

PROTOCOL : ABC : ALTERNATE BRIEF CONTACT

- ❖ Allows us to biologically install the new belief
 - ❖ Always alternate Right-Left and finish in the center.
 - ❖ Rapid movements to deprogram and slow movements to install
 - ❖ At the end of each series : ask P to breathe deeply.
 - ❖ Start with the eyes : Sideways
in ∞ going up in the middle
in O clockwise for P
- If the eyes get stuck at a location => insist on the opposite side.



- ❖ Contact on the organ corresponding to the conflict (see chart below)

BELIEFS ON	CONTACT ON
Valorization – Self-esteem	Bone (wrist)
Contact – Separation	Skin (light contact)
Secret	Auricular (little) finger
Alliance – Mariage - Couple	Annular (ring) finger
Sex	Major (middle) finger
Judgement - Direction	Index finger
Ego – Identity	Thumb Pharyngeal nodes – Elbow
No emotions or disconnected from them	Crossover : Head ↔ Body
Life or Death	Thorax - Lungs
Can't rely on others	Collar bone
Fear	Ear lobe
Radiation	Radius (forearm)
Direction	Ankles
Submission	Knee
Children – Family	Shoulders
Women : Children – Seduction	Ovaries
Bearings – Points of reference	Under the eyes (light contact)
Time	Thyroid (light contact)

☞ On the fingers : the more deeply the limiting belief is set up the more we are going to work at the base of the fingers.

ABC : STEPS OF THE PROTOCOL

Objective : To biologically install the new opening belief within a framework of permission and protection

In an ambiance of trust and security, define the Problem – Triggering event – Limiting Belief (**LB**)

1. Find the Opening Belief (**OB**)
2. Inform about the technique used in the protocol, it gives a direction to the subconscious and provides comfort to the patient.
3. **Calculation of LB** : *“Let a picture come that represents what you are experiencing as a problem, it can be an image, a metaphor or anything else.”*
 - ➔ Image of the **LB** ➔ Level of credibility (false- 0 true-10)
(Real or metaphorical or symbolic image of the drama)
 - ➔ Body sensation – Negative Feeling ➔ Level of discomfort (0-10)
4. **Calculation of OB** : *“Let a picture come that represents what you are experiencing as a solution. It can be an image, a metaphor or anything else.”*
 - ➔ Image of the **OB** ➔ Level of credibility (false- 0 true-10)
(Image of the achieved objective)
 - ➔ Body sensation – Positive Feeling ➔ Level of comfort (0-10)

5. **Desensitization** :

P connects with the image of the LB with the **Negative Sensation**

} **ABC sequences** :
Eyes / Sound/ Organs
rapid movements

After each sequence of about 20 movements : P **breathes deeply**

=> P **lets things come to him** (image-sound-sensation...)

T does another sequence

After 3 or 4 series => **Assess with a number** **LB** (false- 0 true-10)
and **Negative Feeling** (0-10)

6. **Installation of the OB**:

P connects with the image of the OB with the **Positive Sensations**⁺

} **ABC sequence** : Eyes / Sound /Organs
slow movements

After each series : assess with a number limiting Belief / Opening Belief

When LB = 0 or 3 max and OB = 8 to 10 ➔ install one more time with **slow ABC**

7. **Ecology** : body scan ➔ objective : *“unity, plenitude... body wholeness”*
“The subconscious can express in the form of sensation if there is an inconvenience, a limit, a discomfort, a message...”

If YES ➔ P expresses the **need**, the **message** from this part of the body.

8. **Generalization** to other situations or problems : **Bridge to the future**