

# VR group sessions transcriptions

## Participant V01

00;00;00;00 - 00;00;22;05

Facilitator

Are you comfortable where you are?

00;00;00;00 - 00;00;22;05

V01

Yes.

00;00;00;00 - 00;00;22;05

Facilitator

I want you to start out by making sure you're comfortable moving around if you need to, and just relax your body. And I think ... told you that. Basically, what we're doing today is very similar to the last time, we may be may go a little bit deeper, but it's not intrusively deeper.

00;00;23;02 - 00;00;31;16

Facilitator

So you may actually enjoy this. So let's start off by becoming aware of.

00;00;31;18 - 00;00;38;03

Facilitator

Yourself in your body...

00;00;38;06 - 00;01;02;15

Facilitator

Become a way of your body. Feel the sensation of lying on the air mattress, the temperature of the aircon in the room, your feet inside your shoes. Your hands touching the fabric of your clothing or the mattress. And as you go into that relaxed state, shut out all the noise around you. It's just my voice and the visuals that you see in front of you.

00;01;02;17 - 00;01;32;25

Facilitator

Then I want you to start out by visualizing a door and with the door you can visualize all the details of the door. What color it is, what size it is, what space it's in. Just allow your mind to create a picture of a door in front of you. The details on the door, the material it's made of.

00;01;32;27 - 00;01;34;03

Facilitator

Just allow yourself to.

00;01;34;03 - 00;02;02;12

Facilitator

Create a full image of that. And this time, what we would do a little bit different from the last time is, on your door: I want you to try and visualize your name. Picture your name on the door and with your name you can picture the size it is, the font, it's in, the placement whether it's on top or at the bottom. Where ever it I may be.

00;02;02;15 - 00;03;05;11

Facilitator

Just allow yourself to create that picture in your mind. And then for just a few seconds, I want you to just stay in that space where ever that space may be, and allow yourself to experience what that space is. And as you experience that space of your door, ask yourself what emotions come up for you and you can share that with me. If you struggle to identify which emotions you think of or which emotions you're feeling in that space, think of your emojis

00;03;05;11 - 00;03;28;14

Facilitator

on your Whatsapp. Right? Because it has a very wide range of emotions. So think about that and try and tap in to what exactly you feel in that space.

00;03;28;16 - 00;03;32;29

V01

It's kind of like a peaceful calm.

00;03;33;02 - 00;03;37;00

Facilitator

Okay, that's very nice, because it is your space.

00;03;37;07 - 00;03;41;07

V01

Yeah, like I'm sitting reading a book kinda, that feeling.

00;03;41;07 - 00;03;42;03

Facilitator

That's very comforting for me.

00;03;45;12 - 00;04;13;04

Facilitator

So. So stay in this space, okay? Stay with that feeling. And here's the main part of SHIP therapy for me, I want you to try and identify where in your body you feel that peace and that calm. That sensation of how you feel when you in a comfortable space and you reading a book. That comfort of it, where in your body do you feel that emotion?

00;04;13;07 - 00;04;38;20

Facilitator

Sometimes we don't know the answer to that immediately, and that's fine, So give your body a few minutes and just allow your body to figure out where you feel it. Some people feel emotions in the pit of their stomach or they legs or their feet or tingling in the tips of the fingers or in their heart or chest or head. There is no right or wrong with this.

00;04;38;22 - 00;04;42;00

Facilitator

So give your body time and when it's ready it will let you know where you feel it.

00;04;42;03 - 00;05;07;01

V01

In my chest mostly. Yeah, but then also, I don't know if it's just the relaxation, but my arms feel kind of like not tensed, but it's like they're just.

00;05;07;04 - 00;05;08;03

Facilitator

Almost.

00;05;08;05 - 00;05;08;23

V01

Like.

00;05;08;26 - 00;05;09;13

Facilitator

Floating. Or jelly?

00;05;09;16 - 00;05;19;24

V01

Yeah. Yeah, like they're relaxed and heavy, but not like, heavy. Like, I can feel them...

00;05;19;24 - 00;05;43;10

Facilitator

It's almost like when you go to sleep and your muscles relax?

00;05;19;24 - 00;05;43;10

V01

Yes

00;05;19;24 - 00;05;43;10

Facilitator

Oh, that's a very good sign. That's an indication that your mind is fully relaxed and that's great. What I want you to do now is I want you to stay with that feeling, you said in your chest and your arms. Stay with that feeling. I don't want you to change that feeling.

00;05;43;10 - 00;06;34;21

Facilitator

I don't want you to influence that feeling. I want you to simply stay with it, experience it. When you stay with that feeling sometimes it gets stronger, sometimes it gets weaker. Sometimes it changes to a different feeling or moves to a different part of your body whatever your body does is fine. You just stay with it and go with the flow of your body.

00;06;34;21 - 00;06;41;26

Facilitator

as it does whatever it wants to do.

00;06;42;02 - 00;06;47;21

Facilitator

Also why we stay with that feeling, sometimes when you're in that space.

00;06;47;24 - 00;06;52;04

Facilitator

Certain thoughts, or feelings or memories or even sensations.

00;06;52;04 - 00;07;40;05

Facilitator

A taste, a smell, a sound, a song will come to your mind if anything does come to your mind, you're welcome to share that with me.

00;07;40;08 - 00;08;13;23

Facilitator

Just stay with that feeling. Stay with whatever your body is doing.

00;08;13;26 - 00;08;21;26

V01

The feeling is still on my chest, but it feels like when a cat is sleeping on your chest.

00;08;22;02 - 00;08;22;27

Facilitator

Yes.

00;08;22;29 - 00;08;27;09

V01

And purring...

00;08;27;11 - 00;08;29;16

Facilitator

That's a little bit heavy but kind of comforting.

00;08;29;16 - 00;08;31;26

V01

Yes.

00;08;31;29 - 00;08;35;26

Facilitator

Stay with that feeling. Do you have a cat?

00;08;35;28 - 00;08;38;27

V01

Yes. I got two.

00;08;38;29 - 00;08;45;03

Facilitator

Stay with that feeling for your mind that is probably comfort.

00;08;45;05 - 00;10;03;06

V01

Yeah.

00;10;03;08 - 00;10;37;15

Facilitator

Are there any thoughts or memories that come to mind?

00;10;03;08 - 00;10;37;15

V01

Not really.

00;10;03;08 - 00;10;37;15

Facilitator

That's fine. Whatever your mind gives is fine.

00;10;37;18 - 00;10;48;24

V01

I'm kind of comparing the door, that's on the screen like now to the one I imagined first.

00;10;37;18 - 00;10;48;24

Facilitator

The first time.

00;10;37;18 - 00;10;48;24

V01

Yeah.

00;10;48;26 - 00;11;00;21

Facilitator

What what's that feeling like for you when you try to you had a picture in your mind and then I put the other door up on the VR visual?

00;11;00;23 - 00;11;09;12

Facilitator

Was it easy to to reconcile the two images or to focus on your door or difficult.

00;11;09;15 - 00;11;14;16

V01

It was pretty easy. I think.

00;11;09;15 - 00;11;14;16

Facilitator

That's nice to know.

00;11;14;18 - 00;11;24;15

Facilitator

What's the difference between your door, you said you comparing them. What's the difference between your original door and this one?

00;11;24;17 - 00;11;41;27

V01

My original door I imagined as a brighter red. And and then a slightly different type of door. Yeah. That's the main difference. Everything else is...

00;11;41;27 - 00;11;43;18

Facilitator

Is the feeling the same for you though?

00;11;43;21 - 00;11;44;15

V01

Yes.

00;11;44;29 - 00;11;59;09

Facilitator

That's really important for me.

00;11;59;12 - 00;12;08;17

V01

It's like I do art and the picture in my head is never the same as the one that comes out on the paper.

00;12;08;20 - 00;12;10;07

Facilitator

That is such a nice comparison.

00;12;10;07 - 00;12;17;21

V01

So it's, it's, it's kind of similar to that. Like, I know, the thing in your head is never the same.

00;12;17;21 - 00;12;20;21

Facilitator

Almost like your mind is used to that.

00;12;20;22 - 00;12;23;07

V01

Yeah.

00;12;23;09 - 00;12;56;01

Facilitator

It's very nice to hear that though, from a researcher's perspective. Is that feeling of comfort changing or moving or...

00;12;23;09 - 00;12;56;01

V01

No

00;12;23;09 - 00;12;56;01

Facilitator

anything of the sort? And does your mind go to any other memories or experiences that felt similar? If it does it's fine, and if it doesn't it's also fine, allow your mind wander and see if it comes to anything. If it does it's fine

00;12;56;01 - 00;13;36;10

Facilitator

if it doesn't it's perfectly fine too.

00;13;36;13 - 00;13;48;18

V01

I get a similar feeling of like the comfort when I hug my boyfriend because he's taller than I am so like my face is like, slap dab between his chest.

00;13;48;20 - 00;13;49;24

Facilitator

That is very endearing.

00;13;50;03 - 00;13;53;02

V01

So it's like a bear hug.

00;13;53;04 - 00;14;08;25

Facilitator

Allow yourself to go to that space. Be in his embrace for a minute, go into that space and stay there and just stay there and experience what that feels like.

00;14;08;27 - 00;14;13;19

Facilitator

For you. I want you to truly.

00;14;13;19 - 00;17;46;25

Facilitator

Experience that bear hug. Just stay in that space be with him.

00;17;46;27 - 00;17;53;08

Facilitator

Is there any other thoughts or feelings coming to your mind.

00;17;46;27 - 00;17;53;08

V01

No.

00;17;46;27 - 00;17;53;08

Facilitator

That's fine.

00;17;53;10 - 00;17;54;18

Facilitator

So one or two more minutes let's just

00;17;54;20 - 00;18;03;05

Facilitator

stay with that feeling. Allow yourself to give into that feeling of comfort. The bear hug, that

00;18;03;06 - 00;18;16;10

Facilitator

Comfort of your cat lying on your chest or that sensation of it give yourself to that feeling. Don't hold back allow yourself to be vulnerable with that and immerse yourself.

00;18;16;10 - 00;18;21;18

Facilitator

In that feeling.

00;18;21;21 - 00;21;35;23

Facilitator

That's what allows you to build inner strength. I want you to collect a bit of that feeling inside of you. Almost like you collect something in a bottle, I want you to be able to remember what this feels like. The sensation of comfort of relaxation, of safety. Because being with your cat, being with your boyfriend especially is a deep sense of safety attached.

00;21;35;23 - 00;23;10;14

Facilitator

To it. Once you've collected.

00;23;10;17 - 00;23;15;19

Facilitator

that feeling inside of you I want you to slowly start becoming aware of yourself in.

00;23;15;19 - 00;23;22;28

Facilitator

this space again. Become

00;23;22;28 - 00;24;36;06

Facilitator

aware of the temperature of the aircon, yourself on the air mattress, the noise outside. And then very slowly, when you ready, you can open your eyes, take the headset off. You don't need to rush your body, but very slowly, you can sit up then. Just give your body a minute to re-orientate.

00;24;36;08 - 00;24;41;14

Facilitator

Are you okay? Good. I'm very glad.

00;24;41;16 - 00;24;45;17

Facilitator

Can I just stop my recording.

## Participant V02

00;00;00;00 - 00;00;25;03

Facilitator

Hi, ...

00;00;00;00 - 00;00;25;03

V02

Hi.

00;00;00;00 - 00;00;25;03

Facilitator

How are you?

00;00;00;00 - 00;00;25;03

V02

Good and you?

00;00;00;00 - 00;00;25;03

Facilitator

Good thanks. Are you comfortable where you're lying?

00;00;00;00 - 00;00;25;03

V02

I am comfy.



00;00;00;00 - 00;00;25;03

Facilitator

Okay, do you want me to cover you with the blanket?

00;00;00;00 - 00;00;25;03

V02

It is a bit cold. It feels there's like a bit of an aircon, breeze.

00;00;00;00 - 00;00;25;03

Facilitator

Okay. I also wear a shawl now, because I don't like winter.

00;00;00;00 - 00;00;25;03

V02

I know, but it's this weird and when

00;00;25;03 - 00;00;54;11

V02

where it's so cold in the mornings and then I die of heat at like two in the afternoon.

00;00;25;03 - 00;00;54;11

Facilitator

I never know how to dress because you always underdress or overdress.

00;00;25;03 - 00;00;54;11

V02

Exactly.

00;00;25;03 - 00;00;54;11

Facilitator

It's terribly annoying. Okay, so we're going to do something very similar to what we did the last time. We're basically just go a little bit deeper into your subconscious and I think most people left with a lot of internal strength building effects.

00;00;54;13 - 00;01;27;20

V02

Okay.

00;00;54;13 - 00;01;27;20

Facilitator

So let's start out by just relaxing your body first of all. If you need to wiggle around to find a comfortable spot you can and then also become aware of your body, feel the sensation of your body lying on the air mattress, the sensation of your hands, touching the fabric of your clothing or the blanket on your hands. The sensation of your feet inside your shoes and just become one with your body.

00;01;27;20 - 00;02;15;01

Facilitator

These are sensations that we feel every single day, but we are very, rarely aware of it. And once you're in that, relaxed, deep state of awareness, I want you to start out by picturing a door in front of you. It's similar to what we did the last time. In your mind, create a picture of what it looks like, what materials it's made of, what color it is and very slowly allow your brain to create a full picture of all of that.

00;02;15;03 - 00;02;22;18

Facilitator

I see the alignment of the images is a bit out, but just run with it.

00;02;22;21 - 00;02;28;02

Facilitator

As your body creates, as your mind creates that picture of

00;02;28;04 - 00;02;40;19

Facilitator

the door. This time I want you to add on the door an image of your name on it.

00;02;40;22 - 00;03;08;12

Facilitator

So think about what size is it, what font is it written in, where's it placed higher up or lower down. There's no right or wrong with this, allow your mind to do whatever it wants to do. And then for a few seconds, I want you to just stay with that image that your mind has created. Like I said, there's no right or wrong at all.

00;03;08;15 - 00;03;10;08

Facilitator

So whatever it's created.

00;03;10;10 - 00;03;21;15

Facilitator

Just stay with it.

00;03;21;15 - 00;03;24;02

Facilitator

And immerse yourself into that space and.

00;03;24;02 - 00;03;43;23

Facilitator

that picture.

00;03;43;23 - 00;03;49;07

Facilitator

As you sit with that picture in your mind. I want you to become aware of what

00;03;49;07 - 00;03;58;28

Facilitator

emotions or feelings it brings up for you. If you struggle to think of what emotions it may be, think of all the.

00;03;58;29 - 00;04;29;11

Facilitator

Emojis on your WhatsApp. That usually gives a wide range of emotions.

00;04;30;09 - 00;04;32;24

Facilitator

Once your mind is able to identify a specific emotion, then the most

00;04;38;07 - 00;05;03;26

Facilitator

Important part of SHIP therapy is, ask yourself: “where in your body, do you feel that emotion?” Some people feel emotion in their tummy or in the pit of your stomach or in your chest or your heart, or head or your face, arms, tips of the fingers. Legs, calves. It can be anywhere.

00;05;03;28 - 00;05;07;20

Facilitator

We don't want you to force anything in your body, just want

00;05;07;20 - 00;05;08;18

Facilitator

You to stay with that

00;05;08;18 - 00;06;23;05

Facilitator

feeling and then ask yourself, where in your body do you feel it. Any specific emotion you've identified?

00;06;23;08 - 00;06;45;03

V02

Yes, I feel empowered and proud.

00;06;23;08 - 00;06;45;03

Facilitator

Oh that's lovely. And where in your body do you feel that?

00;06;23;08 - 00;06;45;03

V02

In my chest, and my upper arms.

00;06;23;08 - 00;06;45;03

Facilitator

Okay. What I want you to do with that feeling of empowered and proud, I want you to just stay with it. I want you to truly experience.

00;06;45;10 - 00;06;55;20

Facilitator

What your body feels like when you feel empowered and proud. So immerse yourself in that. Allow yourself

00;06;55;27 - 00;06;56;22

Facilitator

to give you're body

00;06;56;22 - 00;07;49;04

Facilitator

Into that feeling.

00;07;49;06 - 00;07;54;21

Facilitator

As you give yourself into that feeling, sometimes the feeling gets stronger.

00;07;54;21 - 00;08;01;21

Facilitator

Or it's weaker or it stays the same, or changes to something else or it moves to a different part of.

00;08;01;21 - 00;08;08;20

Facilitator

The body. Whatever your body does is perfectly fine.

00;08;08;23 - 00;08;22;02

Facilitator

Just allow it to be. Also when we stay with that feeling, sometimes thoughts, or ideas or memories come to your mind. If anything, does come.

00;08;22;05 - 00;09;15;22

Facilitator

or even sensations, taste, smells, if anything comes to your mind, you're welcome to share it with me. Are there any thoughts or memories that come at the moment?

00;08;22;05 - 00;09;15;22

V02

Well. Though it is instead of it just being in my chest and arms, like it's more of a whole body feeling. So not specifically one part, but more general...

00;08;22;05 - 00;09;15;22

Facilitator

Feeling throughout your body.

00;09;15;22 - 00;11;52;07

V02

Yes, yes. But no, no memory specifically.

00;09;15;22 - 00;11;52;07

Facilitator

That's fine. Just stay with that then. Remember we don't want to force your body or your mind to go to any specific place. We want it to share only what it wants to share or be only where it wants to be. So stay with that feeling I want you to really, truly experience it. Any change in the experience in your body?

00;11;52;10 - 00;12;11;10

V02

Except I can now, I don't know how to explain it, picture myself I guess just walking. And moving. I guess.

00;11;52;10 - 00;12;11;10

Facilitator

That's a good sign movement with bodies is always good even for the emotional world. So keep walking.

00;12;11;10 - 00;13;11;29

Facilitator

And see which leads you anywhere, if it does that's fine if it doesn't, that's perfectly fine too.

00;13;12;01 - 00;13;17;23

V02

I really have a need to open this door in front of me...

00;13;12;01 - 00;13;17;23

Facilitator

Open it, open it.

00;13;17;24 - 00;13;26;22

Facilitator

and see what's there. An empowered person doesn't just sit around

00;13;26;25 - 00;13;28;11

Facilitator

they get stuff done. They open doors.

00;13;34;27 - 00;14;15;25

Facilitator

Open it and see if it leads you anywhere. Does it lead you anywhere?

00;13;34;27 - 00;14;15;25

V02

Well, if I think about what I picture behind the door, it's like "Heidi kind of hills", like beautiful hills somewhere, lots of green and just like beautiful nature.

00;14;15;28 - 00;14;21;06

Facilitator

Go into to that space. Allow your body to go into.

00;14;21;06 - 00;14;25;01

Facilitator

That space and again: What emotions do you

00;14;25;01 - 00;14;33;11

Facilitator

feel in that space? Or if any thoughts, or ideas, anything comes up for you?

00;14;33;14 - 00;14;35;28

V02

Yeah. I feel content, happy.

00;14;36;00 - 00;14;42;29

V02

What's the word...

00;14;43;01 - 00;14;47;19

V02

Like. Excited about...

00;14;43;01 - 00;14;47;19

Facilitator

Almost motivated.

00;14;43;01 - 00;14;47;19

V02

Yes. Yes, yes.

00;14;47;22 - 00;14;54;20

Facilitator

Okay.

00;14;47;22 - 00;14;54;20

V02

And like I have.

00;14;54;22 - 00;15;08;28

V02

like I feel energized.

00;14;54;22 - 00;15;08;28

Facilitator

Okay. That feeling of being energized and motivated it goes so nicely with the idea of being proud and empowered.

00;15;09;00 - 00;15;12;16

Facilitator

But I want you to give yourself to that feeling. Where in your body.

00;15;12;16 - 00;15;41;13

Facilitator

Do you feel those specific emotions or sensations?

00;15;12;16 - 00;15;41;13

V02

In my legs actually I can very clearly feel them.

00;15;12;16 - 00;15;41;13

Facilitator

High energy with the motivation and that go-getter spirit. Feel it in your legs. And I want you to really immerse yourself in that. Picture a small version of your- a shrunken version of you going and sitting inside your legs. So that you can truly just experience it.

00;15;41;15 - 00;15;50;01

Facilitator

You're going to sit there like an observer, You're not going to affect it, you're purely going to experience it, and then just stay with.

00;15;50;01 - 00;17;26;08

Facilitator

that for a few minutes. Just go back into that space and experience that sense that that emotion of motivation, the high.

00;17;26;08 - 00;17;29;25

Facilitator

Energy stuff, give yourself into it

00;17;29;28 - 00;17;41;12

Facilitator

become one with it. Let it engulf your being. And then just.

00;17;41;14 - 00;19;31;20

Facilitator

Stay with that feeling.

00;19;31;23 - 00;19;47;24

Facilitator

Just immerse yourself for a little bit longer. Absorb as much of it as you can.

00;19;47;26 - 00;20;22;22

V02

What I find interesting is I'm, I picture myself walking through that grass I was mentioning and it's like quite high and it's a beautiful day and there's like a breeze in my face. And like what I find interesting is that I'm there alone and so that's just like an interesting observation, I guess that there's not people around.

00;19;47;26 - 00;20;22;22

Facilitator

Sometimes when you're alone, it's the easiest way for your body or your mind to express itself, which in human functioning is incredibly important.

00;20;22;25 - 00;20;26;14

Facilitator

If you look at all the great inventors, or scientists, or the greats in the.

00;20;26;14 - 00;20;31;28

Facilitator

World, the Isaac Newton's and people at that level.

00;20;32;01 - 00;21;01;19

Facilitator

They all had to kind of isolate themselves because that cuts everything else off, it cuts all the distractors out and you can go to a deeper and deeper and deeper level of whatever it is you're focusing on and maybe emotionally that's what you're doing now. There's something very interesting about you. You don't seem to me, you possess such a healthy level of inner strength, that you don't seem to need to rely

00;21;01;19 - 00;21;12;16

Facilitator

on anyone else for emotional security. We all need support at different points in our lives, and from different types of people, at different moments.

00;21;12;18 - 00;21;17;09

Facilitator

But your inner strength and that... that sense of security.

00;21;17;11 - 00;21;21;02

Facilitator

Seems to be a great asset for you.

00;21;21;05 - 00;21;26;25

Facilitator

And in human functioning, that's phenomenal stuff.

00;21;26;27 - 00;21;46;21

Facilitator

So experience that. Really tap into that and give yourself to that. Fully, fully immerse yourself in that feeling. That's your true self by the way. That's your greatest potential. Some of it is you, some.

00;21;46;21 - 00;22;59;17

Facilitator

Of it is untapped still. But that's your potential.

00;22;59;19 - 00;25;01;19

V02

What's also interesting is when I open my eyes and I see this picture, it's like such a boring door and like the white background and the floor is boring. But then when I close my eyes, it's like such a more like...

00;22;59;19 - 00;25;01;19

Facilitator

Vibrant almost?

00;22;59;19 - 00;25;01;19

V02

...yes...sight, but like ... told me to keep my eyes open, but I'm like I'd much rather close them.

00;22;59;19 - 00;25;01;19

Facilitator

You do what your body wants to do.

00;25;01;22 - 00;25;06;06

Facilitator

How is your body doing? Are you able to absorb that?

00;25;06;08 - 00;25;15;18

Facilitator

Do you feel like you've done it or do you want to stay there a little bit?

00;25;06;08 - 00;25;15;18

V02

No. I feel like I've...

00;25;06;08 - 00;25;15;18

Facilitator

You've collected enough.

00;25;06;08 - 00;25;15;18

V02

Yeah.

00;25;06;08 - 00;25;15;18

Facilitator

I want you for just a few seconds.

00;25;15;18 - 00;25;33;06

Facilitator



To remember that feeling. Almost like you're collecting it in a bottle inside of you because that you're going to take away with you and you can use it at any time in your life when you want.

00;25;15;18 - 00;25;33;06

V02

Yeah, it's a good feeling.

00;25;33;09 - 00;25;37;02

Facilitator

And then if you ready you can go back to your door

00;25;37;05 - 00;25;43;07

Facilitator

and go back out. And you.

00;25;43;07 - 00;25;44;03

Facilitator

Can close the door.

00;25;44;03 - 00;25;49;27

Facilitator

And open your eyes so that you can see the boring door again.

00;25;49;29 - 00;26;06;26

Facilitator

And then very slowly, I want you to kind of come back to the space with me again. So become aware of yourself on the mattress, the temperature of the aircon, the noise outside.

00;26;06;28 - 00;26;07;28

Facilitator

And when you're ready, you don't.

00;26;07;28 - 00;26;14;11

Facilitator

Need to rush your body, but when you're ready, you can open your eyes and take the headset off.

00;26;14;14 - 00;26;55;01

Facilitator

And slowly sit up.

00;26;55;04 - 00;27;04;00

Facilitator

Are you okay?

00;26;55;04 - 00;27;04;00

V02

Yes. I like where I went with that. That was a very...

00;26;55;04 - 00;27;04;00

Facilitator

Can I just stop the recorder and then we can just debrief quickly.

## Participant V03

00;00;00;00 - 00;00;24;11

Facilitator

Okay, There we go. So are you comfortable where you lying?

00;00;00;00 - 00;00;24;11

V03

Yes.

00;00;00;00 - 00;00;24;11

Facilitator

... I'm moving the phone closer to you so it can record. And I want you to start up by just relaxing your body again. I think ... did mention that we're doing something very similar to what we did the last time. All we're doing different this time is that we're going to go a little bit deeper.

00;00;24;13 - 00;01;19;14

V03

Okay.

00;00;24;13 - 00;01;19;14

Facilitator

So once you relaxed, and you're aware of your body and you in a good position. I want you to slowly start visualizing in front of you a door again. And you can think of all the details on the door. Think of what color it is, what material it's made of, the handle of the door, if there's any detail on the door. If there's anything around the door, the space it's in. Just take a few seconds to let that image create in your mind.

00;01;19;17 - 00;01;24;28

Facilitator

And once you've created that image of the door, then I want you to visualize.

00;01;24;28 - 00;01;33;13

Facilitator

On the door your name, and then I want you to think of.

00;01;33;16 - 00;01;43;10

Facilitator

What colors it's in, what size it's in, what font it's in, where it's placed on top of the door upper, or higher up, lower down.

00;01;43;12 - 00;01;52;04

Facilitator

On the left on the right. Where ever you want it.

00;01;52;06 - 00;02;34;21

Facilitator

And I want you to just stay with that image of your door for a minute and think about what do you feel like when you look at that picture in your mind. What does your body feel like?

00;02;34;24 - 00;02;39;18

Facilitator

Are there any emotions that come up for you when you think of that?

00;02;39;20 - 00;02;45;11

V03

I'm excited and happy.

00;02;45;13 - 00;02;51;02

Facilitator

And where do you feel that excitement in your body, where does your body experience, the emotion of excitement?

00;02;51;05 - 00;02;52;27

V03

In my chest.

00;02;53;00 - 00;02;57;06

Facilitator

Okay. So I want you to stay with that feeling.

00;02;57;08 - 00;03;00;04

Facilitator

Every emotion is felt in a different part of the body.

00;03;00;04 - 00;03;09;25

Facilitator

You feeling this in the chest area. So I don't want you to influence that feeling or make it stronger or weaker. I want you to just stay with it.

00;03;09;28 - 00;03;13;06

Facilitator

Become aware of that feeling. And the purpose of.

00;03;13;06 - 00;03;37;21

Facilitator

This is for you to experience what excitement would feel like for you. As you stay with it, sometimes you'll find that feeling gets stronger, sometimes it gets weaker, sometimes it changes to a different feeling, or sensation. Sometimes it moves to another part of the body. All of that is fine. We don't want to force your body to do anything.

00;03;37;23 - 00;03;46;28

Facilitator

Our job here is purely to listen to your body, to become aware of what your body experiences.

00;03;47;01 - 00;03;48;11

Facilitator

I'm gonna be quiet for a minute.

00;03;48;11 - 00;05;01;20

Facilitator

And I just want you to stay with that feeling in your chest, that excitement that you feel there. While you stay with that visual and with that feeling in your chest, I want you to think, even if any thoughts or feelings or even sensations, taste, smell, sounds, a memory of a song, if anything comes to your mind, you welcome to share it with me. But for now,

00;05;01;22 - 00;05;06;11

Facilitator

Essentially, just stay with that feeling in your chest.

00;05;06;13 - 00;05;47;01

V03

The feeling of excitement comes down from the possibility of what's behind the door, and that being a space of reflection, to look back on things that I've accomplished, a place to be still and be present, and also see a way forward and where I'm going. And that's exciting. It's like a gallery of the past and the present and future as well.

00;05;47;03 - 00;05;49;10

Facilitator

The Gallery of Opportunity.

00;05;49;12 - 00;06;06;16

V03

Absolutely.

00;05;49;12 - 00;06;06;16

Facilitator

That is exciting.

00;05;49;12 - 00;06;06;16

V03

It's a place to do some introspection as well. Which you struggle to do in your everyday life, when you're conscious and busy, sometimes it's nice to be still.

00;06;06;19 - 00;06;31;05

Facilitator

So let's take this opportunity to do that. And I want you to go into a very introspective space and let's see what your mind brings up. Reflect on, ..., this is her life. And if we made a movie out of your life, what would the movie be about? What do you want it to be about? There's a past that we can't change.

00;06;31;08 - 00;06;37;13

Facilitator

but there is a future that we have a full opportunity with.

00;06;37;15 - 00;06;44;13

V03

Yes, the movie would be something between a drama and a comedy.

00;06;44;16 - 00;06;45;26

Facilitator

The best types.

00;06;45;28 - 00;07;21;00

V03

Absolutely. A place for dreaming and experiencing. More than anything now, with finishing my degree. It's left like an empty space where there's nothing to do now. There's nothing more to accomplish in the immediate

future. Everything's long term goals from here on forward. And that kind of sucks. It's nice to have short term goals, but moving away from academia to more...

00;07;21;02 - 00;07;48;17

Facilitator

Maybe this is the space. If you if you look at it from an introspective perspective, I love long term, I love goal setting in general, but I understand what you mean about long term goals. Everything feels so you got to wait. That's not, it lacks that fun in the excitement and the challenge of now. What about balance in your life?

00;07;48;17 - 00;07;58;05

Facilitator

What if there's other things you can fill, other parts of your life that you can work on for now and that can fill your time very productively and constructively.

00;07;58;05 - 00;08;01;00

Facilitator

And meaningfully more than anything else meaningfully?

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

Facilitator

And use the space to think of that. What is meaning for ...

00;08;12;05 - 00;08;23;23

Facilitator

what is meaningful for you in your life, in your context, in your story? And just stay with that that thought and let's

00;08;23;24 - 00;08;24;17

Facilitator

See what your brain.

00;08;24;17 - 00;08;30;04

Facilitator

Brings up. And there's.

00;08;30;04 - 00;08;30;26

Facilitator

no right or wrong

00;08;31;02 - 00;08;38;01

Facilitator

with this. If something comes, it comes. If it doesn't, it doesn't. There's no pressure with that.

00;08;38;04 - 00;09;08;14

V03

In my space, the focus is now on things that make me happy. So instead of macro or long term goals, it's more short term, micro focused reading, watching movies, painting.

00;08;38;04 - 00;09;08;14

Facilitator

What would that give you?

00;08;38;04 - 00;09;08;14

V03

Gives me a sense of meaning and accomplishment and expression.

00;09;08;17 - 00;09;13;24

Facilitator

I love the expression because it all of that is good, but the expression is great.

00;09;13;27 - 00;09;22;05

Facilitator

What about stimulation? Because you sound like a person who enjoys the stimulation. The challenge, the accomplishing.

00;09;22;08 - 00;09;25;28

Facilitator

When you do things like art or, you know.

00;09;25;28 - 00;09;42;16

Facilitator

Going to theater, watching new things, experiencing new things, that's an amazing form of gentle stimulation for your brain in a very, very fun package.

00;09;42;18 - 00;09;47;21

V03

Yes, stimulation is good. Sometimes I feel.

00;09;47;24 - 00;09;50;17

Facilitator

Because stimulation gives you the other things like the.

00;09;50;17 - 00;09;59;22

Facilitator

Meaning and the accomplishment and and and... stay with.

00;09;59;22 - 00;10;28;24

Facilitator

That feeling of possibility. All of this possibility that this phase of your life holds. It's almost like a blank canvas. In the next five years, ten years, you've got lots of goals, maybe 20 years or 40 years. Those, there are big things you aiming for and day by day you work towards those goals with the little things you do, going to work every day, doing whatever it is that you do.

00;10;28;26 - 00;10;52;24

Facilitator

But this current phase is just an abundance of possibility. It can be this or that. Either way it's good. Where do you feel that excitement of possibility?

00;10;52;26 - 00;10;59;05

V03

In my body and my chest. What do you mean? In an area in my life?

00;10;52;26 - 00;10;59;05

Facilitator

No, in an area.

00;10;59;05 - 00;11;09;06

Facilitator

Of your body. So we're trying step into the physical sensations that your body experiences.

00;11;09;08 - 00;11;14;23

V03

It's like at the breast bone. The chest area.

00;11;14;26 - 00;11;16;15

Facilitator

Now, this is one of the most.

00;11;16;18 - 00;11;35;25

Facilitator

Helpful parts of SHIP therapy. I want you to just stay with that feeling, zoom in on it and just don't try influence it. Just stay with it. That feeling is what I said, sometimes it gets stronger, sometimes it gets weaker.

00;11;35;25 - 00;11;41;15

Facilitator

Sometimes it changes and moves to another part of your body. All of that is good.

00;11;41;18 - 00;12;08;25

Facilitator

Anything your body does is fine. There's nothing specific that we're aiming for looking for. So you just stay with it and let your body do what it's doing. That feeling you said in your chest, the possibility, the excitement of possibility. I want you to picture yourself. A tiny, shrunken version of you going and sitting inside there and just experience this place.

00;12;08;27 - 00;14;56;01

Facilitator

It's like if you go to an art gallery and you take a few minutes just to sit there and soak up the energy and the ambiance of that place. I want you to go into your chest and I want you to stay there and just soak up that energy experience, what that space feels like, that space that holds the possibility of hope and the hope of possibility. How is that space in your chest feeling?

00;14;56;02 - 00;15;54;00

V03

The space feels safe and secure. It's covered with bones and flesh, and it's connected to the entire body. So central space. It's also very, more neutral. That's a place to view everything else from objective, more neutral standpoint. And it's also an honest space.

00;15;54;02 - 00;16;02;26

Facilitator

I love that. I love that honesty, because that's genuineness. There's genuineness in your growth there. There's genuineness in your

00;16;02;26 - 00;16;09;15

Facilitator

Expression as well, which is so precious.

00;16;09;18 - 00;16;17;04

Facilitator

Stayed with that, stay with that feeling, sensations of it. Are you comfortable the way you're lying?

00;16;17;06 - 00;16;18;00

V03

Yes.

00;16;18;03 - 00;18;06;11

Facilitator

Okay, just stay with it. Any other thoughts or sensations coming to your mind?

00;18;06;14 - 00;18;14;11

V03

The feeling that I'm welcome in my own space.

00;18;18;22 - 00;19;20;14

Facilitator

V03: No.

Press into that feeling of growth, of excitement, of hope. To feel welcome in a space.

00;19;20;16 - 00;19;21;07

Facilitator

Allows you to.

00;19;21;07 - 00;19;37;15

Facilitator

Feel a sense of belonging, which is a very, very core psychological need. It's a very important, need in your psyche, to feel welcome to feel like you belong in the space. Immerse yourself in that feeling. Ask yourself.

00;19;37;15 - 00;19;38;24

Facilitator

Where in your body do you.

00;19;38;24 - 00;19;58;12

Facilitator

Feel that sense of belonging? That sense of being welcome? Where does your body express that? In which part of your body? Sometimes we feel emotions in our tummy or in our calves or in the tips of our fingers, or your in head, or we spoke about your chest.

00;19;58;13 - 00;20;00;18

Facilitator

Where are you feeling.

00;20;00;18 - 00;20;04;19

Facilitator

This emotion of the warmth, of being welcome?

00;20;04;19 - 00;20;17;11

V03

The welcome started in my chest. But I move to another body, it welcomes me there as well so.



00;20;17;14 - 00;20;39;00

Facilitator

Okay, let's do this. Take that feeling in your chest. Lean into it give in to it, give yourself to that feeling, become one with that feeling whatever that feels like for you.

00;20;39;02 - 00;20;40;09

Facilitator

And then very slowly.

00;20;40;09 - 00;20;45;13

Facilitator

at a pace that works for your body, and your mind.

00;20;45;15 - 00;20;49;21

Facilitator

See if that feelings wants to spread throughout your body.

00;20;49;24 - 00;22;36;06

Facilitator

And if it does allow it to. Allow that glow to spread everywhere so that your being can be engulfed in a sense of belonging and a sense of welcome.

00;22;36;08 - 00;24;49;02

Facilitator

Just stay with that feeling. And if it wants to let it spill throughout your body. Is that feeling spreading?

00;24;49;05 - 00;24;55;26

V03

Yes.

00;24;49;05 - 00;24;55;26

Facilitator

Has it reached your full body yet?

00;24;49;05 - 00;24;55;26

V03

Yes it has.

00;24;55;28 - 00;25;25;29

Facilitator

Okay. Then I want you to almost remember that feeling. Collect a little sample of it so you can go back to it any time in your life when you want. Just take a few seconds and do that. And then I want you to.

00;25;26;00 - 00;25;33;21

Facilitator

thank your body because it's given us so much of valuable, meaningful information that can improve the quality of.

00;25;33;21 - 00;25;44;22

Facilitator

Your life. And then very slowly, I want you.

00;25;44;22 - 00;25;46;10

Facilitator

To take one last look.

00;25;46;11 - 00;25;55;14

Facilitator

your door. That's the door of possibility, and the door of hope. And then.

00;25;55;15 - 00;26;07;14

Facilitator

Very slowly start becoming aware of yourself here in the room with me again. Lying on the air mattress, the temperature of the aircon, all the noise outside.

00;26;07;16 - 00;26;10;08

Facilitator

And when you are ready.

00;26;10;10 - 00;26;15;07

Facilitator

Don't have to rush your body, but when you're ready, you can open your eyes.

00;26;15;09 - 00;26;30;08

Facilitator

You can take the headset off and you can sit up slowly.

## Participant V04

00;00;02;18 - 00;00;08;06

Facilitator

On the chair. Okay, so there we go. So it can catch both our voices.

00;00;08;08 - 00;00;14;27

Facilitator

And then we can start out by just relaxing again. Just allow your body to relax. Do you want the blanket over you or are you fine?

00;00;14;28 - 00;00;17;03

V04

No I'm fine thank you.

00;00;17;05 - 00;00;38;11

Facilitator

All right, so then you can just relax and become aware of your body in this space. Feel the, the air mattress beneath you, your hands touching the fabric of the mattress, or your clothing, or wherever it is, your feet inside your shoes. Ignore all the other sensations outside. The noise fluctuates

00;00;38;14 - 00;00;45;04

Facilitator

as it does. And just become one with yourself again.

00;00;45;06 - 00;00;48;06

Facilitator

We walk around in our bodies the whole day, but we are so rarely

00;00;48;06 - 00;00;55;09

Facilitator

Aware of our bodies. And then we going to do what we did the last time. I want you.

00;00;55;09 - 00;01;29;00

Facilitator

To visualize in front of you a door. And again, start thinking about what it's made of, what color it is. Is there anything around it in the space that it's in and just start creating that picture in your mind. And allow, give your mind a few seconds just to create a nice, thorough picture of that.

00;01;29;03 - 00;01;49;09

Facilitator

As your mind is filling that picture up, very slowly add to it, your name on the door. And think about what font it's in, what size it's in, where it's placed, higher or lower.

00;01;49;11 - 00;01;51;19

Facilitator

And just allow your mind.

00;01;51;19 - 00;02;02;16

Facilitator

To create a full picture of this.

00;02;02;19 - 00;02;08;02

Facilitator

And then stay with that picture.

00;02;08;04 - 00;02;39;28

Facilitator

And I want you to ask yourself, how does that how does, how do you feel when you look at that picture? What emotion does it invoke or bring up in you? What emotions come up in you

00;02;40;00 - 00;02;51;02

Facilitator

when you look at that door with your name on it?

00;02;51;04 - 00;03;33;07

Facilitator

If your struggle to think of emotions what can help you is to think of your WhatsApp emojis because that has such a wide range of emotions.

00;03;33;09 - 00;03;36;16

Facilitator

Is there any emotion you can think of?

00;03;36;19 - 00;03;56;28

V04

Initially I felt like kind of anxious, but now it's more like a not, I don't know how to describe it, but not anxious. But like "Okay now what?". Like an unease.

00;03;36;19 - 00;03;56;28

Facilitator

Unsure.

00;03;36;19 - 00;03;56;28

V04

Yeah. Like, unsurety, like, what is...

00;03;57;01 - 00;04;15;01

Facilitator

I don't know the exact name for it, but I kind of know what you're speaking about. But more im... more important than naming it, I want you to ask yourself, where in your body do you feel this emotion? Sometimes we hold emotion in the pit of my stomach or, you know...

00;04;15;03 - 00;04;16;23

V04

I feel it here like...

00;04;16;25 - 00;04;43;09

Facilitator

By your chest area?

00;04;16;25 - 00;04;43;09

V04

Yeah.

00;04;16;25 - 00;04;43;09

Facilitator

Okay. What I want you to do is, this is the most helpful part of SHIP therapy. This is where we process emotion, that feeling, whatever sensation you feel in your chest area is an expression of that uncertainty and maybe uneasiness even, that you felt when you look at that image. What I want you to do with it is I just want you to stay with it.

00;04;43;11 - 00;05;09;21

Facilitator

Normally when we feel uneasy or unpleasant emotion or feeling, we try to distract ourselves and think of something else or get over it. I don't want you to get over it yet. I first want you to stay with step one, and I want you to feel it. Our main goal here is that you experience what that emotion feels like in that part of your body.

00;05;09;23 - 00;05;28;26

Facilitator

So for a few secs, for a few minutes, that's what we're going to do. I want you to just stay with it. When you stay with your emotion, with that feeling, sometimes it gets stronger. Sometimes it gets weaker. Sometimes it changes to something else.

00;05;28;29 - 00;05;35;02

Facilitator

I think the lights just cut...

00;05;35;04 - 00;05;38;09

V04

Yeah my image changed, I don't know if that's meant to change.

00;05;38;11 - 00;05;41;11

Facilitator

What do you see there?

00;05;41;14 - 00;05;47;02

V04

I see, it's like a building and a moon. And...

00;05;47;05 - 00;05;50;05

Facilitator

I have no idea what that is.

00;05;50;07 - 00;05;53;07

V04

It's like it looks like a roof with lights.

00;05;53;10 - 00;05;56;03

Facilitator

... just walked in, he's gonna restart the computer.

00;05;56;03 - 00;05;57;13

V04

Okay.

BREAK\*

00;05;57;13 - 00;06;03;16

Facilitator

All right, so let's redo this. What are you seeing on your screen in front of you?

00;06;03;19 - 00;06;05;00

V04

It's just black.

00;06;05;02 - 00;06;23;24

Facilitator

Okay, that's very convenient. Okay, So I'm going to go back to you in a very nice, calm, relaxed state and you had to kind of wake up with the, with Eskom. So I want you to go back into that space, please.

00;06;23;27 - 00;06;29;07

Facilitator

And then again, as you calm yourself down and you.

00;06;29;07 - 00;06;30;25

Facilitator

go into that relaxed space

00;06;30;28 - 00;06;35;15

Facilitator

start visualizing a door in front of you.

00;06;35;17 - 00;06;41;05

Facilitator

And think about the material it's made of and the colors, the space it's.

00;06;41;05 - 00;06;50;15

Facilitator

In. Etc., etc. and give your mind a.

00;06;50;15 - 00;06;55;22

Facilitator

Minute to get in to to conjure up that image. As you see it now, it may be.

00;06;55;22 - 00;07;05;26

Facilitator

The same and it may be different. It doesn't matter. And as you create that.

00;07;05;26 - 00;07;20;11

Facilitator

Image of your door, I want you to add, your name on the door and think about what size it's in. Think about the font it's written in. Where it's placed.

00;07;20;14 - 00;07;31;15

Facilitator

Higher up, lower down, the middle to the sides. And then I want you to think.

00;07;31;15 - 00;07;56;02

Facilitator

About what you feel like in that space.

00;07;56;04 - 00;08;23;09

Facilitator

Think about what emotion comes up for you when you see that.

00;08;23;12 - 00;08;26;03

Facilitator

Can you pinpoint any specific emotion?

00;08;26;05 - 00;08;27;29

Facilitator

I know it's the second time you're doing it so...

00;08;28;25 - 00;08;41;03

V04

I'm actually quite calm now. Like, I have a sense of like at ease, well, not at ease, but like...

00;08;28;25 - 00;08;41;03

Facilitator

Almost content?

00;08;28;25 - 00;08;41;03

V04

Yeah. Content and just.

00;08;41;06 - 00;08;41;29

Facilitator

That's a beautiful emotion

00;08;42;15 - 00;08;46;26

Facilitator

because it means that you feel you in a.

00;08;46;26 - 00;09;03;05

Facilitator

Very safe space. So I want you to ask yourself where in your body you do feel that sense of contentment?

Which part of your body experiences it or expresses it?

00;09;03;08 - 00;09;16;14

V04

I'd say it's like, weird, my limbs feel kind of like just relaxed, just like...

00;09;03;08 - 00;09;16;14

Facilitator

\*inaudible

00;09;03;08 - 00;09;16;14

V04

Yeah.

00;09;03;08 - 00;09;16;14

Facilitator

Someone used the word floating.

00;09;03;08 - 00;09;16;14

V04

Yeah, it feels like it.

00;09;16;16 - 00;09;24;11

Facilitator

That's really nice. I want you to stay with that floating or flowing feeling? Just give you give yourself into that

00;09;24;12 - 00;09;31;14

Facilitator

Feeling. Allow it to be. Remember, we don't want to

00;09;31;14 - 00;09;32;14

Facilitator

Influence your body.

00;09;32;14 - 00;09;40;12

Facilitator

We don't want to control your body, we want your body to to run on its own and do whatever it wants to do so, let it do what it wants to do.

00;09;40;14 - 00;09;48;20

Facilitator

Give yourself into that floating feeling and then allow your body to do whatever it wants to do with that. Maybe it will stay the same.

00;09;48;20 - 00;09;56;00

Facilitator

Maybe it will be different. Maybe it will move to different parts of your body. Doesn't matter what it does.

00;09;56;02 - 00;11;07;07

Facilitator

Just stay with it.

00;11;07;09 - 00;11;17;05

Facilitator

Just stay with that feeling, while you're in that space. Sometimes your mind brings up thoughts, feelings, memories.

00;11;17;07 - 00;11;18;18

Facilitator

Maybe even sensations.

00;11;18;18 - 00;12;04;11

Facilitator

A taste a smell. A sound, a memory of a song. If anything comes to your mind, you can share it with me please. If nothing comes, that's perfectly fine too. You just let your body do whatever it wants.

00;12;04;14 - 00;12;21;08

V04

I think of, like, the garden, but like a specific spot where we usually, usually, like, sit and relax. Or when we did yoga there, like, I think of that spot that pops up.

00;12;21;10 - 00;12;24;11

Facilitator

Go to that spot.

00;12;24;14 - 00;12;36;03

Facilitator

Walk there and go to that spot and be in that space. You can sit down on the floor, you can sit on a bench, you can sit on a stone, if there is one, a rock.

00;12;36;05 - 00;12;37;25

Facilitator

But go to that space.

00;12;37;27 - 00;12;47;26

Facilitator

And stay there and let's see what your body feels there. If there are any memories again, or specific thoughts that come up in that space.



00;12;47;29 - 00;12;51;16

Facilitator

You can share it again. If not.

00;12;51;16 - 00;13;01;19

Facilitator

If you just want to sit there. It's also okay.

00;13;01;22 - 00;13;14;25

V04

I think of like the sounds that you hear, like the birds, but also of the mosquitoes, I was thinking of the itching now.

00;13;01;22 - 00;13;14;25

Facilitator

So tap into that right.

00;13;14;27 - 00;13;24;27

Facilitator

And experience those mosquitoes. The annoyance. What emotion do you feel in this space?

00;13;25;00 - 00;13;37;19

V04

A calmness, like an extreme like just everything else is far away. Nothing is an issue at that spot.

00;13;37;21 - 00;13;43;24

Facilitator

Have you had any significant experiences or memories in that space?

00;13;43;29 - 00;13;46;15

V04

Not really, it's more just...

00;13;46;18 - 00;13;50;16

Facilitator

What does that space mean to you?

00;13;50;18 - 00;14;01;10

V04

Relaxation, I would say. It's somewhere where I can calm. It's... I usually go there to calm my mind...

00;13;50;18 - 00;14;01;10

Facilitator

It's a very personal space?

00;13;50;18 - 00;14;01;10

V04

Yeah

00;14;01;17 - 00;17;07;23

Facilitator

Oh I like that. Just stay there in that space. Whatever your mind does and that feeling of peace or calm, or contentment. Again ask yourself where in your body do you feel that? Allow yourself to immerse yourself in that space, and whatever it means for you. Is there any thoughts or memories coming to you?

00;17;07;26 - 00;17;21;18

V04

It's more like I need to concentrate again to not lose the space. To not wander that my mind doesn't wander somewhere else.

00;17;07;26 - 00;17;21;18

Facilitator

Allow your mind to wander if it wants to.

00;17;21;20 - 00;17;54;18

Facilitator

Let's see where it goes.

00;17;54;21 - 00;17;57;26

Facilitator

Let your mind do whatever it wants to do.

00;17;57;28 - 00;18;35;09

Facilitator

If it stays it stays, if it moves it moves.

00;18;35;11 - 00;18;38;09

Facilitator

Where is your mind going to?

00;18;38;11 - 00;19;06;03

V04

I first thought of where else I feel so calm. So it went to the ocean, where we usually go. And then I was thinking of how in the winter you know the sun, but like, here, 3:00 in the afternoon, it makes these beautiful rays across everything and it feels so everything quiets down for me at that point in winter.

00;19;06;05 - 00;19;18;18

Facilitator

There's a great sense of ease that comes with that.

00;19;18;21 - 00;19;23;07

Facilitator

Give yourself into that feeling. That feeling. That feeling of the rays, the feeling.

00;19;23;07 - 00;20;40;26

Facilitator

Of the ocean. It's probably or possibly similar. What does your body feel?

00;20;40;28 - 00;20;54;06

V04

Calm like it's... it's just... and also like happy. It's the sense of happiness that gives me like a...

00;20;40;28 - 00;20;54;06

Facilitator

Where do you feel happiness in your body?

00;20;40;28 - 00;20;54;06

V04

Well like this area, like my...

00;20;54;07 - 00;20;58;02

Facilitator

Okay, your torso.

00;20;58;04 - 00;21;03;25

Facilitator

Stay with that feeling. Stay with that feeling.

00;21;03;28 - 00;21;12;01

Facilitator

And if your body wants to, allow it to let that feeling spread throughout your body. If it doesn't want.

00;21;12;01 - 00;23;50;09

Facilitator

To, it's fine. Is that feeling of happiness able to spread?

00;23;50;12 - 00;23;55;13

V04

It spread like to my face and definitely.

00;23;55;15 - 00;23;56;10

Facilitator

Your hands?

00;23;56;12 - 00;23;58;24

V04

To my hands. Yeah.

00;23;58;26 - 00;24;00;14

Facilitator

Okay. Let it do what it

00;24;00;14 - 00;25;50;09

Facilitator

wants if it wants to spread more it's fine, if it doesn't want to it's fine too, but immerse yourself in it. Really allow it to take over your body in those areas where you feel it. How's your body feeling?

00;25;50;11 - 00;25;53;02

V04

Light like it's.

00;25;53;05 - 00;26;24;20

Facilitator

It's a very, very nice place to function in. I want you to kind of collect that feeling. I want you to be able to remember it. And I want you to be able to go back to it if you want to at any point in your life to remember

what that feels like. So allow yourself to collect a bit of that. In different parts of your body, remember what it feels like. Collect the memory of it the sensation of it.

00;26;24;20 - 00;26;28;18

Facilitator

what it actually feels like. Whether it's throughout your

00;26;28;21 - 00;27;21;04

Facilitator

Body, or just parts of your body, doesn't matter. And then I want you to thank your body for sharing information that's very valuable and meaningful to your well being. And then, very slowly, start becoming aware of yourself back here in this room.

00;27;21;07 - 00;27;26;05

Facilitator

The temperature of the aircon, lying on the mattress there

00;27;26;08 - 00;27;56;15

Facilitator

There's noise outside. And you don't need to rush your body, but when you're ready, you can open your eyes, take the headset off. And slowly sit up. How was that?

00;27;56;17 - 00;28;06;06

V04

Oh, it was so nice.

00;27;56;17 - 00;28;06;06

Facilitator

Oh that's so nice to hear.

00;27;56;17 - 00;28;06;06

V04

I'm feeling so relaxed now, last time as well, afterwards I was like: "I can stay here"

## Participant V05

00;00;00;00 - 00;00;25;28

Facilitator

Let's start out by just relaxing yourself. Your eyes are closed so become aware of yourself and your body in this space. Like we did the last time become aware of the feeling, the sensation of the air mattress, below you. Your hands touching each other or your clothing or the mattress where ever it is. Your feet inside your shoes and just kind of.

00;00;26;04 - 00;00;31;27

Facilitator

Become one with your body. And then.

00;00;32;00 - 00;00;37;21

Facilitator

very slowly, I want you to visualize in front of.

00;00;37;21 - 00;00;51;03

Facilitator

You a door.

00;00;51;05 - 00;00;52;08

Facilitator

And as you visualize.

00;00;52;08 - 00;01;04;15

Facilitator

the door, start becoming aware of the detail of door what color it is, what material it's made of the.

00;01;04;15 - 00;01;05;05

Facilitator

space it's

00;01;05;05 - 00;01;11;05

Facilitator

In, if there is anything around it or not. The handle, the doorknob.

00;01;11;08 - 00;01;16;13

Facilitator

The detail on it, maybe there's a pattern or not. Give yourself a.

00;01;16;13 - 00;01;21;23

Facilitator

Minute, just a few seconds. And really

00;01;21;25 - 00;01;22;27

Facilitator

Immerse yourself in.

00;01;22;27 - 00;02;02;00

Facilitator

That picture. Take a minute and just totally immerse yourself in that picture. Let your brain create all the detail around it. And then, a little bit different from the last time, but what I want you to add is, I want you to picture your.

00;02;02;00 - 00;02;16;06

Facilitator

Name on that door. So look at where your name is, what font it's written on in. The size it is the placement. If it's higher or lower just create that image.

00;02;16;06 - 00;02;40;16

Facilitator

In your mind.

00;02;40;18 - 00;02;53;16

Facilitator

And take a minute and just immerse yourself in that picture.

00;02;53;18 - 00;02;54;14

Facilitator

And then as you.

00;02;54;14 - 00;03;08;27

Facilitator

immerse yourself in that picture, I want you to become aware of what emotions come up when you look at that space and you look at your name on the door. It's a space your mind has created.

00;03;09;00 - 00;03;26;23

Facilitator

How do you feel when you look at that? So take a minute and then tell me if there's any emotions that come up for you. It could be positive. It could be negative doesn't really matter. Remember, like we said the last time.

00;03;26;26 - 00;03;34;02

Facilitator

I don't want you to force your body or your mind to see anything what ever your mind creates. That's the right answer

00;03;34;03 - 00;03;44;21

Facilitator

that's what we want.

00;03;44;23 - 00;03;53;25

V05

I don't feel any side of the spectrum. I just feel really relaxed and at ease.

00;03;53;28 - 00;04;03;22

Facilitator

Okay. Let's lean into that relaxation, go into that space, lean into that relaxation. Is everything fine with the visual of what you're seeing?

00;04;03;24 - 00;04;05;21

V05

Yes.

00;04;05;24 - 00;04;21;10

Facilitator

So lean into that relaxation and as, what I want you to do is I want you to feel that relaxation. And very specifically, I want you to feel where in your body. Do you experience that? That sense of relaxation.

00;04;21;10 - 00;04;34;17

Facilitator

maybe it comes with peace, maybe it comes with fulfillment, or calm. What ever it may be, where in your body do you feel it?

00;04;34;20 - 00;04;37;10

V05

I would say from my neck.

00;04;37;12 - 00;04;44;25

V05

down into my legs.

00;04;37;12 - 00;04;44;25

Facilitator

Okay, so I want you to give in to that feeling. And I want you to just.

00;04;44;25 - 00;05;05;02

Facilitator

Stay with it. That feeling from your neck, your shoulders, all the way down where ever, whether it goes to your hips, your knees, your toes. Doesn't matter. But I want you to just stay with that feeling. The main point that I want you to take away from this is I want you to experience what that feeling of.

00;05;05;02 - 00;05;25;11

Facilitator

calm feels like in your body.

00;05;25;14 - 00;05;42;29

Facilitator

And just stay with that feeling. Give into it and stay with it. While you stay with that feeling, sometimes when you're in that space, thoughts come to your mind or feelings or even sensations, a taste in your mouth.

00;05;42;29 - 00;05;50;02

Facilitator

a smell, a memory of a song, or a sound. If anything does come.

00;05;50;02 - 00;05;57;22

Facilitator

Up for you, you're welcome to share it with me.

00;05;57;25 - 00;06;07;20

V05

The only thing that really comes up is just the feeling, how relaxed I feel.

00;05;57;25 - 00;06;07;20

Facilitator

Okay. That's perfectly fine.

00;06;07;20 - 00;06;36;22

Facilitator

Remember we don't want to force your body to do anything or your mind, so whatever it gives us, we just stay with that. I want you to, I want you to picture a very mini, tiny, shrunken version of you going into those muscles in your neck and in your body and just experiencing that. Go there and feel what relaxation feels like for you.

00;06;36;24 - 00;06;42;18

Facilitator

And for a few minutes just stay with that. Again if anything comes to mind, you're welcome

00;06;42;25 - 00;06;43;20

Facilitator

to share

00;06;43;22 - 00;07;15;02

Facilitator

if nothing comes that's perfectly fine as well. Just stay with that feeling.

00;07;15;05 - 00;07;20;06

Facilitator

When you stay with that feeling, sometimes it gets stronger or weaker.

00;07;20;09 - 00;07;28;01

Facilitator

or it changes or it moves to another part of the body. If it does that, that's perfectly fine too. You were gonna say something?

00;07;28;03 - 00;07;42;07

V05

With me imagining going down into my muscles it went from relaxation to actually focusing on an injury I received when playing rugby a couple years back in my shoulder.

00;07;42;10 - 00;08;04;21

Facilitator

When you think about the injury experience, how does your body feel? What emotions come up for you? If you struggle to think of emotions, use the WhatsApp emojis to help you of the whole range of emojis, which one would you choose that reflects how you felt at that time?

00;08;04;23 - 00;08;09;09

Facilitator

Because injuries are always unexpected. You're in.

00;08;09;09 - 00;08;19;19

Facilitator

The middle of a game and you're probably having fun and suddenly something happens and it really throws you off. So which emotion came up for you?

00;08;19;21 - 00;08;37;28

V05

I would say disappointment.

00;08;19;21 - 00;08;37;28

Facilitator

Okay.

00;08;19;21 - 00;08;37;28

V05

In the fact that, or, when I started feeling or thinking about it now, it almost feels like the muscle is still not a 100 percent.

00;08;19;21 - 00;08;37;28

Facilitator

Okay.

00;08;38;00 - 00;08;46;22



Facilitator

Has that compromised anything else for you? Has there been any long term consequence for you as a result of the injury? That you can't play as much or...?

00;08;46;25 - 00;08;54;09

V05

I would say I'm very hesitant when I do play and it's been keeping me out of...

00;08;54;09 - 00;09;03;03

Facilitator

How does that make you feel because now this injury has actually changed your life. I assume rugby is something you enjoy? Sports are usually things that are your fun go to thing right?

00;09;03;29 - 00;09;05;28

V05

Yes, very much so.

00;09;06;00 - 00;09;18;18

Facilitator

For fun for exercise, it's so it has multiple benefits. And now this injury has compromised the the ease with which you can enjoy your hobby.

00;09;18;21 - 00;09;21;14

V05

Very much so.

00;09;21;17 - 00;09;34;04

Facilitator

Oh that is disappointing. Where in your body do you feel that disappointment? We know where you feel the calm right? Now tap into that emotion of disappointment.

00;09;34;06 - 00;09;47;02

V05

I would say I... I only feel it when I think of my back shoulder blade area where I experience the pain.

00;09;47;05 - 00;09;48;18

Facilitator

That disappointment where

00;09;48;19 - 00;09;52;13

Facilitator

in your body you feel it? Is it in that back area still or is it somewhere different?

00;09;52;16 - 00;09;58;26

V05

No yes, it's in my shoulder blade area.

00;09;58;28 - 00;10;21;26

Facilitator

Okay. Is that where you feel the pain of the injury or is it where you feel the emotion of disappointment? Where do you feel the emotion of disappointment? Go, scan your body right. Become aware of your body. And when you think of that disappointment of how this has impacted on your life and it's it's cost you a bit.

00;10;21;29 - 00;10;30;20

Facilitator

Where do you feel that disappointment? Take your time with this.

00;10;30;22 - 00;10;31;23

Facilitator

It's a very new concept

00;10;31;23 - 00;10;46;08

Facilitator

To think of where in your body you feel the emotion.

00;10;46;10 - 00;11;19;03

V05

For me, it's almost more of a mind game because I'm aware of the discomfort that I feel. And then I just think of the factors leading up to it and also post of it. It's not more, it doesn't the disappointment doesn't make me sad or really come from like my heart, but I feel like I'm hard on myself or I.

00;11;19;05 - 00;11;26;10

V05

I'm thinking it more than what I'm truly am feeling it.

00;11;26;13 - 00;11;28;17

Facilitator

Okay. So that's that.

00;11;28;18 - 00;11;33;25

Facilitator

Mind game, that thing of it playing on your mind and maybe.

00;11;33;25 - 00;11;54;05

Facilitator

To a degree dominating your mind. Every time I think of, today's a good day to go and play and that thought creeps up. Where do you feel that? It may be uncertainty, may be possibly even a bit of fear or cautiousness?

00;11;54;07 - 00;12;10;08

V05

I would say all of the above...

00;11;54;07 - 00;12;10;08

Facilitator

Okay.

00;11;54;07 - 00;12;10;08

V05

...fear, uncertainty. I'm too hesitant. Cautious, worried that it might make it worse.

00;12;10;10 - 00;12;12;06

Facilitator

Where you feel that?

00;12;12;09 - 00;12;23;24

Facilitator

Cautiousness, that fear, that uncertainty. I know that's a difficult question.

00;12;23;24 - 00;12;41;09

Facilitator

so stay with it for a minute and go through your body and see, when I think of this cautiousness, where do I feel it? Tomorrow's Friday night, you could go and play Friday night with your friends. And then when you get, when you think of it, where do you feel

00;12;41;09 - 00;12;49;02

Facilitator

That that apprehension, that fear, that uncertainty.

00;12;49;04 - 00;12;57;14

Facilitator

Sometimes we feel a knot in our stomach. Sometimes I feel it in the calves of my legs when I get scared. Some people feel.

00;12;57;14 - 00;13;04;13

Facilitator

It in their neck, their back, their shoulders, some in their arms and in their legs.

00;13;04;15 - 00;13;11;01

V05

I always feel as if I get nerves or I'm tense.

00;13;11;04 - 00;13;35;22

Facilitator

Okay, I want you to stay with that feeling of that nervousness, that tension. That nerves and tense. Stay with that feeling. Bring it up in your body again. Think of the last time you went to play or you wanted to play and you started feeling that nerves and tension and then stay with it. I think this can be very beneficial for you going forward, so let's focus on

00;13;35;22 - 00;15;12;06

Facilitator

it. As you stay with that nerves and tension, is there anything else that comes up? Do you feel it anywhere in your body?

00;15;12;08 - 00;15;15;15

Facilitator

If you do, it's fine. And if you don't, it's also fine.

00;15;15;17 - 00;15;21;28

V05

Almost the sense of restlessness...

00;15;15;17 - 00;15;21;28

Facilitator

Where do you feel the restlessness?

00;15;15;17 - 00;15;21;28

V05

In my legs.

00;15;22;00 - 00;15;26;28

Facilitator

Now this is the very helpful part to help you resolve that emotion right? Stay

00;15;26;28 - 00;15;30;04

Facilitator

with that feeling of restlessness

00;15;30;04 - 00;16;31;07

Facilitator

in your legs. Just stay with that feeling.

00;16;31;08 - 00;16;35;21

Facilitator

in your legs that restlessness. Again, picture a shrunken.

00;16;35;21 - 00;16;41;17

Facilitator

Version of you going into the muscles and the nerves in the flesh of your legs.

00;16;41;17 - 00;16;42;05

Facilitator

And just.

00;16;42;10 - 00;16;47;25

Facilitator

stay there. We don't want you to make that feeling go away, I know it's not a pleasant feeling

00;16;47;27 - 00;16;54;22

Facilitator

but don't distract from it, don't make it go away. Stay with it just experience what it feels

00;16;54;22 - 00;17;46;25

Facilitator

like. While you stay with that feeling, any other thoughts or feelings or sensations come to you. You welcome to share it, if nothing comes, that's perfectly fine.

00;17;46;28 - 00;17;54;26

V05

I feel that it's not a very pleasant feeling...

00;17;46;28 - 00;17;54;26

Facilitator

I know I'm so sorry to ask you to do this.

00;17;55;12 - 00;17;56;27

Facilitator

I do think you will get a lot.

00;17;56;27 - 00;19;40;11

Facilitator

Of genuine, benefit in your life out of this though, because this is probably a barrier in your life that's holding you back and you want to get rid of it. So I always tell people I'm sorry to make you go back to unpleasant stuff, but that's where our healing lies. Just stay with it. You don't have to do anything else.

00;19;40;13 - 00;19;49;15

Facilitator

Just stay with that feeling, immerse yourself in it. Really give yourself to that feeling, forget about everything else.

00;19;49;18 - 00;21;13;14

Facilitator

And just stay with that.

00;21;13;16 - 00;21;28;26

Facilitator

How does that feeling feel? Has it gotten stronger or weaker? Or different? Take your time.

00;21;28;28 - 00;21;45;25

V05

I'd say it's gone weaker and I feel it more shift towards my lower back or hamstrings.

00;21;45;27 - 00;22;45;26

Facilitator

So I want you to stay with that feeling in your hamstrings and your lower back. That's emotion that's moving around in your body so let's listen to your body that's our job here. Just stay with it. Just truly experience it. Don't push it away. Just stay with it immerse yourself in it.

00;22;45;29 - 00;25;40;15

Facilitator

Go into the muscles in your back, in your hamstrings. Give yourself to that unpleasant feeling. How is your body feeling now?

00;25;40;17 - 00;25;44;27

V05

It's still... I would say tense. But it's almost painful, in my lower back.

00;25;44;29 - 00;28;37;18

Facilitator

Stay with that for a little bit. Let's focus very specifically on that right. It's actually turning to pain, it's your body talking to us. Just stay with it. We still have time, so let's use that. Stay with that feeling in your back. How's your back feeling?

00;28;37;20 - 00;28;43;05

V05

Subsides and then comes, comes and goes.

00;28;43;08 - 00;31;47;26

Facilitator

Just stay with it. Just stay with it. Just a few more minutes. Are the waves still coming and going?

00;28;43;08 - 00;31;47;26

V05

Very subtle now.

00;28;43;08 - 00;31;47;26

Facilitator

Let's just stay a few more minutes with it. Just let your body to do whatever it wants to do. Don't influence anything

00;31;47;28 - 00;31;50;01

Facilitator

Your job is to just experience what.

00;31;50;01 - 00;34;48;20

Facilitator

It does. Stay with it just a few more minutes. Give into that feeling, go into that space in your lower back and just stay there and let your body do whatever it wants to do. Is it gone or is it going weaker?

00;34;48;22 - 00;34;57;27

V05

I would say it's gotten weaker. It's more now a feeling of uncomfortability, the right side.

00;34;58;00 - 00;41;07;06

Facilitator

Okay, stay with that let's just stay with that, we have a few more minutes left, let's use them. Just stay with that. Stay with that feeling of that discomfort. You say it's more the right side? Just stay with it. How's your back feeling?

00;34;58;00 - 00;41;07;06

V05

It's getting weaker.

00;34;58;00 - 00;41;07;06

Facilitator

Okay. Just one more minute I want you to stay with it.

00;41;07;08 - 00;41;12;05

Facilitator

How's your back feeling?

00;41;07;08 - 00;41;12;05

V05

There's still a little bit of discomfort.

00;41;12;08 - 00;41;46;11

Facilitator

Okay. I want you to thank your body and then tell that feeling you'll come back to it when you're ready. Then take one last look at your door. And very slowly start becoming aware of yourself here. With me again. Don't rush your body. You can go at a slow pace. Become

00;41;46;13 - 00;41;47;10

Facilitator

aware of yourself lying on the mattress

00;41;49;10 - 00;42;51;23

Facilitator

the VR headset on your face. The temperature of the aircon here. And slowly just become aware. \*inaudible\* and when you're ready you can remove the headset and sit up. If you need help with it you can just let me know. Take your time you don't need to rush your body.

## Participant V06

00;00;00;00 - 00;00;24;26

Facilitator

Is there anything that comes to mind?

00;00;00;00 - 00;00;24;26

V06

Not really.

00;00;00;00 - 00;00;24;26

Facilitator

Okay that's fine.

00;00;24;28 - 00;00;43;06

Facilitator

How do you feel when you look at that door, if you think of emotions? And I think if you, the only way to make that easy for you is, that I can think of, is to think of your emojis on WhatsApp right. Think of all the emojis. Which one? Which ones would you use, to describe how you feel

00;00;43;06 - 00;00;57;06

Facilitator

when you look at that door?

00;00;57;09 - 00;00;58;25

Facilitator

Take your time?

00;00;58;27 - 00;01;05;21

V06

It feels like a straight face like...

00;01;05;23 - 00;01;27;11

Facilitator

A straight face emoji?

00;01;05;23 - 00;01;27;11

V06

Yeah.

00;01;05;23 - 00;01;27;11

Facilitator

That emotion of maybe it's uncertainty, maybe it's just a neutral, not experiencing much? Where do you feel that? That, those, that emotion in your body? Which part of your body does it sit in? Some of our emotions we feel like fear most commonly

00;01;27;11 - 00;01;32;01

Facilitator

we feel in our stomachs, in the pit of your stomach. Some emotions you feel in your chest

00;01;32;24 - 00;01;41;29

Facilitator

or your heart area or your head. Your arms, your legs. Where do you feel this?

00;01;42;01 - 00;01;48;07

V06

I feel it in the middle of my body. I would say by the stomach almost to the heart.

00;01;48;09 - 00;02;36;05

Facilitator

Okay. I want you to stay with that feeling. This is the most helpful part of SHIP therapy where you just stay with the physical sensation in that location of your body, that part of your body. You don't have to change it. Don't make it go away. Just experience it. I want you to emphasize that.

00;02;36;07 - 00;03;56;27

Facilitator

Just stay with it. Immerse yourself in that feeling, that feeling in your stomach area. Just immerse yourself in it. Give yourself to that feeling. Don't try and control it.

00;03;56;29 - 00;03;57;24

Facilitator

While you stay with

00;03;57;24 - 00;05;19;21

Facilitator

that feeling, sometimes it gets stronger, sometimes it gets weaker. Sometimes it changes to something else. Sometimes it moves to another part of your body. Whatever it does is fine. Just move with it. Allow your body to do whatever it wants. How's that feeling in your stomach going? Has it changed? Is it...

00;05;19;23 - 00;05;26;00

V06

It's still there, but it's it feels calmer.

00;05;26;03 - 00;05;27;01

Facilitator

Let's just stay with it a

00;05;27;03 - 00;09;18;27

Facilitator

Little bit longer right. Just allow your body to do whatever it wants. Don't force anything. Stay with that feeling. Allow your body to run its processes to run... everything its course. How's that feeling in your tummy?

00;09;19;00 - 00;09;27;16

V06



It's mostly gone away, but I feel a pressure at my chest now.

00;09;19;00 - 00;09;27;16

Facilitator

Okay, so let's stay with that right.

00;09;27;18 - 00;09;47;00

Facilitator

I want you to picture yourself, a tiny, shrunken version of you going and sitting inside your chest. And just experience that feeling of what you're feeling in your chest. Just stay with it. Don't influence it or change it. Just stay with it. Give yourself

00;09;47;00 - 00;13;20;19

Facilitator

Into it. Just allow your body to process, give it that freedom to do whatever it wants. How's that feeling in your chest feeling?

00;13;20;21 - 00;13;24;22

V06

It's still there, but it's like lighter.

00;13;24;25 - 00;16;39;10

Facilitator

Okay, just stay with it. As you lie there, are there any thoughts or feelings or memories that come to you? Take your time.

00;16;39;12 - 00;16;42;09

V06

It almost feels as like the door got bigger.

00;16;42;11 - 00;16;46;20

Facilitator

Okay.

00;16;46;23 - 00;16;51;17

V06

Like, almost started looming over me, but it is...

00;16;51;19 - 00;16;53;13

Facilitator

Is it a pleasant feeling.

00;16;53;16 - 00;17;01;17

Facilitator

Or an intimidating feeling?

00;16;53;16 - 00;17;01;17

V06

More of an intimidating feeling.

00;16;53;16 - 00;17;01;17

Facilitator

Okay, where do you feel that intimidation? Where in your

00;17;01;17 - 00;17;07;18

Facilitator

body do you experience that emotion?

00;17;07;20 - 00;17;14;24

V06

It feels like it's on the chest area. It started when, my chest about...

00;17;14;26 - 00;17;15;12

Facilitator

Earlier when.

00;17;15;12 - 00;17;20;14

Facilitator

You felt it in the chest? Okay, stay with that feeling again.

00;17;20;17 - 00;17;42;21

Facilitator

Look at that door, look at it looming over you in a menacing way maybe. And feel what it does to your body and your chest especially, and then stay with that feeling in the chest. Just stay with it, fully experience it, go inside there and just feel

00;17;42;21 - 00;19;13;09

Facilitator

what that feeling feels like.

00;19;13;11 - 00;20;37;14

V06

It's like the door is back to the normal size now.

00;19;13;11 - 00;20;37;14

Facilitator

Yeah? Sorry I didn't hear that.

00;19;13;11 - 00;20;37;14

V06

The door feels back to normal size.

00;19;13;11 - 00;20;37;14

Facilitator

Okay. What about that feeling in your chest?

00;20;37;17 - 00;26;32;17

V06

It's almost totally gone.

00;20;37;17 - 00;26;32;17

Facilitator

When you feel like it's totally gone you can tell me right. Just stay with that feeling for now until it's completely gone. Let's process it out of your system.

00;20;37;17 - 00;26;32;17

Facilitator

How is your body feeling?

00;20;37;17 - 00;26;32;17

V06

It's feeling... lighter.

00;20;37;17 - 00;26;32;17

Facilitator

That's very good. Is that feeling in your chest gone completely?

00;20;37;17 - 00;26;32;17

V06

Not completely.

00;20;37;17 - 00;26;32;17

Facilitator

Okay. Let's just give it one or two minutes more right. Just stay with it, just focus on it and experience it, sit with it, sit with that feeling.

00;26;32;20 - 00;26;33;20

Facilitator

How's your body feeling now?

00;26;32;20 - 00;26;33;20

V06

\*inaudible\*... not even there

00;26;33;20 - 00;26;41;27

V06

but I do still feel a little bit of it.

00;26;33;20 - 00;26;41;27

Facilitator

Okay, stay with it for one more minute.

00;26;41;29 - 00;26;44;04

Facilitator

Go into your body.

00;26;44;06 - 00;26;50;24

Facilitator

Picture yourself going in and staying there with it inside the muscles and the.

00;26;50;27 - 00;26;55;17

Facilitator

Flesh and the skin. Go in there. Just stay with.

00;26;55;17 - 00;28;43;19

Facilitator

It. Just experience it.

00;28;43;21 - 00;28;47;08

Facilitator

How's your body feeling?

00;28;43;21 - 00;28;47;08

V06

The pressure in my chest is definitely...

00;28;47;11 - 00;29;07;07

V06

it's gone now.

00;28;47;11 - 00;29;07;07

Facilitator

Is it gone?

00;28;47;11 - 00;29;07;07

V06

Yeah.

00;28;47;11 - 00;29;07;07

Facilitator

Okay. I want you to take one last look at your door and the comfort that it brought you. And I want you to.

00;29;07;07 - 00;29;08;17

Facilitator

thank your body.

00;29;08;19 - 00;29;32;24

Facilitator

Your body has given us so much of valuable information and valuable processing that I hope you will take into your life. That will have positive benefits, for you in your life. And very slowly start becoming aware of yourself back here in this room. Feel yourself

00;29;32;26 - 00;30;11;00

Facilitator

lying on the air mattress, the noise outside, the aircon temperature. And very slowly, you don't have to rush your body, but very slowly when you're ready you can take off the headset. And slowly sit up. Don't need to rush. You can just put it on the bed next to you there. Are you okay?

## Participant V07

00;00;00;00 - 00;00;06;21

Facilitator

Hi. How are you?

00;00;00;00 - 00;00;06;21

V07

I'm well thanks and you?

00;00;00;00 - 00;00;06;21

Facilitator

Good thanks. Are you comfortable?

00;00;06;24 - 00;00;11;15

V07

I mean, I would have been better if I had something to drink, but yeah I'm uncomfortable.

00;00;11;17 - 00;00;13;09

Facilitator

We can give you Energade or

00;00;13;10 - 00;00;19;06

V07

No, no, I'm just joking...

00;00;13;10 - 00;00;19;06

Facilitator

Sanitizer?

00;00;13;10 - 00;00;19;06

V07

\*laughing\* yeah give me the sanitizer, please.

00;00;19;09 - 00;00;35;17

Facilitator

Okay. So I don't know how much ... has explained to you, but we're basically doing something very similar to the last time. The only difference is this time we will go a little bit deeper and enhance that relaxation effect into a therapeutic effect.

00;00;35;20 - 00;00;36;23

V07

Okay.

00;00;36;25 - 00;00;49;10

Facilitator

And so I want you to start out by relaxing. If you need to shuffle around to find a comfortable spot, you welcome to do that. And... is that better?

00;00;49;11 - 00;00;51;02

V07

Yeah, so much better.

00;00;51;04 - 00;01;19;25

Facilitator

And then I want you to start becoming aware of your body so actually feel your body, your back, touching the chair, your legs crossed, your arms touching the armrest. The fabric that your one hand is touching whether it's your clothing or whatever it may be. The sensation of your feet inside your shoes. These are sensations that we feel on a daily basis, but we are very rarely aware of them.

00;01;19;28 - 00;01;57;05

Facilitator

And once your body is in that relaxed state and state of awareness, more than anything, I want you to start visualising a door similar to what we did the last time. As you visualize the door, picture the details of the door, the color, the material it's made of, the handle, etc., etc. And just allow your mind to create a full picture of that door in your mind.

00;01;57;07 - 00;03;04;04

Facilitator

Are you comfortable like that?

00;01;57;07 - 00;03;04;04

V07

Mm hmm.

00;01;57;07 - 00;03;04;04

Facilitator

Okay, perfect. Give your mind a minute just to create that picture and what we can add to the door this time is your name on the door. So I want you to picture what font it's written in, what size, it's written in. Where it's placed higher up, lower down, etc., etc.. So you create this full picture of your door. And just relax into that space. And as you relax into that space

00;03;04;04 - 00;03;13;17

Facilitator

I want you to ask yourself, that space, that door, what emotions does it invoke in you?

00;03;13;19 - 00;03;24;01

Facilitator

If you struggle to think of emotions, start out by using your WhatsApp emojis as a starting point that has a full range of emotions.

00;03;24;04 - 00;03;37;21

V07

I mean, not always what I need.

00;03;37;23 - 00;03;48;16

Facilitator

Just give it a minute and as you relax into that space and own that space. Ask yourself what emotions does this space bring up in me?

00;03;56;22 - 00;04;00;10

Facilitator

Is there anything you can identify?

00;04;00;13 - 00;04;03;26

V07

My dad is there.

00;04;00;13 - 00;04;03;26

Facilitator

Oh that's sweet.

00;04;03;28 - 00;04;12;16

Facilitator

Is that a positive thing for you? So whether it is or it's not, it's something your mind has brought up.

00;04;12;18 - 00;04;38;29

V07

Yeah. I mean, 'cause the door I was imagining was, was a house.

00;04;12;18 - 00;04;38;29

Facilitator

Okay?

00;04;12;18 - 00;04;38;29

V07

That's when my parents were still together, we lived in. My dad passed away, like, two years ago.

00;04;12;18 - 00;04;38;29

Facilitator

Oh I'm sorry.

00;04;12;18 - 00;04;38;29

V07

and yeah, we missed him at my sister's graduation yesterday. So that feeling is still a bit raw.

00;04;12;18 - 00;04;38;29

Facilitator

Let's go with that.

00;04;12;18 - 00;04;38;29

V07

Yeah. So nostalgia is the main, the main feeling I'm feeling at the moment.

00;04;39;01 - 00;05;09;17

Facilitator

Let's process that. So this feeling of nostalgia. Where in your body do you experience that emotion? We hold emotion in different parts of our body. Some you feel in the pit of your stomach or your upper abdomen or your chest or your heart or your arms or your legs or the tips of your fingers could literally be absolutely anywhere. That feeling of nostalgia take a minute with it and try and figure out where in your body

00;05;09;23 - 00;05;17;11

Facilitator

do you feel it?

00;05;17;14 - 00;05;25;13

V07

You want me to answer that?

00;05;17;14 - 00;05;25;13

Facilitator

Mm hmm.

00;05;17;14 - 00;05;25;13

V07

I feel that in my chest.

00;05;17;14 - 00;05;25;13

Facilitator

Okay.

00;05;17;14 - 00;05;25;13

V07

My throat is tightening.

00;05;17;14 - 00;05;25;13

Facilitator

Okay.

00;05;25;16 - 00;05;55;00

Facilitator

So here's the core part of SHIP therapy: I want you to stay with that feeling in your chest, and your throat. We don't want to force that feeling to do anything so you let that feeling flow and let it, let your body do whatever it wants. When you stay with that feeling. Sometimes it gets stronger, sometimes it gets weaker, sometimes it stays the same or moves to a different part of the body.

00;05;55;02 - 00;05;57;09

Facilitator

It doesn't matter to me what it does.

00;06;02;29 - 00;06;52;21

Facilitator

I literally want you to just stay with that feeling. And you go with what ever your body does. Just stay with it. Picture a mini version of you, a shrunken version of you going and sitting inside your chest, in your throat, and just observing and experiencing that feeling. And literally just stay with it. Whether that feeling stays the same or changes

00;06;52;23 - 00;07;04;21

Facilitator

You just stay with it. The main goal is to have you experience what that

00;07;04;21 - 00;08;06;03

Facilitator

Feeling feels like.

00;08;06;05 - 00;08;15;15

Facilitator

While you stay with that feeling sometimes when you in that space memories come to you, or thoughts or feelings or even sensations, a taste, a smell

00;08;15;15 - 00;08;23;19

Facilitator

a song, a sound. If anything comes to your mind, please share it with me, if that's okay.

00;08;23;21 - 00;08;30;21

V07



Yeah, I. My dad's voice and a hug with him.

00;08;31;09 - 00;08;37;02

Facilitator

What does that invoke in you? What does that bring up in you?

00;08;37;04 - 00;08;40;20

V07

A lot of feelings. You know, obviously missing him.

00;08;40;23 - 00;08;45;14

Facilitator

Is it expanding on that nostalgia or is it a little bit different?

00;08;45;16 - 00;09;03;23

V07

Yeah, but it's not like a bad miss. It's not like I'm gonna break down and cry. It's just. I wish he was there to see his daughter graduate yesterday type of thing.

00;08;45;16 - 00;09;03;23

Facilitator

I totally understand that.

00;08;45;16 - 00;09;03;23

V07

Yeah, but it's bringing back really happy memories, which I didn't have a lot with my dad, but...

00;08;45;16 - 00;09;03;23

Facilitator

Okay.

00;08;45;16 - 00;09;03;23

V07

...there were some that were good.

00;09;04;00 - 00;09;10;01

Facilitator

When you think of those happy memories

00;09;10;04 - 00;09;11;20

Facilitator

what emotion does that bring up in you?

00;09;12;17 - 00;09;18;15

V07

Happiness. His laugh could make anyone laugh even if the joke wasn't funny.

00;09;18;18 - 00;09;28;25

Facilitator

That's very endearing. Go back to that laugh. Replay it like you replay a video. Replay it in your mind.

00;09;28;27 - 00;09;33;28

Facilitator

Go back \*inaudible\* space \*inaudible\*.

00;09;34;00 - 00;09;57;05

Facilitator

And experience that with him again. Have that moment with him again. And then ask yourself where in your body do you experience that emotion? That joy of laughing

00;09;57;05 - 00;10;02;03

Facilitator

just because he laughed

00;10;02;05 - 00;10;09;03

Facilitator

It was the way he laughed and maybe it was just him.

00;10;15;00 - 00;10;16;14

Facilitator

Where in your body do you feel that \*inaudible\*?

00;10;16;17 - 00;10;18;03

V07

In my stomach.

00;10;18;05 - 00;10;40;14

Facilitator

Okay. I want you to go to your stomach and I want you to stay with that feeling. I want you to truly experience that feeling. I think the fact that the graduation was yesterday is very, very helpful because now you can process the emotion that comes with that.

00;10;18;05 - 00;10;40;14

V07

Yeah.

00;10;18;05 - 00;10;40;14

Facilitator

So let's do it, let's stay with that

00;10;41;00 - 00;10;55;21

Facilitator

feeling in your tummy. Want me to put a tissue on your hand?

00;10;56;27 - 00;11;47;21

V07

I'm okay thanks.

00;10;56;27 - 00;11;47;21

Facilitator

Okay. Just stay with it okay? Just stay with that feeling in your stomach. Whatever it does, whether it

00;11;47;22 - 00;11;55;06

Facilitator

changes or gets stronger or weaker or stays the same. It doesn't matter. Just stay with it,

00;11;55;06 - 00;12;01;24

Facilitator

and you let your body do whatever it wants with that. I want you to

00;12;01;24 - 00;12;10;15

Facilitator

really experience that feeling. Give yourself over

00;12;10;15 - 00;13;05;04

Facilitator

to that feeling. Become one with it and just let it go. What's happening with your tummy?

00;13;05;06 - 00;13;09;07

V07

I feel the hunger it has now.

00;13;09;09 - 00;13;38;17

Facilitator

That's actually a sign of processing emotion, especially if your tummy starts growling. Watch out for that. It's an indication of your body starting to process. Does that, what happened to that feeling? Did it go away completely or did it change?

00;13;09;09 - 00;13;38;17

V07

Yeah, it faded.

00;13;09;09 - 00;13;38;17

Facilitator

Okay. And where is your mind taking you to now?

00;13;38;20 - 00;13;39;07

V07

To my sister.

00;13;39;09 - 00;14;03;18

Facilitator

Stay with that idea and see what your mind brings up. Can I roll the blanket up and put it under your elbow?

00;13;39;09 - 00;14;03;18

V07

No, I'm comfortable.

00;13;39;09 - 00;14;03;18

Facilitator

Are you comfortable?

00;13;39;09 - 00;14;03;18

V07

Yeah.

00;13;39;09 - 00;14;03;18

Facilitator

Okay. If you become uncomfortable, you can tell me right. We shouldn't be too much longer though. Let your mind wander and see what it brings up with regards to your sister.

00;13;39;09 - 00;14;03;18

V07

Makes me feel proud.

00;13;39;09 - 00;14;03;18

Facilitator

Oh that's very sweet.

00;14;03;21 - 00;14;18;18

V07

A lot of people didn't think she'd finish her degree, but she did.

00;14;03;21 - 00;14;18;18

Facilitator

What did she study?

00;14;03;21 - 00;14;18;18

V07

Visual studies.

00;14;03;21 - 00;14;18;18

Facilitator

Well, those are not easy. When you...

00;14;03;21 - 00;14;18;18

V07

Especially because she hated university too.

00;14;18;20 - 00;14;37;13

Facilitator

But I assume through her degree, I, if your dad passed away two years ago, that was in the middle of her degree, so on top of not particularly enjoying campus. She also had a lot of other stuff, well all of you did.

00;14;18;20 - 00;14;37;13

V07

Yeah.

00;14;18;20 - 00;14;37;13

Facilitator

That for her fell into her degree period and that that's very commendable.

00;14;37;16 - 00;14;48;29

V07

Yeah. I mean, she and my dad was like bound at the hip. She would walk like him. She talks like him, she smiles like him.

00;14;49;01 - 00;14;53;01

Facilitator

That's a little heart sore. That must have been a difficult day for her yesterday.

00;14;53;04 - 00;14;59;09

Facilitator

As happy as it was.

00;14;53;04 - 00;14;59;09

V07

Yeah. I mean, she didn't show it, but I'm sure it is.

00;14;59;11 - 00;15;16;29

Facilitator

Go to that feeling of pride. It's such a beautiful emotion to look at a sibling and feel a sense of pride. Where in your body do you feel that pride for her?

00;15;19;07 - 00;15;22;00

V07

All over actually. Mainly in my torso.

00;15;22;02 - 00;15;40;19

Facilitator

Lovely. I want you to stay with that feeling, and I want you to immerse yourself in that. Give your body over to that feeling. Let it do what it wants with your body, whether it engulfs your whole body or it stays the same.

00;15;40;21 - 00;15;48;18

Facilitator

It doesn't matter to me.

00;15;48;20 - 00;15;56;00

Facilitator

Just out of curiosity, are your eyes open or closed?

00;15;56;02 - 00;16;07;22

V07

It changes.

00;15;56;02 - 00;16;07;22

Facilitator

Okay.

00;15;56;02 - 00;16;07;22

V07

So it's not closed the whole time, but also not open the whole time.

00;15;56;02 - 00;16;07;22

Facilitator

That's perfectly fine. I was just curious.

00;15;56;02 - 00;16;07;22

V07

...and I'm trying not to cry, I focus on the fonts changing on the door.

00;16;07;24 - 00;16;10;15

Facilitator

You're welcome to cry. It's a beautiful form of release.

00;16;10;22 - 00;16;31;07

V07

I mean, I did, so it's fine.

00;16;10;22 - 00;16;31;07

Facilitator

You're trying not to wet the goggles?

00;16;10;22 - 00;16;31;07

V07

I mean, I already did.

00;16;31;09 - 00;16;34;14

Facilitator

Stay with that feeling of pride and see if it brings up any.

00;16;34;14 - 00;16;43;14

Facilitator

Thoughts, feelings, emotions, sensations. If it does, that's perfectly fine. And if it doesn't, that's also perfectly fine.

00;16;43;17 - 00;17;00;02

V07

Do you want me to share the thoughts?

00;16;43;17 - 00;17;00;02

Facilitator

Yes please.

00;16;43;17 - 00;17;00;02

V07

Yeah. So my sister isn't the most dedicated person, but I know she's going to be a great actress just like she's always wanted to be.

00;17;00;04 - 00;17;09;01

Facilitator

When you envision your sister flourishing, growing into her true self, what emotion does that bring up in you?

00;17;09;03 - 00;17;16;20

V07

Even more pride. Because no one thought that she would be able to do it.

00;17;09;03 - 00;17;16;20

Facilitator

Your relationship sounds

00;17;16;21 - 00;17;21;14

Facilitator

very very endearing.

00;17;21;16 - 00;17;25;11

V07

Yeah we do have a good relationship.

00;17;25;13 - 00;17;46;06

Facilitator

Stay with that. Stay with the comfort and the pride, the comfort of the relationship. The pride of watching your sibling grow into a respectable, admirable adult. You grew up together and you see the crazy, possibly worse, bits of each other.

00;17;46;08 - 00;17;48;00

V07

Yeah, that's true.

00;17;48;02 - 00;17;50;08

Facilitator

And then you get to see this too.

00;17;50;10 - 00;18;45;11

V07

Yeah.

00;18;45;14 - 00;18;50;11

Facilitator

Where do you see yourself in that picture?

00;18;50;13 - 00;19;03;01

V07

I want to say next to her, but off to the side of a little bit cheering her on. Telling her I'm proud of her.

00;18;50;13 - 00;19;03;01

Facilitator

What kind of an adult have you grown to be?

00;18;50;13 - 00;19;03;01

V07

Supportive.

00;19;03;04 - 00;19;15;04

V07

But also successful myself.

00;19;03;04 - 00;19;15;04

Facilitator

I love that bit.

00;19;15;06 - 00;19;15;26

Facilitator

Just stay

00;19;15;26 - 00;19;23;09

Facilitator

with all those feelings. When you.

00;19;23;09 - 00;19;30;17

Facilitator

Think of yourself growing into an equally successful, responsible, admirable, efficient.

00;19;30;17 - 00;19;35;10

Facilitator

Adult, what feeling does that bring up in you?

00;19;35;10 - 00;19;42;03

Facilitator

Does that come easily? Or is it difficult for your body to to feel that?

00;19;42;05 - 00;19;51;07

V07

I would say it brings up happiness because I've always wanted to be successful, but also a bit of fear and anxiety because I know it won't be easy.

00;19;51;09 - 00;20;26;28

Facilitator

Want you to go to the fear and anxiety, which is very normal that they coexist right. It's it's not an unhealthy sign or anything, but let's go to it. As you grow into this adult it's completely, ... and I actually just had a conversation about that now. And as you feel that anxiety, a little bit of uncertainty, figuring it out.

00;20;31;16 - 00;20;35;09

Facilitator

Where in your body, do you feel that?

00;20;35;11 - 00;20;38;07

V07

My throat.

00;20;38;09 - 00;20;40;24

Facilitator

Go to that feeling and stay with that feeling.

00;20;40;24 - 00;20;41;06

Facilitator

For a little while.

00;20;41;07 - 00;21;28;03

Facilitator

What does that anxiety feel like to you?

00;21;28;05 - 00;21;30;00

V07

Like I will never succeed.



00;21;30;02 - 00;21;39;28

Facilitator

Where do you feel that, because that's so important, it's such a great thing that we can process because it will give you so much if you get rid of that.

00;21;40;01 - 00;21;44;25

V07

I feel it in my arms and my and my chest.

00;21;44;27 - 00;21;46;25

Facilitator

So there's a lot sitting on your chest, right?

00;21;47;01 - 00;21;51;03

V07

Yeah.

00;21;47;01 - 00;21;51;03

Facilitator

Go to that feeling in your arms, in your chest.

00;21;51;05 - 00;21;52;17

Facilitator

Earlier you spoke about the feeling

00;21;52;17 - 00;21;59;26

Facilitator

In your throat as well. Stay with that.

00;21;59;29 - 00;23;52;14

Facilitator

Are your arms okay with holding the goggles up?

00;21;59;29 - 00;23;52;14

V07

Yeah.

00;23;52;17 - 00;23;55;19

Facilitator

Stay with that feeling of the anxiety.

00;23;55;21 - 00;24;32;09

Facilitator

Because anxiety comes up in so many different places in our lives. I heard you tell ... when you came in that you had a session about that.

00;23;55;21 - 00;24;32;09

V07

Yeah.

00;23;55;21 - 00;24;32;09

Facilitator

Before this right?

00;23;55;21 - 00;24;32;09

V07

Yeah.

00;23;55;21 - 00;24;32;09

Facilitator

And you can go to the things that you discussed in that session, whether it's family stuff, academic stuff, work related stuff. I don't know where in your processes you are, if you come to a point where there's anything really big or deep coming up that's upsetting you or coming to your mind, please share it with me so that we can process it.

00;24;32;11 - 00;24;33;03

Facilitator

Are you okay?

00;24;33;08 - 00;24;37;01

V07

Yeah. This is normal.

00;24;37;03 - 00;24;48;01

Facilitator

When I did SHIP therapy on myself, there were times where I became even in the middle of summer, freezing, freezing, freezing cold. They needed to put two blankets over me. And this was in the middle of summer in Pretoria.

00;24;48;03 - 00;24;48;28

V07

\*laughing\*

00;24;51;20 - 00;24;52;20

V07

Oh, wow.

00;24;52;22 - 00;24;56;27

Facilitator

So your body does strange things sometimes as it processes emotions.

00;24;56;29 - 00;25;03;12

V07

Yeah. For me, it's uhm, I need a stim or I'll pass out.

00;24;56;29 - 00;25;03;12

Facilitator

You need to?

00;24;56;29 - 00;25;03;12

V07

Stim- stimulate.

00;25;03;12 - 00;25;03;26

Facilitator

Okay.

00;25;04;17 - 00;25;10;04

V07

That's why I'm doing this. Because I need to focus because otherwise I'll pass out.

00;25;10;07 - 00;25;18;13

Facilitator

Okay. If you need anything from me in this regard, let me know. But I think if we do process this, it can be really really good for you.

00;25;18;16 - 00;25;44;23

V07

Yeah so in my session today, we spoke about like, how my job is trusting with all these, you know, all of these big, big projects that I'm leading and, you know, them telling me that I'm doing a great job. But, you know, there's still the looming thought that this will just go away next week. I'll just make more mistakes and lose my job and I won't be able to pay for my house.

00;25;45;09 - 00;25;50;01

Facilitator

Okay, so what you're saying is that your mind goes to worst case scenario, right?

00;25;50;04 - 00;25;53;01

V07

Yeah. I mean, I have anxiety. So yes.

00;25;53;03 - 00;25;59;22

Facilitator

When it goes to worst case scenario, you feel that emotion in your chest, your arms.

00;25;59;25 - 00;26;01;20

V07

Yeah.

00;25;59;25 - 00;26;01;20

Facilitator

Maybe your throat sometimes.

00;25;59;25 - 00;26;01;20

V07

Yeah.

00;26;02;06 - 00;26;03;17

Facilitator

Stay with that feeling.

00;26;03;19 - 00;26;05;04

V07

Okay.

00;26;05;07 - 00;26;08;11

Facilitator

I know this is difficult. I know it's not pleasant.

00;26;08;13 - 00;26;09;01

V07

That's fine.

00;26;09;04 - 00;26;17;00

Facilitator

I always tell people I'm really sorry to make you go to such an unpleasant place. But I only do it because I know there will be good for you in it.

00;26;17;02 - 00;26;37;09

V07

I know. I know. I. Yeah, I struggle with imposter syndrome. So this is good to process. And that's, you know, things will eventually be okay. I won't just lose my job because they need to have three warnings.

00;26;37;12 - 00;28;05;13

Facilitator

Yes. That that very practical explanation is actually super valuable for your brain in that moment. So picture yourself again a tiny version of you going into your chest area and sitting there and purely observing and experiencing, that's the key word for me here. Experiencing and feeling what that feeling feels like.

00;26;37;12 - 00;28;05;13

V07

Suffocating.

00;26;37;12 - 00;28;05;13

Facilitator

Stay with that. Just stay with that feeling.

00;28;05;15 - 00;28;08;13

Facilitator

Just stay with it...

00;28;08;15 - 00;28;16;12

Facilitator

If you get deeply overwhelmed, or something scary comes up. Tell me about it and we'll work through it.

00;28;16;14 - 00;28;19;20

V07

Yeah. It's okay. I'm just practising breathing and...

00;28;19;20 - 00;28;30;25

Facilitator

You, you process as you want I don't want you to focus on the breathing or the coping too much. I want you to stay with that feeling that the very unpleasant feeling.

00;28;30;28 - 00;28;33;25

V07

Yeah, I know. That's why I'm trying to breathe, because I can't.

00;28;33;28 - 00;30;15;07

Facilitator

Okay. Stay with it and like you're doing now, just do the best that your body can in that moment.

00;30;15;10 - 00;30;20;06

Facilitator

Just do the best that you can.

00;30;20;09 - 00;30;31;01

V07

The feeling is gone.

00;30;20;09 - 00;30;31;01

Facilitator

Okay. Just before we end is there anything else that comes up for you?

00;30;31;03 - 00;30;36;14

V07

Emotionally no, but don't imagine my name like that.

00;30;36;16 - 00;30;39;28

Facilitator

We need to talk to ... about his visuals.

00;30;40;01 - 00;30;45;01

V07

Yeah, I mean, I mean, I don't explain how I imagined it so.

00;30;45;01 - 00;30;52;26

Facilitator

How is your body feeling? Because it went through a bit of an intense moment there.

00;30;52;28 - 00;31;04;03

V07

Yeah, it's feeling better now. Everything feels nice, relaxed. And like I've gotten a bit of a burden off.

00;31;04;05 - 00;31;09;29

Facilitator

Just before I end off, I don't want to leave, bits

00;31;10;06 - 00;31;13;18

V07

Of raw emotion untouched there. Is there anything

00;31;13;18 - 00;31;16;27

Facilitator

Else in your body that comes up?

00;31;16;29 - 00;31;19;11

V07

No, not really.

00;31;19;14 - 00;31;30;21

Facilitator

Then I want you to go back to graduation yesterday of your sister and watching her almost from the sidelines, observing her growing up into.

00;31;30;24 - 00;31;37;11

Facilitator

This wonderful, responsible, amazing adult.

00;31;37;13 - 00;31;38;22

Facilitator

Just a really competent.

00;31;38;22 - 00;31;47;27

Facilitator

Responsible, amazing person. And let's remember what that.

00;31;47;27 - 00;32;02;27

Facilitator

Feels like in your body.

00;32;03;00 - 00;32;05;00

Facilitator

Bottle that up inside of you.

00;32;05;03 - 00;32;05;25

Facilitator

So that you can remember it

00;32;05;25 - 00;32;12;03

Facilitator

And you can go back to it anytime you want.

00;32;12;06 - 00;32;31;21

Facilitator

And then very slowly, I want you to look at your door almost like take a mental picture as you say goodbye and then slowly start coming back here to this space with me. You can become aware of yourself sitting on the chair. All the noise.

00;32;31;24 - 00;32;38;04

V07

I mean, I didn't ever tune that out. But yes.

00;32;38;06 - 00;33;04;06

Facilitator

And very slowly, you don't need to rush your body, but very slowly when you ready, you can open your eyes, take the headset off and start re-orientating yourself back here with me. Are you okay?

00;33;04;13 - 00;33;05;20

V07

Yeah, I'm feeling great.

00;33;05;20 - 00;33;07;11

Facilitator

Can I just stop our recording.

## Participant V08

00;00;00;00 - 00;00;09;27

Facilitator

So we're doing today something very similar to what we did the last time. We will just go a little bit deeper.

00;00;00;00 - 00;00;09;27

V08

Okay

00;00;00;00 - 00;00;09;27

Facilitator

If that makes sense.

00;00;09;29 - 00;00;10;21

V08

Ja

00;00;10;23 - 00;00;19;26

Facilitator

Alright, so I want you to start the same way we started the last time. Just relax your body. So you in a chair. I hope it's a comfy chair.

00;00;19;28 - 00;00;20;21

V08

Yeah.

00;00;20;23 - 00;00;48;03

Facilitator

And relax yourself and then become aware of your body. So become aware of your arms on the armrest, your back touching the backrest, the feeling of the weight of the headset on your face. Right? It's a new sensation. We not used to walking around like that. The feeling of your feet inside your shoes. That's something we experience every single day.

00;00;48;05 - 00;01;24;04

Facilitator

But we're rarely aware of it. And then I want us to start the way we started the last time. I want you to visualize a door in front of you right. Just work with what your body gives you if you can. That's great. If you can't, it's perfectly fine to. And as you visualize the door, I want you to think of what material it's made of, what color it is, where it's located the space it's in, if there's anything around it or not, etc., etc..

00;01;24;04 - 00;01;44;00

Facilitator

Just whenever you see. And take a few seconds and just kind of familiarize yourself with that space.

00;01;44;02 - 00;01;46;09

Facilitator

And then on your door.

00;01;46;09 - 00;02;26;17

Facilitator

I want you to visualize your name and you can visualize where it's written on the top at the bottom, what size it's in, what font it's written in, and just allow your brain to create a picture for you. Again, just work with whatever your brain gives you. And then almost like if you were in that world, in that space, I want you to just get comfortable in that space and kind of acclimatize yourself to it.

00;02;26;19 - 00;02;55;29

Facilitator

And then I want you to ask yourself, what do you feel in that space? What emotions come up for you when you picture yourself in that space? And that may come quickly or it may they may take time. It doesn't matter. But just stay there for a second. Are there any feelings.

00;02;55;29 - 00;03;00;23

Facilitator

That come up?

00;03;00;26 - 00;03;07;27

V08

Oh no. I'm just experience you know the view kind of thing.

00;03;00;26 - 00;03;07;27

Facilitator

Okay.

00;03;07;29 - 00;03;13;25

V08

Doesn't do anything to me.

00;03;07;29 - 00;03;13;25

Facilitator

All right, that's fine. Are you comfortable in that space?

00;03;13;27 - 00;03;15;15

V08

Yeah, No, I'm comfortable.

00;03;15;18 - 00;03;20;06

Facilitator

And emotionally, are you comfortable with that in that space of the door?

00;03;20;25 - 00;03;21;03

V08

Yeah. Yeah.

00;03;21;10 - 00;03;42;22

Facilitator



Okay. I want you to just stay there for a while, right? It's your space. You can create anything around it if you want as well. In your mind, a picture of a garden or your home or anything you want. But if you're comfortable there, just stay in that space of comfort. And then I want to ask you a very interesting question.

00;03;42;24 - 00;04;10;06

Facilitator

When you in a comfortable mind state, where in your body do you experience that? Where in your body do you feel that sense of comfort? Comfort is an emotion, right? Where in your body do you experience that feeling of comfort? Some people experience emotions in their heart or in their head, or tingling in their fingers or in their legs.

00;04;10;08 - 00;04;31;20

Facilitator

Calves. It can be anywhere. It can be everywhere. It doesn't matter to me. There's no right or wrong answer. So take a minute and become aware of your body and ask yourself how does your body feel in that state?

00;04;31;22 - 00;04;35;10

V08

My whole body is relaxed.

00;04;31;22 - 00;04;35;10

Facilitator

Okay.

00;04;35;12 - 00;05;06;11

Facilitator

I want you to just stay with that feeling of relaxation, become fully aware of that state of relaxation, and just stay with that. How your head feels, your arm, your chest, your back, your legs, your toes, your fingers, feet, hands, your face. It's all relaxed. Just stay with that feeling. It's almost like you give yourself over to that feeling.

00;05;06;13 - 00;06;06;17

Facilitator

Your head is no longer in control. You just let your body do whatever it wants to do. And just for a few seconds or a few minutes, let's just stay with that feeling. As you stay with that feeling, sometimes that feeling gets stronger, sometimes it gets weaker. Sometimes it changes to a different feeling or it moves to a different part of the body.

00;06;06;19 - 00;07;07;29

Facilitator

Whatever your body does in that regard. Just let it do whatever it wants. Don't try and manage it or control it. Just let it be. Also, while you in that state, if any other thoughts, or images or memories or tastes or smells or sounds come to your mind, you can share that with me. Is there anything that did come to mind?

00;07;08;02 - 00;07;15;09

V08

I'm just getting more and more relaxed and thinking, thinking about less, you know?

00;07;15;11 - 00;07;19;29

Facilitator

Okay, that's a wonderful feeling. So like I said earlier, give yourself into that feeling.

00;07;20;02 - 00;07;20;19

V08

Yeah.

00;07;20;21 - 00;08;59;21

Facilitator

Just immerse yourself in it. Allow that state of relaxation to wash over and take over your entire body. Your head, the back of your head, your face, your neck, your shoulders, your arms, your elbows, your forearms. Your wrists, your hands, till the tips of your fingers. And then down your torso, down your hips, down your thighs, down your knees, your calves. Down your ankles all the way down your feet to the tips of your toes.

00;08;59;23 - 00;09;10;11

Facilitator

And just stay with that feeling. Again, if any thoughts or memories come to mind, you can share it. If nothing comes.

00;09;10;11 - 00;09;19;09

Facilitator

It's absolutely perfectly fine.

00;09;19;11 - 00;09;24;05

V08

No it's just relaxed.

00;09;19;11 - 00;09;24;05

Facilitator

That's perfect.

00;09;24;08 - 00;09;27;05

Facilitator

Just out of interest do you have your eyes open or closed?

00;09;27;09 - 00;09;29;12

V08

Eyes open. I'm looking at the door.

00;09;29;14 - 00;09;34;02

Facilitator

Does the visual help you more compared to the last time or is there no difference?

00;09;34;04 - 00;09;46;08

V08

Yeah yeah it does.

00;09;34;04 - 00;09;46;08

Facilitator

Okay.

00;09;34;04 - 00;09;46;08

V08

You know, I'm not searching for an image you have the image and you just focus on that, you know?

00;09;46;08 - 00;11;17;09

Facilitator

That helps.

00;11;17;11 - 00;11;38;11

Facilitator

Just allow yourself to completely relax, we're almost done. Feel that feeling, what relaxation feels like in your body.

00;11;38;13 - 00;11;45;06

V08

Actually feels as if my hands and feet are getting numb. So relaxed it is, you know.

00;11;45;08 - 00;11;49;18

Facilitator

Stay with that numbness. I know that sounds funny, but stay with that feeling.

00;11;49;18 - 00;11;54;21

Facilitator

Of numbness or.

00;11;54;25 - 00;13;51;18

Facilitator

Weightlessness or whatever it is. All that's left of you when you when you move beyond your body is your soul, your energy, your being, your consciousness. So immerse yourself in it. How's your body feeling now?

00;11;54;25 - 00;13;51;18

V08

Totally relaxed.

00;11;54;25 - 00;13;51;18

Facilitator

I want you to remember that feeling. Remember what your head, your body, your arms, your legs. Remember what all of it feels like. That feeling of numbness, a disappearing or weightlessness in your hands, your feet.

00;13;51;20 - 00;14;50;25

Facilitator

Remember what it feels like. It's almost like you bottle a little bit of it up inside of you so that if you need to go back to that resting space at some point in your life, you'll remember what it feels like. And then very slowly, I want you to start bringing your consciousness back to this room in this space, you sitting in the chair, the temperature of the aircon the noise of students moving up and down outside. And very slowly.

00;14;50;27 - 00;15;15;13

Facilitator

When you're ready, take one last look at your door. And then you can start coming back. I'm gonna end the simulation. When you're ready, you can take the headset off. How was that?

00;15;15;15 - 00;15;17;00

V08

That's very interesting.

## Participant V09

00;00;00;00 - 00;00;04;01

Facilitator

Okay morning.

00;00;00;00 - 00;00;04;01

V09

Hi.

00;00;00;00 - 00;00;04;01

Facilitator

Are you good?

00;00;04;02 - 00;00;06;04

V09

Yes I'm fine thanks.

00;00;06;07 - 00;00;35;09

Facilitator

Okay. So I want you to start out by just relaxing your body, right? You're in a comfortable space. In a safe space. So just relax and get comfortable. And then I want you to start becoming aware of your body. And that means become aware of your arms touching the armrest, or your back, touching the back rest of the chair. The feeling or the sensation of the headrest on your head, on your face.

00;00;35;11 - 00;01;07;16

Facilitator

I know it's a little bit heavy, I think? So just experience that. The feeling of your feet inside your shoes. It's something we experience every day, but we never aware of it. And that usually allows your body to go into a more relaxed state. Once you're in a relaxed state, you're going to do something very similar to the last time. I want you to try and picture in front of you a door any kind of door.

00;01;07;16 - 00;01;17;14

Facilitator

Think about what it's made of. What color it is where it's located.

00;01;17;16 - 00;01;34;09

Facilitator

Just allow your brain to formulate that picture. It may be similar or different from what's on the screen. That doesn't matter. And just take in all the details of your door.

00;01;34;12 - 00;01;38;15

V09

The one in the picture or mine?

00;01;38;18 - 00;02;30;23

Facilitator

Either one. Just take in the details of that picture. And let's stay with it for a few minutes. Then on your door, I want you to visualize your name. Think about what size it's in, what font it's in, or the type of letters it's written in. Where is it placed on top below, high on the side? There's no right or wrong.

00;02;30;25 - 00;02;33;27

Facilitator

There's absolutely no right or wrong with this.

00;02;33;29 - 00;02;48;26

V09

Okay I'll go for eye-level.

00;02;33;29 - 00;02;48;26

Facilitator

Okay.

00;02;33;29 - 00;02;48;26

V09

...that's I'd say 1.7 meters.

00;02;33;29 - 00;02;48;26

Facilitator

Okay.

00;02;33;29 - 00;02;48;26

V09

Two thirds up on the top panel.

00;02;48;28 - 00;02;50;27

Facilitator

Okay.

00;02;50;29 - 00;02;54;11

V09

So it must come down a bit.

00;02;54;14 - 00;02;58;15

Facilitator

So I can't move one around. So you're going to need to kind of mentally move it right.

00;02;58;15 - 00;03;01;03

V09

Oh okay. No, sorry I know where it is. Yeah.

00;03;01;10 - 00;03;26;05

Facilitator

Okay. So just stay with that, that picture that's your door, your name, your space. You've created the space of your own. And as you sit with that picture, I want you to ask yourself, how do you feel? What emotions come up for you? If you struggle to think of emotions you can think of, I don't know if you use the emojis on your phone a lot.

00;03;26;05 - 00;03;30;08

Facilitator

But those would be examples of what, of the range of emotions.

00;03;30;13 - 00;03;32;14

V09

You want to know what it is?

00;03;30;13 - 00;03;32;14

Facilitator

Yes.

00;03;30;13 - 00;03;32;14

V09

Proud.

00;03;32;17 - 00;04;03;27

Facilitator

Oh I love that. Because this is your creation. Creativity is the root of growth. That's beautiful. When you feel that sense of pride. Here's the the the SHIP aspect to therapy right, I want you to ask yourself where in your body do you experience that emotion? Positive emotion or negative emotion we hold in our body and different emotions sit in different parts of our body.

00;04;04;00 - 00;04;29;29

Facilitator

This particular emotion of pride, where in your body, do you feel it?

00;04;04;00 - 00;04;29;29

V09

My chest.

00;04;04;00 - 00;04;29;29

Facilitator

Okay, so what I want you to do is I want you to go to that feeling in your chest, and I want you to just stay with it. Immerse yourself in it, give yourself over to it. Forget everything else on the outside. Forget everything else, and stay with that feeling.

00;04;30;01 - 00;06;32;17

Facilitator

When we do SHIP therapy, we don't want to force your body to do anything. We want to allow your body to do whatever it wants to do. So give yourself into that feeling and let it do whatever it wants. Just stay with it. When you stay with that feeling. Sometimes it gets stronger or weaker. Sometimes it moves to a different part of your body.

00;06;32;20 - 00;07;00;05

Facilitator

Sometimes it changes completely in to something else. Whatever your body does, just allow it to do that. And while you stay with that feeling. Sometimes thoughts or memories or ideas, or, taste or smells or sounds come to your mind. If anything does come to your mind, you can share that with me.

00;07;00;07 - 00;07;02;07

Facilitator

And if nothing comes, it's perfectly fine too.

00;07;02;08 - 00;07;04;19

V09

I know I uhm...

00;07;04;21 - 00;07;06;19

Facilitator

Where did your mind wander to?

00;07;06;21 - 00;07;19;22

V09

Yeah. So obviously, the feeling can't go without the mind working so the proudness...

00;07;06;21 - 00;07;19;22

Facilitator

That's what we're hoping for...

00;07;06;21 - 00;07;19;22

V09

Say again?

00;07;19;23 - 00;07;21;05

Facilitator

That's what we're hoping for.

00;07;21;07 - 00;07;26;03

V09

So the proudness evokes...

00;07;26;05 - 00;07;54;29

Facilitator

Emotion. Whatever that emotion is, I want you to stay with it. Maybe you feel it in different side parts of your body. Maybe it's just that that emotion that's coming up. You must remember you've spent your entire life, you're entire adult life, building, working, effort. It's been day after day. You wake up seven in the morning and you go and it's just been building and building. Honor that.

00;07;55;02 - 00;08;05;13

Facilitator

Allow yourself to express that, whether it's tears or just a feeling in your body. Allow it. Let it come. Let it be.

00;08;05;16 - 00;08;14;19

Facilitator

Just stay with that, right? I'm going to give you a few minutes to stay with that.

00;08;14;22 - 00;08;52;15

Facilitator

Someone asked me what success is and my answer, I really thought about it. And my answer was Success is not how much you have in the bank or what car you drive. Success is about how you respond to what life sends your way. And your response to that is pride. That is absolutely admirable and beautiful. Experience that allow your body to experience that, allow yourself to stay with that.

00;08;52;17 - 00;09;42;09

Facilitator

Where did you say you felt that pride? In your chest?

00;08;52;17 - 00;09;42;09

V09

Yeah.

00;08;52;17 - 00;09;42;09

Facilitator

Picture a tiny version of your shrunken version of you going and sitting inside your chest. And don't change anything. Just observe. Experience that feeling of pride.

00;09;42;12 - 00;09;47;00

Facilitator

And just stay with that feeling.

00;09;47;02 - 00;10;02;25

Facilitator

Maybe your mind will go to your family, your kids, your career, your marriage. Think about the man you've grown into. We started as boys and girls and then we grow up into adults and be proud of that.

00;10;02;25 - 00;10;13;00

Facilitator

man you've grown into. It's a rock solid man. He's an admirable man.

00;10;13;02 - 00;10;14;28

Facilitator

And appreciate the effort.

00;10;15;00 - 00;10;21;26

Facilitator

That went into being that man.

00;10;21;29 - 00;10;23;13

Facilitator

There's been so many.

00;10;23;15 - 00;12;13;02

Facilitator

Trials along the way that you've had to overcome to become that person, to become that man. Take a second and appreciate that.

00;12;13;05 - 00;12;15;23

Facilitator

Are there any thoughts or specific memories coming up?

00;12;15;26 - 00;12;23;16

V09

Yeah a lot. I, there's so many. Talking about the children and family...

00;12;23;18 - 00;12;25;02

Facilitator

How many children do you have.

00;12;25;04 - 00;12;27;00

V09

Two.



00;12;27;03 - 00;12;53;12

Facilitator

Stay with that feeling of what you feel when you think about your children? You don't have to put it into words if you don't want to. You're welcome to if you want to. What is, give me one word to describe what you feel about your children.

00;12;27;03 - 00;12;53;12

V09

Joy...

00;12;27;03 - 00;12;53;12

Facilitator

Oh, that's absolutely beautiful. Where do you feel that joy in your body? Just stay with that, just stay with that.

00;12;53;15 - 00;13;07;21

Facilitator

You live a beautifully blessed life. Take this moment to appreciate that. If God has blessed you with joy, with the opportunity to experience this joy, you have this moment where you enjoy it. It's His blessing. Take it and enjoy it.

00;13;07;21 - 00;13;15;01

Facilitator

Receive it. Those are your two blessings.

00;13;15;03 - 00;13;19;29

Facilitator

Just stay with it.

00;13;20;02 - 00;13;34;04

Facilitator

If there's anything you want to verbalize that will, that you feel like you want to verbalize, you can. And if there's nothing, that's absolutely okay. Our main focus here is that you experience the feelings.

00;13;34;07 - 00;13;36;25

V09

Just love them so much.

00;13;36;27 - 00;13;50;19

Facilitator

Where do you, where does your body feel that synaesthetic that emotion of love?

00;13;50;21 - 00;13;52;26

V09

\*inaudible\*

00;13;52;29 - 00;15;04;19

Facilitator

Stay with it if you can't put it into words also, it's okay. But I want you to stay with it. I'm gonna put a tissue on your knee here. If you want one. Just stay with whatever your body is feeling, I want you to focus on what you feel and where in your body you feel it. And stay with that feeling. Picture your wonderful family in front of you, your wife, your kids.

00;15;04;22 - 00;15;25;01

Facilitator

On a normal Sunday evening. You all sitting on the stoep together, or your braaiing, or your doing normal things. You just appreciate the beauty of our everyday, normal lives, of your everyday, normal life.

00;15;25;03 - 00;15;50;14

Facilitator

That, for me, is a picture of success. And stay with where in your body you feel it. When we when we use SHIP therapy to tap into positive emotions, it leaves us with greater inner strength.

00;15;50;16 - 00;16;17;01

Facilitator

So just feel that. You're so lucky to have this moment. Some of us, some people, most people only have it on reflection when they like on their deathbed. And when you come to the end of the life, when you don't actually have time to appreciate it, truly. You having this so early on, which means whatever time you have moving forward, you go about it.

00;16;17;01 - 00;16;23;15

Facilitator

In a very different way now. So immerse yourself in it.

00;16;23;17 - 00;17;02;09

Facilitator

Feel what your body feels, when it feels love, when it feels joy, when it feels the security of knowing you've made it in life. You started out, you've worked incredibly hard. You worked, I remember from our last conversation it stayed with me how you built honestly and with integrity. You built a clean practice and all that hard work has built this pure visual.

00;17;02;11 - 00;17;50;06

Facilitator

This pure life is the outcome of your honesty, of your genuineness. Appreciate your effort. Appreciate the man that you are. Appreciate your success.

00;17;50;08 - 00;17;58;18

V09

\*inaudible\*

00;17;58;20 - 00;18;08;11

Facilitator

Take your time.

00;18;08;14 - 00;18;11;03

V09

Honesty.

00;18;11;06 - 00;18;11;18

Facilitator

Do you see the...

00;18;11;20 - 00;18;15;15

V09

...that I taught my boys.

00;18;15;18 - 00;19;04;25

Facilitator

I hope you'll share with them, part of this experience a part of your realization of how honesty pays off, and I hope they build lives, that are equally beautiful. Because this for me, is the definition of beauty.

00;19;04;28 - 00;19;09;11

V09

If we're lost in name, we can't get it back.

00;19;09;14 - 00;19;34;18

Facilitator

I wish the world could acknowledge that. I wish the world could acknowledge that, that is what defines your life. Your name. One of the things I try to teach every client that I work with is that you have control over one single thing in the world only, and that's your actions, your behavior. How you respond to things in life to what comes your way.

00;19;34;21 - 00;22;45;02

Facilitator

And if you look at your responses, you've responded with integrity. That's literally what you're describing for me integrity. And purity breeds more purity, and that's what you've built. You've built a really pure life. Which really defines success. Appreciate that and feel it in your body and stay with it. Just stay with that feeling. We have time. I want you to really immerse yourself in it so that you get the greatest benefit possible out of this.

00;22;45;04 - 00;23;36;07

Facilitator

Immerse yourself in this beauty, in this joy that is the absolute definition of joy. Just stay with it. Is that feeling moving anywhere else in your body?

00;23;36;09 - 00;23;37;23

Facilitator

Well...

00;23;37;24 - 00;23;39;26

V09

\*inaudible\* into my head.

00;23;39;29 - 00;23;44;17

Facilitator

Stay with that for a few minutes.

00;23;44;20 - 00;23;46;07

Facilitator

Are there any other thoughts or memories

00;23;46;07 - 00;23;51;05

Facilitator

That come to you?

00;23;51;08 - 00;23;53;04

V09

Uh joy

00;23;53;06 - 00;24;12;24

Facilitator

Stay with that joy. Stay with that feeling in your head what ever it feels like. Let's go there for a minute. What you're describing a lot of is gratitude. Appreciation and this gratitude.

00;24;12;26 - 00;24;22;28

Facilitator

That has led to that joy.

00;24;23;00 - 00;24;25;16

V09

That's the uhm...

00;24;25;18 - 00;24;31;04

Facilitator

Jy kan dit in Afrikaans ook sê.

00;24;31;06 - 00;24;33;01

V09

uhm grace.

00;24;33;04 - 00;24;34;25

Facilitator

Absolutely.

00;24;34;28 - 00;24;43;28

Facilitator

Grace and favor. How lucky we are.

00;24;43;28 - 00;24;45;15

Facilitator

To be chosen to be recipients.

00;24;45;15 - 00;25;32;07

Facilitator

Of that hey?

00;25;32;09 - 00;25;36;24

V09

But not all are worthy of it hey?

00;25;36;26 - 00;25;39;07

Facilitator

That's that's God's grace. He gives it.

00;25;39;07 - 00;25;44;17

Facilitator

Even when we haven't earned enough. Even when you haven't done enough.

00;25;44;19 - 00;25;50;22

Facilitator

He's so kind to us. Utter grace, utter favor, utter

00;25;51;05 - 00;26;33;14

Facilitator

kindness. Abundance.

00;26;33;17 - 00;27;20;14

Facilitator

Immerse yourself in that faith, in that feeling of grace, of being such a blessed human being. Your soul, your life's journey has been so blessed. Immerse yourself in that for a moment.

00;27;20;16 - 00;27;28;20

V09

Everything's just coming my way. It's just going my way. No, what's the right word? Everything's just looking for...

00;27;28;22 - 00;28;03;17

Facilitator

Let's tap into that for a minute. Experience what it's like, I want your body to feel what it feels like to be a man who's blessed, who has this grace in favor, who has access to it for the rest of your time on earth. Whether that would be one minute, one month, one year, or 100 more years. Feel the abundance. The limitlessness of God's grace.

00;28;03;19 - 00;28;39;25

Facilitator

There's no limit to it. It's not like he's going to run out of resources to give. And then I want you to allow yourself to receive that. Visualize your life. Visualize the possibility, and what it feels like to be that man, to be that recipient of such massive grace. And stay with that feeling of receiving it and what it feels like to receive it and pull your family into that picture.

00;28;39;27 - 00;30;26;18

Facilitator

What your boys receiving as well, what your wife receiving so that she can have that satisfaction in her life and her activities and her tasks. Maybe there's other people you want to pull into it that are special to you?

00;30;26;21 - 00;30;34;15

V09

The future...

00;30;26;21 - 00;30;34;15

Facilitator

Yes.

00;30;26;21 - 00;30;34;15

V09

...with all the trimmings.

00;30;34;17 - 00;30;56;10

Facilitator

The beautiful trimmings, grandchildren.

00;30;34;17 - 00;30;56;10

V09

With grandchildren, yeah.

00;30;34;17 - 00;30;56;10

Facilitator

Yes, that's one of life's greatest joys I think. There are different joys at every age, at every developmental stage for a human being. Immerse yourself very much in that. Picture it.

00;30;56;13 - 00;30;59;14

V09

I see them.

00;30;59;16 - 00;32;01;25

Facilitator

Picture your daughter-in-laws, your grandchildren, the homes they will live in. Picture abundance, beautiful homes, comfort, ease. That's what grace is, to give you ease. And then go back to you and what you feel like to see your legacy, the lineage prosper so much so beautifully and feel that.

00;30;59;16 - 00;32;01;25

V09

Humble.

00;30;59;16 - 00;32;01;25

Facilitator

Very humbling. We see ourselves as very ordinary and to receive such grace is humbling.

00;32;01;28 - 00;32;22;11

Facilitator

It's humbling if you are humble. I want you to stay with what it feels like when you picture that amazing image of success in all its forms.

00;32;22;13 - 00;32;32;02

V09

Small, very small.

00;32;22;13 - 00;32;32;02

Facilitator

Overwhelming.

00;32;32;05 - 00;32;54;03

Facilitator

Just stay with that.

00;32;54;06 - 00;32;59;15

V09

What am I doing? What my...

00;32;59;17 - 00;35;57;14

Facilitator

We can't believe. This is not just your actions that create such abundance. It's your method, it's your integrity that creates such abundance. It's the purity of your method, because there's a lot of people that work hard. But when you work hard and you work clean, it's very different, it creates abundance.

00;35;57;16 - 00;36;32;25

Facilitator

I want you to start collecting that feeling. I want you to be able to remember it. I want you to have a token of this, a sample of this to take home with you. Go to all the different parts of your body where you felt emotion. You felt emotion in your head, in your chest, in your whole body.

00;36;32;25 - 00;36;34;27

Facilitator

You felt joy..

00;36;35;00 - 00;36;45;26

Facilitator

Remember that. And also want you.

00;36;45;26 - 00;36;56;03

Facilitator

To thank your body. It shared such rich, meaningful information with us today. I feel like this is something that can shape your approach to the rest.

00;36;56;03 - 00;37;01;15

Facilitator

Of your life.

00;37;01;18 - 00;37;10;00

Facilitator

Thank your body for that. And you can.

00;37;10;02 - 00;37;14;14

Facilitator

Take a moment and thank God for your grace

00;37;14;16 - 00;37;49;09

Facilitator

For the abundance. Just take that in for one or two more minutes.

00;37;49;12 - 00;39;17;05

Facilitator

So blessed. As you thank your body you collect that. I don't want you to rush your body, but very slowly, start bringing your awareness and your consciousness back to this room with me. All the noisy students outside the temperature of the aircon in this room, you sitting back in that chair. And very slowly.

00;39;17;05 - 00;39;23;23

Facilitator

When you're ready, you.

00;39;23;29 - 00;40;24;14

Facilitator

Can take the headset off. You don't need to rush your body though. I'm gonna stop the recording as well.

## Participant V10

00;00;00;00 - 00;00;25;02

Facilitator

Okay, there we go. So the recording's going and I don't know how much ... has told you about what we're doing today, but what essentially what we're doing is something very similar to what we did the first time. We'll go a little bit deeper, if that makes sense. But it's pretty much the same thing. So I want you to start out by relaxing yourself first.

00;00;25;05 - 00;00;45;06

Facilitator

Just get comfortable in your chair. If you want to move around until you find a spot that you're comfortable in that's fine. If not, that's also fine. And then I want you to become aware of your body. So feel your hands touching the fabric of your clothing. Become aware of the feeling of your feet inside your shoes.

00;00;45;08 - 00;00;58;25

Facilitator

Become aware of the weight of the headset on your face, on your head, and just relax into that feeling, accept it.

00;00;58;27 - 00;01;25;26

Facilitator

And then very slowly, I want you to picture in front of you like we did the last time a door. And again, you can think of what material it's made of and what color it is and what space it's in. It may be the same or different from what you see on the visual in front.

00;01;25;26 - 00;01;37;27

Facilitator

Of you. That doesn't matter.

00;01;38;00 - 00;01;43;25

Facilitator

And just relax with that image. Get used to it.

00;01;43;28 - 00;01;47;02

Facilitator

And then I want you.

00;01;47;05 - 00;01;52;03

Facilitator

as you get comfortable with that image of the door. I want you to picture your name.

00;01;52;03 - 00;01;57;14

V10

On that door.

00;01;57;17 - 00;02;30;15

Facilitator

Picture what size it's written in, what font it's, written in. Where it's placed higher up, lower down. Just allow your brain to create that image in front of you. Could be the same or different from the visual it doesn't matter to me. Remember, we don't want to force your brain to do anything. We don't want to force your body to do anything.



00;02;30;17 - 00;02;47;28

Facilitator

We just want to go with whatever your body does, whatever your brain does, whatever your eyes see. And I want you to sit with this image of this door in front of you for a few seconds.

00;02;48;00 - 00;02;48;12

Facilitator

And then you.

00;02;48;12 - 00;03;04;15

Facilitator

Can ask yourself, what emotion does this door bring up to you? This visual, this picture that you have in front of you? If you struggle to think of emotion, use your emojis as inspiration. Emojis have so many.

00;03;04;15 - 00;03;09;28

Facilitator

Different emotions in there right?

00;03;10;00 - 00;03;16;03

Facilitator

What emotion does this picture bring up in you?

00;03;16;06 - 00;03;22;23

V10

The one I'm imagining or the one I'm seeing?

00;03;16;06 - 00;03;22;23

Facilitator

Any one.

00;03;16;06 - 00;03;22;23

V10

The one I'm seeing seeing...

00;03;22;29 - 00;03;35;06

Facilitator

Are your eyes open or closed? Just out of interest.

00;03;22;29 - 00;03;35;06

V10

Uh open.

00;03;22;29 - 00;03;35;06

Facilitator

Okay, you can do any. You just do what you comfortable with.

00;03;35;08 - 00;03;48;01

Facilitator

What emotion does it bring up for you?

00;03;35;08 - 00;03;48;01

V10

Uhm a little bit uneasy.

00;03;48;03 - 00;03;49;16

V10

I feel like I have to open the door.

00;03;49;16 - 00;03;54;02

Facilitator

If you want to, you can. It's yours. You can do.

00;03;54;02 - 00;03;59;20

Facilitator

Whatever you want with it.

00;03;59;22 - 00;04;21;29

Facilitator

That feeling of uneasiness, where in your body do you feel it?

00;03;59;22 - 00;04;21;29

V10

I think in my shoulders and in my chest.

00;03;59;22 - 00;04;21;29

Facilitator

So this is one of the main things I want to accomplish with SHIP therapy: I want you to feel that feeling. You said in your shoulders and?

00;04;22;02 - 00;04;23;24

V10

Uh chest.

00;04;23;26 - 00;04;52;11

Facilitator

So that feeling that you experience in your shoulders and your chest. Before we move further, we will move further and look at other things. But for now, for a few seconds, I want you to just stay with that feeling. Don't try and change it. Don't try and make it more or less. Just stay with it. Experience it, get to know it.

00;04;52;14 - 00;05;23;22

Facilitator

As you sit with it automatically on its own, sometimes it gets stronger or weaker or changes to something different or moves to another part of your body. That's all fine. Let your body do whatever it wants to do. If it wants to move let it move, if it wants to get stronger or weaker. Allow it...

00;04;52;14 - 00;05;23;22

V10

Can I look around?

00;04;52;14 - 00;05;23;22

Facilitator

Sure.

00;04;52;14 - 00;05;23;22

V10

Whoa...

00;04;52;14 - 00;05;23;22

Facilitator

It's cool, right?

00;04;52;14 - 00;05;23;22

V10

Yes. Wow.

00;05;23;24 - 00;05;35;26

V10

I think it's mostly the room rather than the door.

00;05;23;24 - 00;05;35;26

Facilitator

Okay.

00;05;23;24 - 00;05;35;26

V10

Yeah it's like, it's a very, like, empty feeling. Even before I look around, it's like I can feel the emptiness.

00;05;35;29 - 00;05;43;01

Facilitator

Where do you feel that feeling of emptiness? Because that's such a significant emotion.

00;05;43;03 - 00;05;50;02

V10

It's kind of just like hovering there for me I don't know how to explain.

00;05;50;02 - 00;06;13;19

Facilitator

You know, so I kind of understand what you're saying, but sometimes it's difficult to put these things into words, and that's okay. More important, than describing it, I want you to feel it. Where in your body, do you feel it? Is it you were gesturing to the to the head area? Is it around there?

00;06;13;21 - 00;06;19;16

V10

Yeah. I think it's around like the throat or shoulders area here.

00;06;19;19 - 00;06;26;04

Facilitator

Just stay with that. Stay with that feeling.

00;06;26;07 - 00;06;30;23

Facilitator

Before we explore further. Stay with that.

00;06;31;05 - 00;06;34;00

V10

I think I also feel it in my hands.

00;06;34;02 - 00;06;41;26

Facilitator

Great. Stay with that. If you feel it in more than one place it means your body's expressing well, which is great.

00;06;41;29 - 00;06;52;09

Facilitator

Very good stuff.

00;06;52;11 - 00;06;54;13

V10

I really want to know what's on the other side of the door.

00;06;54;15 - 00;06;58;27

Facilitator

You can open it if you want.

00;06;54;15 - 00;06;58;27

V10

How do I open it?

00;06;58;29 - 00;07;13;26

Facilitator

So that one on your screen is not going to open, but you can imagine opening it and go into the other side and see what's there.

00;07;14;02 - 00;07;20;21

V10

I see a lab, for some reason.

00;07;14;02 - 00;07;20;21

Facilitator

A lab? Oh that's interesting. Go into the lab.

00;07;20;23 - 00;07;27;01

V10

It's like lit red and I think it's because of the color of the door.

00;07;27;08 - 00;07;38;19

V10

It's like a brownish, like a really dark room. There's no one in though.

00;07;38;22 - 00;08;47;28

Facilitator

Just stay with whatever your body gives you.

00;08;48;01 - 00;08;48;25

Facilitator

How's that feeling in your

00;08;48;25 - 00;08;51;02

Facilitator

Chest and your shoulders feeling?

00;08;51;04 - 00;08;56;02

Facilitator

Feeling in your head.

00;08;51;04 - 00;08;56;02

V10

It feels a lot lighter.

00;08;56;02 - 00;08;56;20

Facilitator

I want you to just stay with it.

00;09;54;10 - 00;10;02;05

Facilitator

When you went into the lab behind the door.

00;10;02;08 - 00;10;25;01

Facilitator

What space what what did you feel in that lab? What emotions did that lab bring up? Also, if there's any thoughts or memories or ideas or tastes or smells, or sounds that come to you while you're doing this, you can share it with me right. When you went into the lab, did anything come up for you?

00;10;25;03 - 00;10;30;21

V10

Curiosity? It seems like a mysterious place.

00;10;30;24 - 00;10;34;09

Facilitator

Probably is.

00;10;30;24 - 00;10;34;09

V10

It's been used before.

00;10;34;14 - 00;10;38;16

V10

There's like those cups you pour chemicals in.

00;10;38;26 - 00;10;53;26

Facilitator

and stuff like that, so I wonder who is in here.

00;10;53;28 - 00;10;54;14

Facilitator

Stay with that feeling.

00;10;54;14 - 00;11;03;26

Facilitator

Of curiosity, where in your body do you feel that?

00;11;03;28 - 00;11;05;25

V10

I think I feel it in my.

00;11;06;00 - 00;11;06;13

V10

Head.

00;11;06;13 - 00;11;32;23

V10

and also I think my legs as well.

00;11;06;13 - 00;11;32;23

Facilitator

Okay stay with that feeling.

00;11;32;25 - 00;11;33;18

V10

There's also some like

00;11;33;25 - 00;11;39;10

V10

Hesitation because like I don't want to touch stuff and break stuff inside.

00;11;39;12 - 00;11;45;19

Facilitator

That's an important emotion. Where do you feel that? Where do feel that hesitation in your body?

00;11;45;22 - 00;11;51;07

V10

I think I feel it like the back of my chest.

00;11;51;10 - 00;13;43;08

Facilitator

Okay. If you can't describe it, it's okay. Do you know where you feel it?

00;11;51;10 - 00;13;43;08

V10

I'd say, like in my chest and shoulders.

00;11;51;10 - 00;13;43;08

Facilitator

Okay just stay with that. Go back to your chest and your shoulders and stay with that, uncertainty, that cautiousness. Just stay with it.

00;13;43;10 - 00;13;51;01

V10

I don't think I'm actually that like nervous to go in the room.

00;13;51;03 - 00;14;21;29

Facilitator

Okay. What do you feel then?

00;13;51;03 - 00;14;21;29

V10

I actually went into the room, if I guessed, probably be very calm and just curious.

00;13;51;03 - 00;14;21;29

Facilitator

I love that. Curiosity is, creation it's the root of growth. So that's phenomenal stuff right. Let's walk in together. And go explore, check this place out, see what it's about, what you like, what you don't like. If it's interesting to you or not interesting to you.

00;14;22;01 - 00;14;30;01

Facilitator

Maybe it's a science lab? Maybe it's a nature or plant lab? Maybe it's an art lab?

00;14;30;03 - 00;14;40;02

Facilitator

Who knows? Go check it out. It can be anything you want it to be.

00;14;30;03 - 00;14;40;02

V10

It seems to have a lot of stuff.

00;14;40;04 - 00;14;42;27

V10

There's like a shelf that has like

00;14;43;00 - 00;14;48;15

V10

buckets of like empty paint and then...

00;14;43;00 - 00;14;48;15

Facilitator

Okay.

00;14;48;17 - 00;15;19;24

V10

And then also like there's a lot of like chemical stuff, but there might have also been plant life. When you like go in like after walking a bit you can turn left and there's more rows of the tables and stuff. But then there's also like at the far end and there's like more light and like, I think it's door out? I'm not sure there's a lot of light coming from there.

00;15;19;29 - 00;15;23;09

V10

But then this part, it's mostly plant life... \*inaudible\*

00;15;23;12 - 00;15;34;00

Facilitator

Okay.

00;15;23;12 - 00;15;34;00

V10

and there's a lot of the little things everywhere. Papers and pens.

00;15;23;12 - 00;15;34;00

Facilitator

So most importantly for me.

00;15;34;03 - 00;15;40;20

Facilitator

How do you feel when you look at this? Because there's all these different things there and you can do lots of different.

00;15;40;20 - 00;15;46;02

Facilitator

Things in this lab apparently?

00;15;40;20 - 00;15;46;02

V10

I think intrigue and awe.

00;15;46;04 - 00;16;08;07

Facilitator

Oh, I love that. Where do you feel that? Where in your body do you experience that sense, that feeling of curiosity, intrigue, creativity? The potential of so much that could come?

00;16;08;10 - 00;16;15;08

V10

I think it's like spread from like the top of my head until like my hands. Especially \*inaudible\*

00;16;15;08 - 00;16;20;11

Facilitator

Okay. So here's what I want you to do. I want you to picture a tiny.

00;16;20;11 - 00;16;25;04

Facilitator

Version of you, and I want you to go into.

00;16;25;06 - 00;16;31;00

Facilitator

your body and just experience that feeling.

00;16;31;00 - 00;16;32;23

V10

As like being tiny?

00;16;32;25 - 00;17;23;22

Facilitator

Go into your body, it doesn't matter what size, go in to your body and observe your body and observe this feeling and what it feels like. It's spread from the top of your head all the way. I want you to just stay with that feeling for a little bit.

00;17;23;24 - 00;17;39;03



Facilitator

If it gets stronger or weaker, it changes or it moves. Just stay with it. And follow it.

00;17;39;05 - 00;17;40;18

V10

I started thinking, more.

00;17;40;20 - 00;18;00;26

V10

\*inaudible\* now because I was like this door feels like it might represent like great things in life. Like all the stuff inside is really cool and creative things that people have made and it's like, I feel like I should open the door and I should be going out there and.

00;18;00;26 - 00;18;06;09

V10

Doing great things.

00;18;00;26 - 00;18;06;09

Facilitator

I think that's what the door may represent for you.

00;18;06;12 - 00;18;43;03

Facilitator

Potential. You open the door and possibility there. And there's so much possibility behind that door. You could be an artist, you could be you could be anything.

00;18;43;06 - 00;18;43;29

V10

And I wonder why.

00;18;44;04 - 00;18;47;12

V10

all the stuff inside is used. There's no like

00;18;47;12 - 00;18;52;27

V10

new equipment or anything. It's like old and empty.

00;18;52;29 - 00;19;38;15

Facilitator

It's potential that has been lying, locked away. Potential to create. But it hasn't been used yet. But it's there it exists. The potential is there. Sometimes we're nervous to open the door to start. But the potential is there.

00;19;38;17 - 00;19;44;28

V10

I think I'll grab one of the paint buckets, maybe one of the

00;19;45;01 - 00;19;47;24

V10

glass tube thingies. \*inaudible\*

00;19;47;26 - 00;20;17;23

Facilitator

Okay go for it. Remember I don't want you to focus on activity too much, I want you to focus on how you feel and where in your body you feel that right?

00;20;17;25 - 00;20;23;10

V10

I feel challenged like the door is asking me to like do more.

00;20;27;09 - 00;20;34;08

Facilitator

And how do you feel that? Where in your body do experience that sense of challenge?

00;20;34;10 - 00;20;41;19

V10

I think like...I don't know what this area's called

00;20;41;21 - 00;20;42;11

V10

Between like my chest and my stomach.

00;20;43;25 - 00;20;53;27

Facilitator

Okay. I want you to focus on that. I want you to forget about the activities of the lab for a minute and focus on that feeling right?

00;20;53;29 - 00;20;59;16

V10

I also feel it in my shoulders suddenly...

00;20;59;19 - 00;22;15;11

Facilitator

That feeling your shoulders and your chest is quite common. Let's go back and feel all of these things. Stay with that feeling in your body. Is having that visual image in front of you helpful? Or is it no different from the last time?

00;20;59;19 - 00;22;15;11

V10

From the last what?

00;20;59;19 - 00;22;15;11

Facilitator

From the last time. Is it more helpful to have the picture in front of you or not?

00;22;16;14 - 00;22;26;07

V10

I think it's more helpful. It's a lot clearer.

00;22;16;14 - 00;22;26;07

Facilitator

Okay.

00;22;16;14 - 00;22;26;07

V10

It's also very different. I don't think I.

00;22;26;07 - 00;23;04;25

V10

Would have imagined this story.

00;23;04;28 - 00;23;09;15

Facilitator

Just out of curiosity, are your eyes open or closed?

00;23;04;28 - 00;23;09;15

V10

Still open.

00;23;09;18 - 00;24;13;00

Facilitator

Okay. How is.

00;24;13;00 - 00;24;14;19

Facilitator

Your body feeling now?

00;24;14;21 - 00;24;23;17

Facilitator

That area in your shoulders?

00;24;14;21 - 00;24;23;17

V10

Mostly feeling relaxed. Just a bit of tension in the shoulders

00;24;24;10 - 00;24;51;27

V10

the back of the neck.

00;24;24;10 - 00;24;51;27

Facilitator

Just stay with it.

00;24;24;10 - 00;24;51;27

V10

I'm also more aware of my heartbeat now.

00;24;24;10 - 00;24;51;27

Facilitator

Focus on that

00;24;51;29 - 00;25;28;10

Facilitator

Stay with that feeling of your heartbeat.

00;25;28;12 - 00;25;45;13

V10

For some reason.

00;25;45;19 - 00;25;49;11

V10

it's harder to focus on my heartbeat now.

00;25;49;13 - 00;25;56;26

Facilitator

That's okay. The body fluctuates. That's not a problem. How's that feeling.

00;25;56;26 - 00;26;04;13

Facilitator

in your shoulders and your chest.

00;25;56;26 - 00;26;04;13

V10

My chest feels mostly okay.

00;26;04;16 - 00;26;12;03

V10

Sometimes it feels a little bit tighter, but now it feels fine.

00;26;12;03 - 00;26;14;03

Facilitator

And the rest of your body? All the other parts where you felt emotion?

00;26;14;03 - 00;26;26;10

Facilitator

Your head.

00;26;14;03 - 00;26;26;10

V10

Most of those feelings have kind of like gone now.

00;26;14;03 - 00;26;26;10

Facilitator

Okay.

00;26;26;13 - 00;26;27;08

Facilitator

I want you to thank

00;26;27;08 - 00;26;36;00

Facilitator

Your body. It's given us valuable information, information that can empower you and you.

00;26;36;01 - 00;26;57;18

Facilitator

Can use to uplift your life. And then very slowly I want you to start coming back to the space with me. Become aware of all the noise outside the temperature of the aircon here in this room. You sitting in the chair again

00;26;57;21 - 00;27;05;15

Facilitator

Feeling your clothing inside your on your hands.

00;27;05;17 - 00;27;15;07

Facilitator

Be back with me in this room. And you don't need to rush your body, but you can slowly take the headset off when you're ready.

00;27;38;14 - 00;27;43;25

Facilitator

It is really cool isn't it?

00;27;43;27 - 00;27;45;14

Facilitator

Let's do that.