

What emotion / behavior / issue would you like to resolve?

Remember an actual time when you felt the emotion / that way.

When you have it in mind, please tell me about it using the present tense... Keep this part as conversational as possible.

When does the emotion start, in this situation?

Client needs to be re-involved through the five senses or an action:
i.e. (choose the most appropriate): *What are you seeing / hearing / doing...*

Close your eyes -Right away-

What sensations are you feeling in your body, right now?

What else? -Right away-

What else? -Right away-

Feel your sensations simultaneously... (1 Second)

Do nothing... (3-4 Seconds)

Tell me as the sensations change in your body...

Let them change ... After each change

You can slowly open your eyes.

Emotional
Difficulty

Intellectual
Memory

Emotional
Retriggering

3 Sensations
or
“Emptiness”

Transformation
of Sensations
3 min Max.

Viscero-Somatic
Quieting

- Never lead the client.
- Is the client motivated to resolve the emotion for themselves?
- **No situation comes to mind?** No Problem...
“Use the next few days to see if you recall a situation and/or notice a moment when the emotion surfaces again.”
- If the moment when the emotion appears is too difficult to isolate, hone in on the moment when the emotion is the strongest.
- After 20 seconds of silence, remind the client to tell you about the sensations as they change.



Emotional Health
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