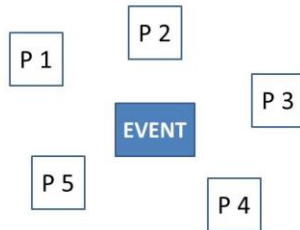


**PROTOCOL****5 PERCEPTUAL ANGLES (active attitudes)**

**Objective :** To look at the event differently  
 To access different positions => to decrease the load of the shock  
 To get out of an active limiting attitude



**P1 – Journalist:** 5 senses through the events  
**P2 – Athlete:** muscles, movements, through actions  
**P3 – Philosopher:** brain, through the thoughts  
**P4 – Artist:** body, through felt feelings  
**P5 – Creator:** delusional, through behaviors

Patient (P) – Therapist (T)

1. P chooses a positive experience. He speaks about it spontaneously. He can describe it.
2. T listens to the spontaneous predicates
3. T makes a hypothesis on the angle of observation from the 5 possibilities described above.
4. Anchor on the floor the 5 attitudes through 5 different experiences (positive or neutral).
5. P live again the initial experience of the beginning (step 1) through each anchorage, each attitude.
6. P determines which anchorage is the most pleasant and which is the least pleasant.
7. P chooses a new experience, this time a negative one and speaks about it with spontaneity
8. T pays attention to the predicates
9. T makes a hypothesis on the active attitude
10. P live again this negative experience through each anchorage, each attitude (P1, P2, P3, P4, P5).
11. P determines which anchorage is the most pleasant and which is the least pleasant
12. T verifies these hypotheses

## Options

- T can draw some conclusions, search for the bio-shock at the origin of the unpleasant sensation at Step 6 and 11
- Go in the most pleasant attitude in Step 6 and define the opposite of this. We can discover the shock at the origin of this possible compensation
- Go in the most unpleasant attitude in Step 11 and imagine this problem in excess. Let emerging the information that might lead you to the bio-shock.
- Observe the negative experience from the inside of the least pleasant anchorage (step 11)