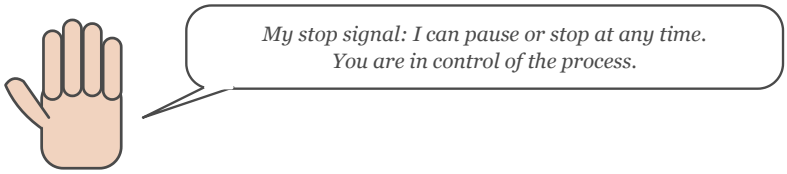
–LENSS–

Getting Ready for Processing

My stop signal, my preferences and my readiness checklist.

Before we begin processing a memory, we agree a few things together. This helps you feel prepared and in control.

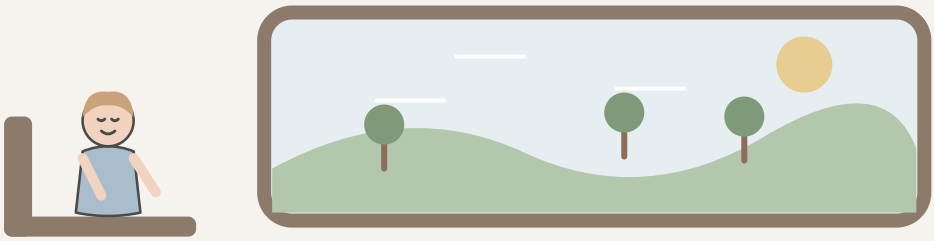


My stop signal

How will I let my therapist know I want to pause or stop?

- ☐ Raising my hand
- ☐ Saying “stop” or “pause”
- ☐ Turning away or closing my eyes
- ☐ Something else: _____

A metaphor to help me



Notice what comes up, like scenery passing a train window. You stay safe in the carriage.

During processing, it can help to imagine you are watching the memory from a safe distance, without getting caught up in it. Which image feels right for you?

- ☐ Watching the scenery from a train window
- ☐ Watching a film on a screen, with the remote in my hand
- ☐ Driving through a tunnel and coming out the other side
- ☐ My own image: _____

–LENSS–

My bilateral stimulation

Which do I prefer? (We can try each one first.)

- ☐ Eye movements (following a light or fingers)
- ☐ Taps on my hands or knees
- ☐ Butterfly hug (tapping myself)
- ☐ Sounds through headphones
- ☐ Not sure yet

My readiness checklist

- ☐ I can use at least one grounding skill to bring myself back into my window of tolerance.
- ☐ I can go to my calm place, or another resource, when I need to.
- ☐ I can use my container to put things away.
- ☐ I know my stop signal, and I know I can use it.
- ☐ I have support I can turn to after sessions.
- ☐ I have planned something gentle for after my processing sessions.
- ☐ I know what to do and who to contact if I feel unsettled between sessions.
- ☐ I feel ready (or ready enough) to begin.

Anything I would like my therapist to know before we start

"I can go at my own pace."