time. Either way it doesn't matter.

Facilitator

Is there any specific emotion you can identify?

C06

It's more of an uncertainty, because I'm not quite sure what's behind the door.

Facilitator

Okay...

C06

And it's kind of an empty-ish hallway, so it's kind of an effect of knowing that you're alone in a hallway.

Facilitator

Okay. What emotion does that bring up? This uncertainty of not knowing, who can come into the hallway or what it's for or what's behind that door?

C06

Well as an autistic person, it's quite comfortable to be alone in the hallway. It's a long hallway and it's quite unfamiliar, there's also that unease, because... unfamiliar things make it quite difficult.

Facilitator

Okay. And that feeling that feeling of not knowing what's behind the door? What feeling is that?

C06

It's something of a curiosity, because I just like knowing things. So it's more of a curiosity and a little bit of trepidation because you never really know what's behind it, and if there's people you'll have to deal with them.

Facilitator

Yes. Especially if you watch movies. It plants all kinds of seeds in your head.

C06

Especially if you watch horror movies.

Facilitator

Exactly. So, taking all of that into account, because these movies create part of our reality now right? And it may or may not impact you, your visual, your image that you have. But what emotion would you link that to? You spoke about trepidation, and... I don't know if you said apprehension? Or if I thought it? But what I want you to do is I want you to think about these emotions, and, here's the most important part for me, I want you to ask yourself: Where in your body do you feel this emotion? Let's start with the trepidation, there's also curiosity, which is a very positive emotion, curiosity leads to creativity, which lead to great things. So that's a very nice emotion...

C06

So the curiosity, I feel like right by my sternum. So top of my chest, but with the trepidation it's like at the top of my stomach, so it's not quite the pit of your stomach sort of dread.

Facilitator

What I want you to do is I want you to truly experience those feelings. I want you to stay with it. When we stay with that feeling, it helps us to process the emotion associated with it. So especially that feeling about... at the top of your stomach, the trepidation. Let's start with that one. Or we can do them both concurrently. You spoke about that and the chest. I want you to just stay with it. When you stay with that feeling, sometimes the feeling gets stronger, sometimes it gets weaker, sometimes it moves to another part of your body. Sometimes it changes to something completely different. It doesn't matter what it does, I just want you to stay with it.

Facilitator

While you stay with that emotion, sometimes when you stay with that emotion, it bring up thoughts to your mind or feelings or memories, and sometimes even sensations: a tastes, a smell, a song, a sound. If any of that comes to mind, you're welcome to share it with me.

C06

So what I'm realising is that the feelings is turning more into a... I don't know, the joy of discovery sort of thing? Like the excitement of trying something new? But also that bit of adrenaline rush.

Facilitator

Almost like a healthy extension of the curiosity?

C06

Yeah, the trepidation is more of that bit of adrenaline of "what if it goes horribly wrong?". So I think it's more of a nervousness than an actual trepidation.

Facilitator

Okay...

C06

But it like brings mind experiences of, for examples, of paragliding or bungee jump...

Facilitator

Well you know you're safe, but it's also, it's still, it's a little bit out there, it's still a little nerve-wrecking. I want you to stay with both of those, and where you feel it in your body. A core part of what we want to accomplish here today is to see where in your body do you feel these emotions.

C06

So for me, it's still the top of my chest/sternum area and that sort of nervousness, adrenaline is still at the top of my stomach, but I can feel it a little back towards my kidneys, where the actual adrenal glands would be.

Facilitator

Yeah.

C06

So I can sort of feel the sensation of that, but it's not actually pumping adrenaline.

Facilitator

Okay. Stay with that. Stay with that feeling. Let's just give you a few minutes.

Facilitator

I don't want you to force your body to do anything, so you just go with wherever it takes you. Whatever feelings and sensations you experience, give into them, lean into them, give into them, and let them fully... allow yourself to be immersed in that sensation. Allow yourself to stay in that. Is anything changing in your body?

C06

Uhm yeah, I took all of, sort of what you said, to just get into that feeling, because you talked about things you can smell, that you could hear, that you could see. Just because it sort of gave that effect of the adrenaline rush before you do something potentially silly. I heard to the carabiners and the harnesses, like you can smell that sort of fabric and you can smell the paraglider like the shoots and stuff. And as I gave over to the sounds and the smells, I just got this overwhelming sensation of...

Facilitator

I assume you've been paragliding...?

C06

...yes I have, but it was just that overwhelming sense of peace and inhalation.

Facilitator

Really?

C06

Yeah.

Facilitator

That's so interesting for me.

C06

It's more like, your nerves build up before you leave the ground, and then once you're off the ground... the you're just...

Facilitator

...all good.

C06

All good, you're at peace, it's just... happening to you at the point.

Facilitator

That sounds... \*inaudible\*

C06

It is, I would really recommend paragliding.

Facilitator

\*inaudible\*

C06

It's just the sense of freedom and peace. And then with the peace: it's kind of like an upper body thing, it feels like tingling all over my arms and my chest.

Facilitator

So, that sensation in the upper body: I want you to stay with it. I want you... that is such a strong, positive emotion, I want you to completely immerse yourself in it. Allow yourself to really immerse yourself in that feeling, because what we are doing when we immerse ourselves in that, in that positive feeling, is that we... we accumulating inner strength.

C06

Quite an interesting thing listening to that aircon, because it's purple and it kind of bleeds a little blue in the back.

Facilitator

Do you actually see colors like that?

C06

Yes I do.

Facilitator

That's amazing...

C06

So it's quite interesting to see this like, the scene in my head and it's all sort of, like a purple hue to it. So it's quite interesting.

Facilitator

That is so cool. Immerse yourself in that. Is purple a color that you like?

C06

I don't like purple very much, it's a nice calm color. It's usually the color that wood also makes if you like tap on the grain or sand it down.

Facilitator

Let that be such a strong part of your visuals that you take away. The purple hue. Cause that's something that your brain's created, it's a very personal thing.

C06

It's feeling quite relaxed.

Facilitator

Okay. So I want you to kind of, collect or bottle up, some of that sensation. Allow your body to try and remember what it feels like and where you feel it, in your case: what it looks like to feel these emotions.

C06

It's the nice thing about the ?ilations/inhalation? you can kind of feel it on the center of your forehead so you don't like float away. 'Cause it's like a light pressure. But with the peace, it's just all torso, and just really, really calm, sort of tingling. Very warm. And yeah it's got that purple color to it because of the vents.

Facilitator

Collect that image, collect that picture, collect all the sensations, because I'd love for you to take that away with you as a resource that you can tap into...

C06

It's quite funny because typically told not to bottle things up.

Facilitator

You don't bottle emotions, you can bottle feelings of that emotions. Then I want you to thank your body. Your body has shared so much valuable information with us today. And it's good stuff. It's helpful stuff.

Facilitator

As we close off, I want you to very slowly become aware of yourself here, and the sound of the aircon, the feeling of the temperature, the sensation of lying on the airbed. And when you're ready, you don't need to rush your body, but when you're ready you can start becoming aware of yourself here, and slowly open your eyes, and whenever you're ready you can sit up.

## Participant C07

00;00;00;00 - 00;00;32;14

Facilitator

Okay. So I started recording. I don't know if Weich explained this to you, but we basically doing something very similar to what we did the last time, we're just going to go a little bit deeper, but in *\*inaudible\**... but just to give you an opportunity to process and actually experience what the SHIP therapy is like, right? So I want you to start out by just relaxing yourself, get yourself comfortable if you need to wiggle around to find your spot or whatever it is and then become aware of your body.

00;00;32;16 - 00;01;00;28

Facilitator

So become aware of that sensation of lying on the air mattress is it's different from normal mattress of the feeling of your hands touching each other, or the fabric of your clothing. Of the feeling of your feet inside your shoes. It's something we experience on a daily basis, but we very rarely aware of it. And as your body eases into that relaxed space. I want you to do what we did

00;01;00;28 - 00;01;36;05

Facilitator

the last time: picture a door so you can think about what the door looks like, what material it's made of, where it is, what it feels like in space where it is. If there's anything else around it, or not. There's no right or wrong. I'm going to give you a minute, just two or few seconds, just to create that image in your mind. And as you build that image this time, I want you to add on the door:

00;01;36;08 - 00;02;13;06

Facilitator

Picture your name. Written on the door, and you can think about what size you want it to be. What font you want it to be in. Where you want it placed higher up, lower down, to the left to the right. Just create that image again in your mind. And once you've created that image, I want you to immerse yourself in that space. Stay

00;02;13;09 - 00;02;56;29

Facilitator

in that space then, ask yourself what emotions or thoughts or feelings does that bring up? How do you feel in that space, basically. If you struggle to think of emotions, use your WhatsApp emojis as a starting point. 'Cause that will inspire you with the range of emotions that there are. I know it's difficult to sometimes think of it just in the spur of the moment.

00;02;13;09 - 00;02;56;29

C07

So I'm thinking of the "thinking emoji".

00;02;57;02 - 00;03;43;18

Facilitator

Okay, so it's curious almost?

00;02;57;02 - 00;03;43;18

C07

Yeah, that's it, that's a good way of putting it.

00;02;57;02 - 00;03;43;18

Facilitator

Curiosity is linked to creation, which is the foundation of growth, which is wonderful. Here's the most important part of SHIP therapy I want you to think about this, this sense of curiosity, or whatever if you want to call it anything else, that's fine to. Where in your body do you experience it every positive or negative emotion is experienced in a different part of our bodies or some part of our body. So as you relax into your body and relax with that awareness.

00;03;43;20 - 00;04;29;25

Facilitator

Think about this, this sense of curiosity and anticipation maybe? Where in your body do you feel it?

00;03;43;20 - 00;04;29;25

C07



So I think it starts in my chest and I link it to my eyes because that's usually how I explore things and then I guess...

00;03;43;20 - 00;04;29;25

Facilitator

So you have a very visual memory?

00;03;43;20 - 00;04;29;25

C07

Um, yeah, I guess I'm just very visual. Yeah. And I think I also tie it to my hands, especially when it comes to like...

00;04;29;28 - 00;04;52;23

C07

yeah, I just want to explore and...

00;04;29;28 - 00;04;52;23

Facilitator

That's great. What I want you to do is I want you to just stay with that feeling. You said it starts in your chest, and it moves up with your eyes being a dominant space for you, right?

00;04;29;28 - 00;04;52;23

C07

Yeah.

00;04;29;28 - 00;04;52;23

Facilitator

I don't want you to alterate, I don't want you to distract yourself from it. You don't need to make it stronger.

00;04;52;23 - 00;05;29;15

Facilitator

or weaker allow your body to take over. Allow your body to do what ever it wants to do with this feeling. You just stay there and experience it, observe it and experience it. Just stay with it. As you stay with it, sometimes the feeling gets stronger or it gets weaker. Or it moves to a different part of your body or it changes.

00;05;29;17 - 00;06;28;29

Facilitator

If it does any of those that's perfectly fine.

00;05;29;17 - 00;06;28;29

C07

I guess it makes me feel like I want to go closer to the doorway, reach out with my hands and feel...

00;05;29;17 - 00;06;28;29

Facilitator

Go for it. You can feel the door, you can open the door, if you want to. Allow. If you feel your body has an inclination to do anything, allow it to do it. Let your mind go.

00;06;29;01 - 00;07;11;12

Facilitator

If any thoughts, memories, feelings or sensations: tastes, smells, sounds, songs, anything comes up for you, you can share it with me.

00;06;29;01 - 00;07;11;12

C07

So, when you said to put my name on the door, I thought of something that I wanted to do in the high school, which was to have a Chinese calligraphy of my Chinese name on my bedroom door. So I'm picturing that hanging on the door right now...

00;07;11;12 - 00;07;33;12

Facilitator

What feeling does that give you? To see it written in Chinese because that's such a big part of you. And yet, I mean, if you listen to it over the phone, I would never be able to determine what ethnicity you are, because we also we speak like each other because we spend so much time with each other.

00;07;11;12 - 00;07;33;12

C07

Yeah.

00;07;11;12 - 00;07;33;12

Facilitator

And yet, that's such a strong part of you.

00;07;33;15 - 00;08;17;25

Facilitator

It's who you are?

00;07;33;15 - 00;08;17;25

C07

Yeah. I'm...

00;07;33;15 - 00;08;17;25

Facilitator

How do feel when you look at that?

00;07;33;15 - 00;08;17;25

C07

...quite proud of my... I'm quite proud of my heritage and...

00;07;33;15 - 00;08;17;25

Facilitator

Beautiful.

00;07;33;15 - 00;08;17;25

C07

I like the presence of art in my culture...

00;07;33;15 - 00;08;17;25

Facilitator

I don't know, Chinese culture incorporated in art. When you think about that aspect of yourself, that you are Chinese. You love being Chinese. You love the details of it how it incorporates art or anything else for that matter.

00;08;17;27 - 00;08;54;27

Facilitator

What feeling does that bring up in you to own your Chinese-ness?

00;08;17;27 - 00;08;54;27

C07

I think a part of me feels like a lot I'm proud of proud of my heritage. I think it makes me feel a little bit inadequate because like I'm still learning to read and write and I always feel a little bit out of place when I'm back in China, because I think I identify more to my South African-ness.

00;08;54;29 - 00;09;22;09

C07

Yeah.

00;08;54;29 - 00;09;22;09

Facilitator

That's very interesting because they're both very legitimate parts of you. And it's just it's just about where your brain feels more familiar. So if you start going to China more often, you spend more time doing traditional Chinese things here, your brain is going to build more neutral pathways that kind of acclimatize it to that. Let's help your brain do that now.

00;09;24;00 - 00;10;01;14

Facilitator

This sense of pride that you feel for your Chinese heritage, Chinese-ness, your identity, where in your body do feel that?

00;09;24;00 - 00;10;01;14

C07

Almost I feel it in my chest, but I have a bit of tingling feeling in my forearms.

00;09;24;00 - 00;10;01;14

Facilitator

I want you to stay with that. Just stay with it. Give yourself into your body. Don't try and control anything let

00;10;01;14 - 00;10;50;27

Facilitator

your body take control and do whatever it wants, because then it's going to lead us to do the things that need to be processed.

00;10;01;14 - 00;10;50;27

C07

I kind of feel like because I feel a bit inadequate, I always feel like I have to do something about it.

00;10;01;14 - 00;10;50;27

Facilitator

Where do you, that emotion of inadequacy, where do you feel it in your body? Picture yourself

00;10;50;27 - 00;11;26;16

Facilitator

back in China, your last trip, whenever that was. Meeting family, doing things, going to art shows, going shopping in the bazaars, and you feel inadequate. You can't feel you want to buy something in the bazaar but you can't explain yourself well enough. That sense of inadequacy. It's almost like I'm not a good enough Chinese.

00;10;50;27 - 00;11;26;16

C07

Yeah, uhm...

00;10;50;27 - 00;11;26;16

Facilitator

Where do you feel it?

00;10;50;27 - 00;11;26;16

C07

The feeling itself is also in my chest.

00;11;26;16 - 00;12;04;25

C07

but I associate with my brain because I feel like it's an intellectual...

00;11;26;16 - 00;12;04;25

Facilitator

That's absolutely fine. That's how your brain manifested. If you can't always put these feelings into words, it's no problem. As long as you can experience it. So I want you just stay with that for a minute? Just stay with that. I think it's very ironic that you feel a sense of inadequacy

00;12;04;26 - 00;12;43;14

Facilitator

and you see it as an intellectual function because I've always perceived Chinese people as so intelligent and maybe that's the standard you're holding yourself to? And that's why you feel inadequate and that's fine. But feel that inadequacy. I just want you to experience it.

00;12;04;26 - 00;12;43;14

C07

I think it also makes me feel... if I picture myself back in China, you know, I feel a bit vulnerable.

00;12;43;16 - 00;13;26;01

C07

And so maybe...

00;12;43;16 - 00;13;26;01

Facilitator

I totally understand that.

00;12;43;16 - 00;13;26;01

C07

Yeah, maybe I clench up a bit more, less relaxed.

00;12;43;16 - 00;13;26;01

Facilitator

Where do you feel that maybe it's almost muscle tension or emotional tension? It could be either, but where do you feel it?

00;12;43;16 - 00;13;26;01

C07

I think it's an emotional thing.

00;12;43;16 - 00;13;26;01

Facilitator

Is that feeling in your head, that feeling in your chest, that emotional tension, wherever you feel it. I want you to stay with it, where do you feel the emotional tension, which part of your body does it express itself in?

00;13;26;03 - 00;15;10;03

C07

Um, I think when I feel stressed, I clench my jaw and my hands.

00;13;26;03 - 00;15;10;03

Facilitator

Okay. Stay with that feeling, the jaw, the hands, the chest moving up to the head. Whether it's a physical feeling or just the sensation that you have in your head. Stay with it.

00;13;26;03 - 00;15;10;03

C07

My mind is wandering off to the class that I just gave.

00;13;26;03 - 00;15;10;03

Facilitator

What do you lecture here?

00;15;10;05 - 00;15;34;09

C07

Um, a subject field called human-computer interaction. Um, which is the study of making things user friendly and class that I taught just now that I was referring to, um, doing the research and the evaluation process of research.

00;15;10;05 - 00;15;34;09

Facilitator

Okay.

00;15;34;12 - 00;16;27;14

Facilitator

Safia: Is your mind drifting away?

00;15;34;12 - 00;16;27;14

C07

Yeah...

00;15;34;12 - 00;16;27;14

Facilitator

Take it back to China. All that rich culture, all the stimuli. Food around you. Just the being there. Hearing Chinese all around you. And how you stand there and your vocabulary is less compared to those people and your fluency in the culture, your ability to sit in and feel like one of them feels a little bit less, even though you are 100% Chinese. Just stay with that feeling of inadequacy, what is that feeling

00;16;27;14 - 00;17;15;09

Facilitator

doing in your body? Is it getting stronger or weaker?

00;16;27;14 - 00;17;15;09

C07

I think it's mostly staying the same. It fluctuates a little bit.

00;16;27;14 - 00;17;15;09

Facilitator

There's a lot of noise on campus today I want you to zone out of that and go just into your body, almost like you've gone into a cocoon. You only take my voice with you and all of these sensations you feeling in your body. And just completely immerse yourself in those feelings.

00;17;15;11 - 00;19;23;26

Facilitator

That sense of I don't belong here. Where do you feel it? Or I don't completely belong here.

00;17;15;11 - 00;19;23;26

C07

I think maybe, my ears.

00;17;15;11 - 00;19;23;26

Facilitator

Okay just stay with that feeling. I want you to allow your body to do whatever it wants. Every time your mind drifts, just go back. Go back to the feeling in your body, not even the memories or the pictures in your head.

00;19;23;29 - 00;20;15;25

Facilitator

I know you're very visual so your brain will try to do that. And if does it's fine, I want you to go back to the feelings.

00;19;23;29 - 00;20;15;25

C07

I kind of feel, like there's a little bit of pressure on my chest from picturing these emotions.

00;19;23;29 - 00;20;15;25

Facilitator

Stay with that feeling. I want you to see, picture of a tiny version of you going and sitting inside your chest.

00;20;15;28 - 00;23;03;19

And all it does is experience what these feelings feel like. So now you said heaviness on your chest. Feeling in your ears, feeling in your head. Just experience it. Go sit inside your chest and just observe and experience.

00;20;15;28 - 00;23;03;19

C07

I'm starting to feel a sense of curiosity about my emotions.

00;20;15;28 - 00;23;03;19

Facilitator

I love that. Go with it. Explore it.

00;20;15;28 - 00;23;03;19

C07

Yeah...

00;20;15;28 - 00;23;03;19

Facilitator

That's a sign of processing. Good job. The opposite of fight or flight is rest and digest.

00;20;15;28 - 00;23;03;19

Facilitator

How's that feelings associated with the inadequacy feeling?

00;23;03;22 - 00;23;46;28

Facilitator

You mean the curiosity?

00;23;03;22 - 00;23;46;28

Facilitator

Did it grow into curiosity? There's two major things you've experienced: you've experienced the positive, which is curiosity. And you've experienced a negative, which is some amount of inadequacy. I want us to process the inadequacy before we can build on the curiosity that good stuff, we're going to build it. But first we clean up the negatives. So go back to that heaviness in your chest, are there any specific memories or thoughts coming to your mind?

00;23;47;00 - 00;24;35;09

C07

I think it's mostly associated with the fact that I had an opportunity to learn to read and write when I was younger, but I never took it seriously.

00;23;47;00 - 00;24;35;09

Facilitator

You must forgive yourself for that. You were a child and didn't understand consequences. And you didn't understand the value of it. It would have been great if you had taken that opportunity but we're here now and you didn't, so forgive yourself for it.

00;24;35;11 - 00;25;54;06

Facilitator

Where do you feel that feeling of regret?

00;24;35;11 - 00;25;54;06

C07

I think maybe lower part of my chest.

00;24;35;11 - 00;25;54;06

Facilitator

Okay, sit with that feeling. Just stay with it. We have time so let's use our time to do this.

00;24;35;11 - 00;25;54;06

C07

I was... learning Chinese on my own, and because I told myself it's never too late or never too old to learn, but I guess a part of me to just pushed through with that without actually forgiving myself for what I did when I was young...

00;25;54;08 - 00;26;25;18

Facilitator

If you don't forgive yourself first. I definitely think you have the capacity to learn it right, but if you don't forgive yourself first, what happens? That regret that feeling of regret? Serves as an anchor if you had an opportunity to learn you were five years old, or eight years old, you're anchoring your subconscious to the emotions that you felt at eight or five. Let that anchor go.

00;26;25;20 - 00;29;43;08

Facilitator

It will make it easier for you to learn it now. Experience that sense of regret, because it will help you to forgive yourself. It will help you to drop those anchors \*inaudible\*.

00;26;25;20 - 00;29;43;08

Facilitator

How's that feeling in your chest feeling? Go back to it and check again.

00;26;25;20 - 00;29;43;08

C07

I think it's... before it was like a big feeling pressing down...

00;26;25;20 - 00;29;43;08

Facilitator

Heaviness...

00;26;25;20 - 00;29;43;08

C07

Yeah...

00;26;25;20 - 00;29;43;08

Facilitator

almost a pressure.

00;26;25;20 - 00;29;43;08

C07

Yeah, now it feels more like a small ball on the inside.

00;26;25;20 - 00;29;43;08

Facilitator

Go into that warmth.

00;29;43;11 - 00;34;57;05

Facilitator

Just give yourself to that warmth and see what it does. Maybe it will stay the same. Maybe it will get more or less or stronger or weaker or different. It doesn't matter what it does. Accept it. What's happening with that feeling of warmth?

00;29;43;11 - 00;34;57;05

C07

It's uncomfortable.

00;29;43;11 - 00;34;57;05

Facilitator

Is it still in your chest or somewhere else?



00;29;43;11 - 00;34;57;05

C07

I pictured myself going into it, so I feel like it's all around me.

00;29;43;11 - 00;34;57;05

Facilitator

Okay, if it's uncomfortable, I want you to stay with it a little longer. Let that feeling of... that warm \*inaudible\* let it do whatever it wants in your body.

00;29;43;11 - 00;34;57;05

Facilitator

How's that feeling of warmth feeling?

00;29;43;11 - 00;34;57;05

C07

Not so comfortable.

00;29;43;11 - 00;34;57;05

Facilitator

Not so great?

00;29;43;11 - 00;34;57;05

C07

No not as uncomfortable, less uncomfortable.

00;29;43;11 - 00;34;57;05

Facilitator

Let's just stay with it for one or two more minutes

00;34;57;05 - 00;38;45;22

Facilitator

right? Because its getting a bit better let's give it some time to process.

00;34;57;05 - 00;38;45;22

Facilitator

How are you feeling now? How are all the sensations doing?

00;34;57;05 - 00;38;45;22

C07

I think it's better.

00;34;57;05 - 00;38;45;22

Facilitator

I want you to thank your body. Your body has shared so much of the meaningful information with us now. And it's sets you on a path to changing certain things in your life, which is great.

## Participant C08

00;00;00;00 - 00;00;29;26

Facilitator

As we did the last time \*inaudible\* and make sure it's on silent so we don't get disturbed. Okay. So I want you to just relax yourself on the bed, move around till you found a position you comfortable in and again like we did the last time. You can close your eyes and just become aware of yourself on the bed.

00;00;29;29 - 00;01;10;13

Facilitator

Become aware of your head or your neck touching the pillow, your body on the air mattress and the sensation of that. And just yourself in this space. Remember, we are on the campus so the noise levels may fluctuate. It'll get louder or softer at intervals and just ignore that and stay with my voice in whatever it is that you picture on the inside so with SHIP therapy, the reason we want you to lie down is so that you can access deeper information within yourself, emotional information that allows you to be able to connect with yourself and get a lot of meaning out of this process.

00;01;10;15 - 00;01;48;01

Facilitator

Everything you're going to do, I'm going to tell you, I'm going to give you detailed instructions and walk you through it so you don't need any experience for this or any prior knowledge for this. So similar to what we did the last time, but I want you to just go with what your mind in your body creates. Once you relax, I want you to picture a door in front of you and with the door I want you to picture the spaces and the colors around you, the colors of the door, the colors of anything that may be around you or not.

00;01;48;04 - 00;01;49;20

Facilitator

Also the material that the door is made of.

00;01;54;23 - 00;02;37;25

Facilitator

Take a moment and just allow your mind to create a picture of that. Where ever your mind goes to first is the correct answer. We're not looking for anything specific. We just want what your mind creates. As you create that picture on the front of the door, I want to picture almost like a label picture your name there.

00;02;37;27 - 00;02;57;27

Facilitator

And think about the lettering of your name, the font it may be in. You don't have to describe any of it to me, but create a full picture in your mind.

00;02;58;11 - 00;03;18;16

Facilitator

And then I want you to access or become aware of what feelings come up in you. When you look at your name on that door and that you can share with me.

00;03;18;18 - 00;03;24;08

C08

So when I look at my name on the door, how do I associate with it?

00;03;24;10 - 00;03;31;04

Facilitator

Yes. What's the first feeling. That comes up for you?

00;03;31;06 - 00;03;35;00

C08

Hmm.

00;03;35;02 - 00;04;02;25

Facilitator

If it's difficult to name a specific feeling. That's okay. Then I want you to think about where in your body do you feel that emotion? Just take a second. And even if you can't put this into words for me, it's fine, but become aware of how your body feels when you look at your name on that door. Sometimes you feel emotions in our tummy or in your head or your heart.

00;04;02;25 - 00;04;04;03

Facilitator

Your arms.

00;04;04;05 - 00;04;05;21

C08

I feel it my arms.

00;04;05;24 - 00;04;30;25

Facilitator

Okay, So I want you to tap into that emotion, go deeper and deeper into that feeling in your arms and just stay with it. I don't want you to force it to get stronger or weaker. Just stay with it. When you stay with it, sometimes automatically it will get stronger or weaker or change to something different. All of that is okay.

00;04;31;02 - 00;04;52;21

Facilitator

Your not forcing your body to do anything. You just have to listen. So stay with that feeling in your arms and allow your body to experience. That's the key word for me. I want you to experience it.

00;04;52;23 - 00;04;59;02

C08

It's almost the feeling of curiosity. That's the best way to describe it.

00;04;59;04 - 00;06;46;15

Facilitator

That's a very positive emotion, curiosity as it leads to creativity and joy. And and and. That's wonderful. Stay with it. If it does spread to anywhere else in your body, that's great. If it doesn't that's perfectly fine too. Just stay with that feeling in your arms and what ever it does, is absolutely fine whether it spreads or just stays there, become stronger or weaker.

00;06;46;17 - 00;07;35;00

Facilitator

I just want you to experience it.

00;07;35;03 - 00;08;04;14

C08

Can I tell you what it's become? It's so I'm seeing my name on the door and then it's sort of... it's almost as if my eyes are zoomed in on it and then it becomes not ominous, but darker, more bold, almost hesitant, but curiosity is turning into hesitation. If that makes sense?

00;08;04;16 - 00;08;28;03

Facilitator

So hesitation probably means there's a little bit of fear to engage the curiosity. So where do you feel that hesitation in your body?

00;08;04;16 - 00;08;28;03

C08

Legs. My legs.

00;08;04;16 - 00;08;28;03

Facilitator

So that will be the barrier that holds you back in your life in general or commonly. So let's stay with that, cause that's what SHIP therapy is about right? We want to help you process that. Because when we process, we get rid of that.

00;08;28;05 - 00;11;00;29

Facilitator

You want to get rid of the fear, so stay with that feeling in your legs. I want you to picture yourself almost like your shrunk, and you're going inside your legs, into those muscles, into that tissue and just stay with that feeling in your legs. We don't want to move it or change it. We just want to experience it. And as you do this, if there's any thoughts.

00;11;01;01 - 00;11;08;22

Facilitator

Or even sensations, tastes, smells, memories, sounds that come to your mind. You're welcome to share it.

00;11;08;24 - 00;11;11;23

C08

My hand started to tingle a little...

00;11;11;23 - 00;11;35;15

Facilitator

Both hands? Stay with it. That means something for you. Stay with it.

00;11;35;17 - 00;12;11;10

C08

And I'm seeing an assortment of clouds. Uhm... some of it is just normal white, fluffy clouds but then there are also... the picture, I imagine, is. Uhm... so when I drive home I drive to Joburg South I uhm... and the rain always comes from there so there's always these masses of clouds and and it's usually at sunset so it isn't a usual sunset.

00;12;11;12 - 00;12;19;23

C08

But you can see the orange in the orange, but yet it's raining, and you hear the thunderstorms. But it's, it's orange-y.

00;12;19;25 - 00;12;52;24

Facilitator

Okay. So I want you to go back to that space whether your in your car or or just in that space, it doesn't matter to me. And I want you to feel what that space feels like. Imagine yourself being there. There's these clouds, there's rainy clouds. That hint of the sunset and then ask yourself, what does your body feel like in that space?

00;12;52;26 - 00;13;04;04

C08

So within within the car, it feels like the air conditioning is on, but in my seat it's warm. It's like, a bubble of warmth but around me it's cold.

00;13;04;07 - 00;13;25;19

Facilitator

Okay. In that bubble of warmth, go into that space. I like that space. What is your your physical body feel like in that space? What emotion would you associate with that little bubble?

00;13;25;22 - 00;13;39;29

C08

It's freeing. Again, I'm so as I'm sitting there in the warmth, I'm I'm seeing the glorious view of the of the just large landscape, the clouds and.

00;13;40;01 - 00;13;45;26

Facilitator

Ah that's beautiful. Do you like nature in general?

00;13;45;26 - 00;13;49;26

C08

I do yes yes. I'm studying \*inaudible\*

00;13;51;05 - 00;14;02;01

Facilitator

So that's I don't want to lead your emotions, but it sounds to me almost like an element of comfort or familiarity for you.

00;14;02;03 - 00;14;09;29

C08

It does. But again, I know there's there's something ominous in the clouds.

00;14;10;02 - 00;14;12;25

Facilitator

Okay.

00;14;12;27 - 00;14;15;04

C08

It's beautiful, but it's it's.

00;14;15;06 - 00;14;16;19

Facilitator

Let's step into that ominous feeling.

00;14;16;19 - 00;14;17;17

C08

Sure.

00;14;17;19 - 00;14;33;25

Facilitator

Because it reminds me of the hesitance with your name as well on the door. So tap into that and it's this wonderful picture that you're creating. And it's that one element that isn't necessarily positive, or fun, or helpful.

00;14;36;18 - 00;15;11;29

Facilitator

Tap into that go let's let's immerse you into that space because that's where the healing needs to happen. The other stuff is good stuff. We can enjoy it, but there isn't necessarily growth.

00;15;12;01 - 00;15;21;04

C08

I think it's that feeling of what if, what if it's come the clouds come over me and it starts pouring and it starts just getting dark.

00;15;21;06 - 00;15;22;24

Facilitator

Let's go into that.

00;15;22;27 - 00;15;24;03

C08

You know, what if things go wrong?

00;15;24;03 - 00;15;50;15

Facilitator

Let it come. Let the rain come, whether it's a small little drizzle or it's a terrible storm. Allow it to come and let's see what emotions come up for you in that space. When you think of emotions, think of your emojis on your WhatsApp right? And that range of emotions. Which one would you choose for how you feel in the storm?

00;15;50;17 - 00;15;58;23

Facilitator

How intense is the storm for you? Is it a little drizzle or an actual storm?

00;15;58;25 - 00;16;01;26

C08

Not raining, but storm.

00;16;01;28 - 00;16;29;18

Facilitator

Go into the storm. It's not fun, but there's growth there, right? And now think about what emotion do you feel when you in that chaos because there's other cars on the road there's, you know risks potential accidents you gotta watch yourself and watch other cars maybe you can't see too clearly so it feels chaotic.

00;16;29;20 - 00;16;32;10

C08

My legs are tense now.

00;16;32;13 - 00;18;52;17

Facilitator

Okay. Now I want you to stay with that tense feeling in your legs. That's where the healing lies. Just stay with it. Again it may get stronger, it may get weaker. Imagine yourself going and sitting inside those muscles in your legs and just experience that tension.

00;20;43;26 - 00;20;46;12

Facilitator

Sorry about that noise. How is your body feeling? Especially that tension in your legs.

00;20;46;14 - 00;20;54;00

C08

Uhm, it's subsided a bit. It's almost more in their hands now.

00;20;54;03 - 00;20;55;11

Facilitator

Okay, let's stay with that.

00;20;55;17 - 00;20;59;24

C08

Sure.

00;20;59;26 - 00;22;02;28

Facilitator

Always remember we don't want to force your body. Allow yourself to immerse yourself in that feeling and let it lead you.

00;22;03;00 - 00;22;21;14

C08

It's a feeling of I know I need to get home before the storm comes down. I'm already in it and there's no way of turning back. It's a highway. So it's your own, you can only go through it and then just hope it doesn't get worse.

00;22;21;17 - 00;22;51;29

Facilitator

So. So remember this and this you can apply to life forever. For when you're in the storm embrace the storm and process what you feel in the storm be in the moment. There will be a million more times where you'll have a smooth drive and there will be no storm. But in this one moment there is a storm. Immerse yourself in it.

00;22;52;01 - 00;23;02;18

C08

That seems counterproductive to me. Immersing the bad feeling, immersing the scary thoughts when you're trying to stay almost focused?

00;23;02;20 - 00;23;15;07

Facilitator

Embracing equals over equals overcoming and conquering. I want you to conquer that. I never want the storm to overwhelm you because you can't control the storm.

00;23;15;10 - 00;23;18;05

C08

What of the storm should I embrace?

00;23;18;08 - 00;23;50;24

Facilitator

That you can't control it. That it will come at random moments. What I hope you will understand is that you survive the storm. You always survive the storm. You've already survived millions of hundreds of storms in your life and they're never fun. But this is what conquering is. Even more, as you go through life, take one philosophy with you.

00;23;50;26 - 00;24;19;17

Facilitator

It's that you have control over one single thing in the world only. And that's your behavior. Not even your emotions but your behavior and your responses. And that's what I want you to learn to conquer. Master that to manage yourself, don't worry about the external stuff the weather, the storms, the people work stuff. You can't control those. They are external variables.

00;24;19;19 - 00;24;32;07

Facilitator

So what we're focusing on here is you focusing on your behavior and how you experience it. Does that make more sense to you?

00;24;32;10 - 00;24;33;18

C08

Yeah it does.

00;24;33;20 - 00;27;29;19

Facilitator

Okay just stay with it. We're almost done. How's your body feeling now?

00;27;29;21 - 00;27;59;00

C08

It's more relaxed. I'm trying to hold on to that. The feeling. It's as I'm getting onto the highway and I'm seeing this. There's always this moment of exhilaration that knowing you're going to go into it and there's no turning back now. It's almost exciting. Still a bit fearful, but exhilarating. Yeah.

00;27;59;02 - 00;29;05;04

Facilitator

Just as we close off, I want you to tap into the excitement more than the exhilaration or the fear element, tap into the excitement and go back to that beautiful picture of the sunset. And I think you said it was mountains, and greenery... stay with that for a moment.

00;29;05;26 - 00;29;25;22

Facilitator

Then I want you to thank your body, because it's given us so much more information very helpful information. And very slowly to start becoming aware of your self.

00;29;25;25 - 00;29;43;27

Speakse 2

Here with me in the room again. And when you're ready, you don't need to rush your body.

00;29;43;29 - 00;30;11;07

Facilitator

When you're ready you can slowly open your eyes and then slowly sit up in the bed. Are you okay?

00;30;11;14 - 00;30;13;17

C08



Yeah, that was quite nice.

00;30;13;19 - 00;30;29;16

Facilitator

\*inaudible\*

## Participant C09

00;00;00;00 - 00;00;48;08

Facilitator

Okay, so I got the recorder going. And I want you to start out by relaxing yourself. And then just become aware of your body like we did the last time. Feel yourself on the air mattress, that's a unique sensation. Feel the sensation of your head on the pillow, your feet in your shoes. It's something we experience every single day, but we never aware of it.

00;00;48;11 - 00;01;20;15

Facilitator

And then I want you to try and picture in front of you, a door. And as you picture that door think about what it looks like, what color it is, what material it's made of. And just allow your mind to create a full.

00;01;20;15 - 00;01;41;03

Facilitator

Picture for you.

00;01;41;25 - 00;02;10;26

Facilitator

And this time I want you to add on the door is the image of your name. On the door and you can decide what it looks like. Whether you want it to be higher up, lower down to the left, to the right. What size it's written in. What font it's written in. And for a minute let's just stay with that

00;02;10;26 - 00;03;12;02

Facilitator

Image. That's your door. It's your space. And as you stand there and you look at that door, I want you to ask yourself what emotions come up for you. If you struggle to think of emotions, think of your basic emojis on Whatsapp. That's a nice starting point.

00;03;12;04 - 00;03;16;09

C09

Probably, unsure.

00;03;16;11 - 00;03;26;28

Facilitator

Okay. So the most important part of SHIP therapy for me is that feeling of unsure. Where in your body do you feel it?

00;03;27;00 - 00;03;29;21

C09

Uhm... in the chest area?

00;03;29;24 - 00;04;14;25

Facilitator

Okay, so what I want you to do is I want you to stay with that feeling in your chest area. Whatever it feels like these feelings are usually very difficult to put into words, you don't need to put it into words. But I want you to stay with the feeling. Just stay with that feeling, and allow your body to do whatever it wants, don't try and control it.

00;04;14;25 - 00;05;38;13

Facilitator

Don't try and manage it. Give yourself over to that feeling. When you stay with that feeling, sometimes it gets stronger, sometimes it gets weaker, sometimes it moves to another part of your body. Sometimes it changes completely. Whatever your body does is fine. Just stay with it.

00;05;38;16 - 00;05;46;14

Facilitator

What's happening with that feeling?

00;05;46;16 - 00;05;49;06

C09

Uhm... it like, dispersed.

00;05;49;09 - 00;05;51;19

Facilitator

\*inaudible\*

00;05;51;22 - 00;06;01;01

C09

The concentration just went through the whole body, sort of like diluted itself, but, in the whole body.

00;06;01;03 - 00;06;52;20

Facilitator

Okay, that's wonderful it means your body is processing. So let's just stay with it. Remember want you to allow your body to do whatever it wants. So just let it be. While you in that space, if any thoughts, memories, experiences, or even sensations, a taste, a smell, a sound, anything comes to you, you're welcome to share it with me.

00;06;52;22 - 00;06;55;15

C09

Okay.

00;06;55;18 - 00;07;15;17

Facilitator

If nothing comes, that's fine too. Don't try and control your body, let go.

00;07;15;19 - 00;07;43;27

Facilitator

And allow it to be.

00;07;44;00 - 00;07;56;18

C09

Well. I think one thought that comes to mind is like unsure and scared to open the door. Not like super scared, but just like half ignored it and...

00;07;56;20 - 00;08;05;24

Facilitator

What would happen if you open the door? If you want to? You can. If you don't want, you don't have to. But if you want to, you can.

00;08;05;26 - 00;08;17;16

Facilitator

You can open the door and see where it leads.

00;08;17;16 - 00;08;20;28

C09

Well it's like a... just a dark room. For now.

00;08;21;00 - 00;08;44;14

Facilitator

Okay? Go and sit in that dark room. Just go and sit in there. And as you sit in there, I want you to stay with that feeling, you said, it dispersed into your entire body. Sit in that dark room and stay with that feeling. I want you to allow that feeling to do whatever it wants.

00;08;44;14 - 00;10;37;06

Facilitator

With your body. Just let go.

00;10;37;08 - 00;10;49;27

Facilitator

What's happening in that dark room? How do you feel in there?

00;10;49;29 - 00;11;03;12

C09

I feel kind of sad seeing old stuff. So like dusty. Like the things I used to love doing, but I didn't get time to do anymore or just don't do anymore.

00;11;03;14 - 00;11;21;01

Facilitator

I want you to stay with that feeling. What feeling would it be? Regret? Sadness? Unsure? Anger? Those are just examples. What emotion do you feel when you look at those old things, lying there? They're all dusty now. It may be sport

00;11;21;01 - 00;11;27;25

Facilitator

Equipment, ... equipment or other personal things.

00;11;27;27 - 00;11;30;22

C09

I think, the fear of regret.

00;11;30;24 - 00;11;38;12

Facilitator

Where in your body do you feel that emotion of regret?

00;11;38;14 - 00;11;40;17

C09

I think it's over the whole body.

00;11;40;19 - 00;12;48;28

Facilitator

Okay, stay with that again. Stay with that feeling in your body. Imagine a tiny version of you shrunken version of you going inside your body and just sitting in your arms, your chest, the pit of your stomach. Your legs and just experiencing this feeling. That's all I want you to do. I just want you to experience that feeling.

00;12;49;00 - 00;16;00;14

Facilitator

Allow it to be in your body. We spend so much of our time distracting from that uncomfortable feeling. Today I want you to allow it to be. Just allow your body, to experience that. Just stay with whatever your body is doing. How's your body feeling?

00;16;00;16 - 00;16;10;08

C09

It's feeling, calm, and at ease.

00;16;10;10 - 00;16;19;20

Facilitator

Okay. And that feeling that had that uncertainty that had spread throughout your body, how's that doing?

00;16;19;22 - 00;16;34;19

C09

It's there, but it's it's like it was heavy, but then it felt like to like water settling down. And it's just like a calm lake, but it's there.

00;16;35;22 - 00;18;14;09

Facilitator

I want you to just stay with that feeling for a little bit longer. Just stay with your body. Allow it to do whatever it wants. We don't want to force the feeling to get stronger or weaker. We want to work at the pace that your body's comfortable. If look back at that door, see if any other emotion comes up for you or in that dark room.

00;18;14;11 - 00;18;19;14

Facilitator

Has the room changed at all?

00;18;19;16 - 00;18;29;23

C09

Yeah, I think like the room is now the lake and the little guy is sitting on like a boat.

00;18;29;26 - 00;18;32;27

Facilitator

Okay. Is the little guy you, or someone else?

00;18;33;17 - 00;18;35;00

C09

Yeah it would be me.

00;18;35;02 - 00;19;14;18

Facilitator

Okay. Go sit next to him. And I want you to hold his hand. That's a little boy whose been through so much. When we're children, we don't have the ability to put these feelings into words. So we keep it inside. And if that invokes any emotion in you.

00;19;14;20 - 00;19;25;26

Facilitator

You can tell me about it. Many people at.

00;19;25;26 - 00;19;58;18

Facilitator

This point feel like they become teary... allow it, just allow it to come out. Just stay with it. That little boy is holding so much. I'm just going to walk over, and put a tissue on your hand, right?

00;19;58;25 - 00;20;15;25

Facilitator

There you go. Go back to that space.

00;20;15;27 - 00;20;16;13

Facilitator

The boy on the

00;20;16;13 - 00;20;22;10

Facilitator

lake. He's all alone in his boat.

00;20;22;17 - 00;20;58;18

Facilitator

And now you sit with him. Just hold his hand and be with him. And between the two of you, I think you can say a lot to him without even saying words. If there are any words you want to say to him, you're welcome to share it if you don't want to, you don't have to. If you can't say it out loud with me, then say it out loud to him.

00;20;58;20 - 00;21;38;28

Facilitator

I don't need to hear it but say it to him. What would you want him to know? Let little ... hear it. And if there's anything you can't put into words, just hold his hand. He'll

00;21;38;29 - 00;22;28;00

Facilitator

Understand you because you are one.

00;22;28;02 - 00;22;50;29

Facilitator

Most importantly, I want you to ask yourself, how does your body feel when you speak to him, when you stay with him, when you sit with him.

00;22;51;01 - 00;22;56;02

C09

It feels cold.

00;22;56;04 - 00;23;02;05

Facilitator

Stay with that feeling. Would you like me to cover you with a blanket?

00;23;02;08 - 00;23;02;13

C09

No I'm good thanks.

00;23;02;18 - 00;23;24;19

Facilitator

Stay with that feeling of being cold. That's your body releasing emotion, allow it? Don't hold it. Allow it to go. So immerse yourself in that icy world.

00;23;24;21 - 00;23;59;11

Facilitator

That cold world. Just allow

00;23;59;11 - 00;26;37;15

Facilitator

your body to express whatever it wants to. All of these sensations hot, cold, knot in your stomach. Anything else. It's only your body releasing emotion.

00;26;37;17 - 00;26;38;00

Facilitator

How are you

00;26;38;00 - 00;26;46;24

Facilitator

and little ... doing? How's your body feeling?

00;26;46;26 - 00;26;48;09

C09

It was a bit cold.

00;26;48;12 - 00;27;08;13

C09

But uh... the lake is frozen over but, don't have to be stuck on the boat we can walk on ice to wherever we want, but we don't know where that is, but we'll figure it out.

00;27;08;15 - 00;27;26;14

Facilitator

How is that feeling of uncertainty for you? Where do you feel that in your body? You know, you'll figure it out. You always do right? But right now you're not really sure. You still in the phase of of figuring it out.

00;27;26;17 - 00;27;31;00

C09

Over here... in my chest.

00;27;31;02 - 00;32;18;28

Facilitator

We have time. I want you to just stay with that. Just stay with that for a few minutes that feeling on your chest, that uncertainty. Just stay with it. Don't force it to do anything. Just experience it. Stay with that feeling in your chest and allow it to do whatever it wants to do in your body. Just give it space to express itself.

00;32;19;01 - 00;32;37;29

Facilitator

How's your body feeling? The chest area, when you were on the icy lake you felt that uncertainty in your chest area.

00;32;38;02 - 00;32;42;29

C09

I think like the chest feels heavy.

00;32;43;01 - 00;32;44;08

Facilitator

Stay with that heaviness.

00;32;44;08 - 00;32;48;25

Facilitator

for a few more minutes.

00;32;48;25 - 00;34;26;03

Facilitator

Stay with that. Go into that feeling of heaviness in your chest.

00;34;26;05 - 00;34;38;21

Facilitator

Just stay with it.

00;34;38;24 - 00;38;51;27

Facilitator

Stay with that feeling of heaviness. Whatever it feels like. Just stay with that. Picture that icy river again, and then stay with that. That feeling of heaviness that it creates for you. How's that feeling of heaviness in your chest?

00;38;51;29 - 00;38;52;28

C09

Sorry say again?

00;38;53;01 - 00;39;06;20

Facilitator

How's the feeling of heaviness in your chest?

00;39;06;23 - 00;39;22;18

C09

It's kind of turned into a mixture of... like, knowing you have a duty, and an excitement for adventure, but it's still unsure, uncertain...

00;39;22;22 - 00;39;25;13

Facilitator

Almost like you have to hold yourself back.

00;39;25;16 - 00;39;28;22

C09

Yeah.

00;39;28;25 - 00;40;33;19

Facilitator

Okay. That feeling I would love for us to come back to at some point. That will be your choice. But I want you to thank your body for now. Your body has, shared so much of valuable information. It's allowed you to have access to healing, to growth. Unfortunately, we need to close the session off, but scan through your body one last time and just thank your body all of that emotion, that's sitting there. Your body has shared it with us some of it has eased. Now thank your body and very slowly start becoming aware of yourself back here in the room you on the mattress, there's the temperature of the aircon.

00;40;33;21 - 00;40;34;09

Facilitator

And I don't want you.

00;40;34;09 - 00;41;02;21

Facilitator

rush your body but whenever you're ready you can open your eyes. Are you okay?

## Participant C10

00;00;00;00 - 00;00;13;20

Facilitator

Okay, there we go there's the recorder started as well. Okay, so I want you to just relax yourself. Do you want me to pull that down?

00;00;14;01 - 00;00;20;26

C10

Agh it's okay. I just can feel my toes underneath, but it's nice.

00;00;20;28 - 00;00;22;08

Facilitator

That feels odd in this weather.

00;00;22;14 - 00;00;24;04

C10

Yes, exactly.

00;00;24;07 - 00;01;16;13

Facilitator

Okay, so lie down and relax yourself. And then very slowly start becoming aware of yourself in this space. We're gonna do something very similar that we did the last time. Just go a little bit deeper. Not intrusively but more detailed basically. And as you become aware of yourself, become aware of yourself lying on the air mattress and sensation of your body on that mattress, the blanket over you, your hands touching the fabric of your clothing or the blanket, your feet covered with your socks. And as your body eases into that, I want you to picture a door again.

00;01;16;15 - 00;02;05;26

Facilitator

As you picture the door think about what it's made of, what it looks like, what it sounds like in that space. What colors it is. And anything else. Allow your mind to create whatever it is that you want to. Give it free reign. And this time on your door. I want you to visualize your name on it. And you can visualize what size it's written in, what font it's written in, where it's placed: higher up in the middle, lower down.



00;02;05;28 - 00;02;54;19

Facilitator

Anywhere is fine. And as you stay in that space of your door, I want you to become aware of what emotions come up for you or thoughts, or feelings. If your thinking of emotions and you struggle to think of a specific emotion. Then use your range of emojis as a starting point because that has quite a wide range. What comes up for you in that space?

00;02;54;22 - 00;02;57;02

C10

Should I explain the image or the emotion or....

00;02;57;04 - 00;03;25;27

Facilitator

The emotion.

00;02;57;04 - 00;03;25;27

C10

Uhm... I think a bit of shame.

00;02;57;04 - 00;03;25;27

Facilitator

Okay... shame, you said. All right, that's very interesting. And here's the main part of SHIP therapy for me. Where in your body do you experience that sense of shame? So go through your body almost like you're scanning through it, ask yourself where in your body do you experience that?

00;03;26;00 - 00;03;29;02

C10

I think in my throat. Back of my throat.

00;03;29;04 - 00;03;51;22

Facilitator

So what I want you to do is I want you to become aware of that feeling in your throat, and I want you to simply stay with it. You don't need to make it stronger or weaker. Your body will do that on its own. As you stay with that feeling: sometimes the feeling gets stronger or it gets weaker or it changes to something else.

00;03;51;25 - 00;04;48;18

Facilitator

There's no right or wrong just let go all control and allow your body to do whatever it wants. Just stay with that feeling. Our job is not to influence your body. What we want to do is to simply observe your body.

00;04;48;20 - 00;05;15;27

Facilitator

As you stay with it, like I said, sometimes the feeling gets stronger. Sometimes it gets weaker. Sometimes it changes to something else or moves to a different part of your body. If any of that happens, it's perfectly fine. You just let your body do whatever it wants if you do feel it moving somewhere else or changing or getting stronger or weaker, you can tell me.

00;05;16;00 - 00;05;27;11

C10

It definitely became stronger for a moment, for a few moments, and then kind of dissipated a little bit again. But it's definitely not gone. It didn't change or move.

00;05;27;13 - 00;06;03;12

Facilitator

So as we stay with it, that's how we processing that emotion, we're resolving that emotion. I want you to just stay with it. Sometimes it does go through waves. We get stronger and weaker and stronger and weaker until it goes or it changes. And it does anything, it does whatever it wants so just stay with it. While you are in that space, if any thoughts, feelings, memories, experiences, even sensations: a taste, a smell, a sound...

00;06;03;14 - 00;06;41;28

Facilitator

...if anything comes to you can tell me about it right? Just stay with your body? We're just here to observe.

00;06;42;00 - 00;06;55;16

C10

Can't say that there's necessarily a specific thought or something that comes up, but the sensation definitely moved to my to my neck but left side of my neck at the back.

00;06;55;19 - 00;07;28;22

Facilitator

The fact that it's moving around is an indicator that we are processing it and that's a great start, so just stay with it. Let go of everything else and just stay with that feeling. Give yourself over to that. Immerse yourself in it. Let of all control.

00;08;28;05 - 00;08;37;09

C10

The feeling is definitely becoming a little bit more but not stronger, it's almost as if it's becoming bigger. It's going to my a little bit to my shoulder as well.

00;08;37;11 - 00;08;42;11

Facilitator

Is it kind of spreading? Okay, spreading to more spaces?

00;08;42;13 - 00;08;46;20

C10

But it's the intensity is not increasing.

00;08;46;22 - 00;09;23;18

Facilitator

The fact that it's spreading to more spaces means that it feels like it can express itself. The primary function of emotion, emotion needs to be expressed. It's how we resolve it. So that probably means that you're in a comfortable space, and you feel like you can express it, and that's absolutely great. Just allow yourself more of that. I love that you're able to kind of track it and be aware of that. So just stay with it. I want you to really experience that. It started

00;09;23;18 - 00;10;36;22

Facilitator

in your throat and then it move more to your neck, you said the left side, and now it's spreading even to the shoulder, just experience what that is.

00;10;36;25 - 00;10;41;22

C10

It's strange it feels as if it's kind of like dissipating then it comes back again.

00;10;41;25 - 00;11;29;00

Facilitator

Almost like in waves? Like a wave that goes back and forth. That's processing, that's excellent stuff. Again if any thoughts or memories or anything come up you can share it. If nothing comes that's also fine. Just stay with it, immerse yourself in it.

00;11;29;03 - 00;12;08;02

C10

It feels as if I want to move my body? Is that is that okay? Or...

00;12;08;04 - 00;12;42;10

Facilitator

Yeah yeah. So you have that sense of restlessness or... some people even get pain or stuff like that and they need to, curl up. You do whatever your body needs. As long as you stay with your eyes closed and you stay with that feeling. Just give it space to process.

00;13;04;00 - 00;13;08;20

C10

I can still feel it in my shoulder, but I can also feel it in my nose.

00;13;08;23 - 00;13;12;19

Facilitator

It's moving around.

00;13;12;21 - 00;13;56;10

Facilitator

Stay with it allow it to be there. Allow it to be there, allow it to do whatever it wants in your body. It's a very uncomfortable space to be sometimes. What human beings typically do is we distract ourselves, and when we distract ourselves, then we not processing it, we're not dealing with it. So this forces you to ignore everything else, and just process.

00;13;56;12 - 00;14;03;27

C10

I think my mind kind of wanders... tried to bring it back like meditation, but it definitely dwindles a bit.

00;14;03;29 - 00;14;38;26

Facilitator

That's very normal. Just try and bring it back as much as possible. As it moves... as your mind moves around and ventures up there: if any memories come to your mind, look at where your mind is going to if it's just "When are we gonna get this done?" then bring it back, but if it's memories, then that's an indicator for us, probably another space where you felt a similar emotion, sometimes your mind brings it up.

00;14;38;28 - 00;15;34;08

Facilitator

Sometimes it doesn't.

00;15;34;10 - 00;15;37;20

Facilitator

Just allow that feeling to move wherever it wants to do whatever it wants.

00;15;53;20 - 00;15;58;22

Facilitator

How's that feeling in your nose in your shoulder?

00;15;58;25 - 00;16;18;00

C10

The nose, the nose part dissipated. It's also not in my shoulder anymore. It's it's it's again in my neck a little bit closer almost want to say to my to the base of my skull. And it's definitely more in the middle. Like it's definitely both sides.

00;16;18;03 - 00;18;23;03

Facilitator

Okay let's just stay with that for a few more minutes. It means there's still more to be expressed. Imagine a tiny version of you a shrunken version of you. Going, sitting in that spaces: the shoulder, the throat, or wherever it is you're feeling that. Go and sit in there and just observe it. Experience it, feel what it feels like. What that sensation feels like. You don't need to be able to describe it. Just stay with it.

00;18;35;06 - 00;18;48;22

C10

It feels quite heavy.

00;18;35;06 - 00;18;48;22

Facilitator

Stay with that heaviness. It's heaviness that you're carrying around with you. Maybe unnecessary heaviness. Who knows?

00;19;52;17 - 00;19;57;18

C10

It's definitely not gone, but it's, it's different. It's lighter in a way.

00;19;57;18 - 00;20;59;12

Facilitator

That's a good thing. Let's just stay with it for 2 to 5 more minutes right? Is that okay for you? Because I feel like it's getting better so I don't want to stop... Allow it to do whatever it wants. You're just the observer. And as you observe, observe actively, so that you experience what you're observing.

00;20;59;14 - 00;21;04;16

C10

I think it's much better, actually.

00;21;04;18 - 00;21;56;16

Facilitator

Let's just stay with it for one more minute. Scan through your body. And see if there's anything there that you want to address.

00;21;56;16 - 00;22;03;15

C10

The focus still remains there: like neck. Shoulders.

00;22;03;17 - 00;22;11;29

Facilitator

Have you ever had an injury there? Do you often have a stiff neck or pain there?

00;22;12;01 - 00;22;17;28

C10

I have I have scoliosis but I mean that has been stagnant for like since I was 12. So.

00;22;19;27 - 00;23;52;08

Facilitator

Okay. That's interesting.

00;23;52;11 - 00;23;59;08

Facilitator

How's your body feeling now?

00;23;59;10 - 00;24;11;22

C10

A lot more relaxed. It's definitely not, I think, to the same intensity. But I can't say that it's completely gone. It's definitely much lighter.

00;24;11;25 - 00;25;49;25

Facilitator

Okay. Let's stay with it for just one more minute. I want you to thank your body it shared such meaningful information with us. And it gave you a great opportunity to process something today. And then as we close off, I want you to start coming back to this space with me. Become aware of the temperature in this room, the noise outside, yourself lying on the bed there and you don't need to rush your body, but whenever you're ready.

00;25;49;27 - 00;26;38;15

Facilitator

You can slowly open your eyes, and sit up.