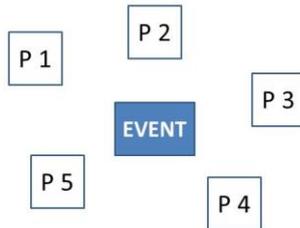


PROTOCOL 5 PERCEPTUAL ANGLES (active attitudes)

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)