

PROTOCOL **Id's and Superego's Positive Intention**

- ID : own personal biological needs
- SUPEREGO: The rule, the norm, the law... (I must..., I should..., I'm expected to...)

Patient (P) – Therapist (T)

1. P chooses a repetitive situation (behavioral pattern) where he feels stuck
2. P gets 2 pieces of paper. He writes **ID** (own biological needs) on one and **SUPEREGO** (rule, norm, law...) on the other one. He puts the 2 pieces of paper in front of him or on the floor.
3. P steps or place hand on **ID** and T invites him to welcome and express what comes up without censure or control.
4. Do the same with Superego. Welcome all the censure that comes? Who says that? Are you sure it is true? Who told you you had to obey?
5. P steps out of the 2 spaces, gets back in his own space and observes; notice and welcome the difference.
6. Stand again on each piece of paper ID and Superego, and discover the **positive intention**
7. **Superego** expresses its positive intention to **Id**. Then stand on **Id** and receive the positive intention
8. Do the same with **Id**. **Id** expresses its positive intention to **Superego**. Then stand on **Superego** and receive the positive intention.
9. Dissociate from the 2 spaces – what is new?
10. With one foot on each piece of paper, reconnect with the initial situation (step 1) and welcome the new beliefs, sensations, behaviors, etc.
11. Generalize this learning to 2 other similar situations in the past.
12. Bridge to the future.