

Extended Resourcing — Behavior Skill

Identify a current anxiety

Tell me a situation you'd like handle better. _____

Stage 1: Access and Activate

Step 1: Identify and develop the resource

What skill or resource do you think you need to handle it better. or What do you think would help you handle it better? _____

Step 2: Identify

Tell me about your a time when you have used this skill. _____

Step 3: Enhancement

Tell me more about it. _____

What positive belief about yourself goes best with this experience? _____

_____ [example: I am capable, competent, in control, etc.]

Focus on that experience and its positive feelings, emotions and sensations...

Take a moment and tap that in [or angel or butterfly hug, thigh taps, walk it in] — slow and short

As you focus on that experience, what body posture or movement would represent those feelings now? _____

Focus on that body posture / movement and tap it in [or angel or butterfly hug, thigh taps, walk it in]

Stage 2: Practice

Step 5. Cue word

What word or phrase best describes your resource? _____

Now bring up that word / phrase and link it with your positive feelings and sensations. What do you notice? _____

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

NOTE: Practice is skipped when extending a behavioral resource.

Stage 3: Integrate

Re-script

1) Is there a recent situation where things would have been different if you had had your resource available? Tell me a little about that situation. _____

2) Imagine using your resource [name it] in that situation and notice how you would have handled that situation differently.What are you noticing? _____

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

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

Rehearse

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

2) Imagine using your resource 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 skill would have been helpful.

Closure

1) I'd like you to remember the work we have done today. Write down your resource and read it every day, especially before situations you know might create a little anxiety. When we meet again, we'll talk about how things worked.