

Extended Resourcing – Affect Management Skill

Stage 1: Access and Activate

Step 1: Identify an affect skill

Tell me what affect skill you'd like to strengthen, a breathing exercise, your happy place, or a container.

Step 2: Access

Tell me about your skill: _____

Step 3: Activate emotions and sensations

As you think about your _____, what positive feelings and sensations are you experiencing?

Step 4: Enhancement

Take a moment and tap in those positive experiences [angel or butterfly hug, thigh taps, walk it in]

Stage 2: Practice

Step 5. Cue word

Give that affect skill a word or phrase _____

Now repeat that word along with its positive emotions and sensations. What do you notice? _____

Tap in or walk through to strengthen the positive linkage — slow and short

Step 6: Cueing with disturbance

Now think of a mildly disturbing recent experience and notice its disturbance. [pause] Now focus on your _____ [name skill]. Notice the shift that occurs. What did you notice? _____

Stage 3: Integrate

Re-script

1) *Is there a recent situation where it would have been nice to be able to use your skill? Tell me a little about that situation.* _____

2) *Imagine using your affect skill [name it] in that situation and notice how you would have felt..... What are you noticing?* _____

If positive, consider tapping in / walking through to strengthen the experience — slow and short

Optional: Repeat 1 & 2 with other recent past situations where the affect skill would have been helpful.

Rehearse

1) *Can you imagine a situation in the near future where your skill would be helpful? Tell me a little about that situation.* _____

2) *Imagine using your affect skill in that situation and notice how you will behave and feel..... What are you noticing?* _____

If positive, consider tapping in or walking through the experience — slow and short

Optional: Repeat 1 & 2 with other recent past situations where the affect skill would have been helpful.

Closure

1) *I'd like you to remember the work we have done today. Use your [name affect skill] _____ daily. When we meet again, we'll talk about how things worked.*