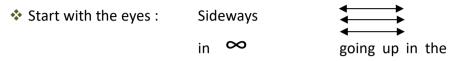
PROTOCOL: ABC: ALTERNATE BRIEF CONTACT

- 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.





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	Crossover : Head ↔ Body
them	
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	Thyroïd (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

<u>**Objective**</u>: 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)
 → 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:

Eves / Sound/ Or

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 $10 \rightarrow$ 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 \rightarrow P expresses the **need**, the **message** from this part of the body.
- 8. Generalization to other situations or problems: Bridge to the future