

## General Instructions for the ImTT Techniques

### The Pain/Terror Technique

The P/TT utilizes a breathing/visualization technique. This process works best if the color is thought of as an actual physical substance being removed from the body. When breathing the color out, the color is visualized as composed of tiny, tiny, tiniest particles that flow out of the body. Alternately, if the person conceives of the P/T as a sound, the sound should be thought of as being composed of tiny units that somehow diminish. Whether you use a visual or auditory mode of identifying the P/T, it is very important to think of the color or sounds as an actual substance that is being released from the body. The more intensely this process can be visualized or represented in a sensory modality, the more complete the release of the P/T will be. The more complete the release, the more completely the transformation of the memories, feelings, and behaviors.

#### **ALSO VERY IMPORTANT!!!**

The process of the P/TT moves from identifying the event, identifying the feeling about the event, to identifying the color (sound) of the P/T. Once the color of the P/T has been identified, it is no longer necessary to keep in mind the event, the feeling, or the P/T. Only focus on the color (or sound) of the P/T that has been identified

### The Pain/Terror Technique Instructions

The Pain/Terror Technique (P/TT) releases the pain/terror (P/T) associated with disturbing memories or negative feelings and thoughts. This technique is easy to do and you can do it on your own for a variety of problems. If you are using sound as a way to identify the P/T, substitute the word 'sound' for the word 'color.'

The parts of the body chosen in this protocol for the release have been generally found to be effective. As you become more adept at this process, you may find that the colors are mostly focused in certain parts of your body and not others. Therefore, you may want to emphasize those areas. However, you can never really know ahead of time when a release from one area of the body will be useful. Therefore, the entire protocol should be performed every time

Another important part of the protocol is to see the color as composed of very tiny, tiny, tiny particles. Visualizing the color in this way appears to make the release easier. If you are using sound instead of color, find an image in which the general image is composed of very small units such as small units of sound. The image does not have to be reasonable. The image just has to make sense to you.

Listening to a recording of the protocol can be very useful for keeping your mind focused on releasing the color. Most people's minds tend to lose focus and drift off. A recording can keep you focused and help you complete the entire release.

The only purpose of the specific protocols of the P/TT is to release the P/T and transform the behavior and feelings. If you find focusing on different areas of the body or visualization the color in different ways is more effective for you, go with it. Sometimes you just might have to get creative in order to get the P/T to release. How will you know if what you're doing is right? If your attitude and feelings toward the original memory or feeling undergo a permanent transformation, then you're doing it right.

### **Summary of Important points:**

1. The person is only to lightly acknowledged the presence of the pain or terror. Make sure the person understands that he is not to intensely connect with the feelings.
2. Process only one formative event in a session.
3. Do the entire protocol every time.
4. Visualize the color/sound as being composed of small units.
5. If the client becomes stuck in the release, be created in finding a method of release.

### **Learning the P/TT**

It is easiest to learn the P/TT using an event that you remember as painful. So for your first processing with the P/TT, pick an event that is obviously emotionally painful. This approach makes it easy to identify the pain and allows you to focus on learning the basics of the technique.

The following is a script of the instructions for the P/TT. The script is in italics. The other words are instructions for the therapist. For each part of the body, allow time for at least 3 breaths though more time can be given as needed.

Some people have difficulty visualizing the color and/or the release of the particles. Sometimes the problem occurs because the person has unrealistic expectations about what he should be 'seeing.' A simple way around this difficulty is to have the person pretend or imagine the color, the location, and the release. Pretending the 'see' the color removes the anxiety of having to visualize.

### **Non-visualizing approaches to releasing the P/T**

Even the pretending-to-see technique does not always work. In this situation, it is important to work with the person to find some approach that will work for them. Instead of color, a sound or a tactile representation of the P/T can be utilized. Work with the person until he can find a way to represent the P/T and release it. The goal is to release the P/T. Exactly how the person releases the P/T is not important. Whatever method works is good.

### **Releasing the Pain from a Painful Event**

- 1. I'm going to ask you to lightly describe a painful memory. I don't want you to intensely feel the pain. During this entire process, I don't want you to get deeply into the pain. Feeling the pain is not necessary. Just let yourself kind of be aware that the pain is there. Once the color of the pain is identified, just focus on the color. Don't think of the event or the feeling or the pain again. Just the color.*
- 2. Now lightly describe the painful memory.*
- 3. What color is the pain?*
- 4. Where is the pain located in your body?*
- 5. Take a slow breath and imagine that the breath is going into the color.*
- 6. Breathe out very slowly. Imagine that the color is slowly moving out of your body through the pores of your skin. Think of the color as composed of tiny, tiny, little particles of color emerging out of your body.*
- 7. Breathe into the middle of your brain and breathe the tiny particles of color out the middle of your forehead.*
- 8. Breathe into the middle of your brain and breathe the tiny particles out your eyes.*

9. *Breathe into your chest and breathe the tiny particles of color out down your arms and out the palms of your hands.*
10. *See your spine as being composed of guitar strings. As you breathe out, release the tension on the guitar strings and see the particles of color radiate out in all directions. As you release the tension on the guitar strings.*
11. *Breathe into your abdomen and breathe the tiny particles of color down your legs and out the bottoms of your feet.*
12. *Visualize an area 6 inches below and between your feet. Breathe into that area and see the tiny particles of color draw down into the ground.*
13. *Breathe into your heart and breathe the tiny particles of color out your heart.*
14. *Breathe into the right side of your brain. Breathe the tiny, tiny particles of color out the right side of your brain.*
15. *Breathe into the left side of your brain. Breathe the tiny, tiny particles of color out the left side of your brain.*
16. *Breathe into the front of your brain. Breathe the tiny, tiny particles of color out the front of your brain.*
17. *Breathe into the back of your brain. Breathe the tiny, tiny particles of color out the back of your brain.*
18. *Breathe into the center of your brain. Visualize the particles of color as being very tiny, tinniest, particles of color. See them radiate in all directions from the center of your brain.*
19. *Scan your body to see if there is any color left in your body. If there is, breathe into that part of your body and then breathe the tiny particles of color out the pores of your skin in that area.*
20. *Re-evaluate the pain of the memory: Does it still feel charged when you think of the event again? On a 0 to 10 scale, how painful is the memory?*
21. *What is your emotional reaction to be event now?*
22. *If the emotional reaction is painful or if another feeling has surfaced or the color has changed, re-evaluate what the person is feeling. If another feeling has surfaced, the P/TT for that feeling may need to be done.*
23. *If the pain has been release, do the instructions given in De-Constructing the Image.*

## Image De-Construction Technique (IDT)

Once the P/T has been removed from the image, the energy has been released from the image. The image, thought, or feeling still exists but without the power it use to have. De-constructing the image is the second stage in the process of transformation.

The following script has the person visualize the image as being composed of tiny particles and then dropping the particles to the ground. Some people have difficulty with visualization the particles dropping to the ground. In this situation, instruct the person to find another method to destroy the image. For some people a visualization of hitting the image with a hammer works for them. For other people, dissolving the image in water will destroy the image. The purpose of this technique is to de-construct the image. Whatever method the person can use to de-construct the image so that the image cannot be reimage it again, is a good method for that person.

While sometime the image will fall apart or fade away as the process proceeds, other times the image will be replaced by more positive images. In this situation, the de-construction is complete when the original image has been de-constructed and the replacement image is completely positive.

The following is a script of the instructions for the IDT. The script is in italics. The words not in italics are instructions for the therapist.

1. *Visualize the image.* [or whatever method the client can represent the image]
2. *Now visualize the image as being composed of tiny, tiny particles like pixels on a TV screen.* Client indicates when this is done.
3. *Drop the image of tiny particles to the ground.* Client indicates when this is done.
4. Re-evaluate. Have the person visualize the image again. *Now re-image it again and tell me how it looks....*[client describes the image]
5. *Now visualize the image again as being composed of tiny pixel-particles.* Client indicates when this is done.
6. *Drop the image of tiny particles to the ground.* Client indicates when this is done.

7. Re-evaluate. Have the person visualize the image again. *Now re-image it again and tell me how it looks....*[client describes the image]
8. Continue with steps 4, 5, 6 until the image either cannot be re-created again or the image has change to a positive feeling image.
9. Once the image cannot be re-created, release the pixel-particles of the image from the body. The following protocol is basically the same as the P/TT protocol beginning with step 7. Instead of using the phrase 'particles of color', the phrase 'the pixel-particles' is used. Allow about 3 breaths per part of the body though more time can given as needed.
10. *Breathe into the middle of your brain and breathe the tiny pixel-particles out the middle of your forehead. .*
11. *Breathe into the middle of your brain and breathe the tiny pixel-particles out your eyes.*
12. *Breathe into your chest and breathe the tiny pixel-particles out down your arms and out the palms of your hands.*
13. *See your spine as being composed of guitar strings. As you breathe out, release the tension on the guitar strings and see the pixel-particles radiate out in all directions. As you release the tension on the guitar strings.*
14. *Breathe into your abdomen and breathe the tiny pixel-particles down your legs and out the bottoms of your feet.*
15. *Visualize an area 6 inches below and between your feet. Breathe into that area and see the tiny particles of color draw down into the ground.*
16. *Breathe into your heart and breathe the pixel- particles out your heart.*
17. *Breathe into the right side of your brain. Breathe the tiny, tiny pixel-particles out the right side of your brain.*
18. *Breathe into the left side of your brain. Breathe the tiny, tiny pixel-particles out the left side of your brain.*
19. *Breathe into the front of your brain. Breathe the tiny, tiny pixel-particles out the front of your brain.*
20. *Breathe into the back of your brain. Breathe the tiny, tiny pixel-particles out the back of your brain.*
21. *Breathe into the center of your brain. Visualize the particles as being very*

*tiny, tinniest, particles of color. As the tiny pixel-particles radiate in all directions from the center of your brain.*

22. *Scan your body to see if there are any particles remaining in your body. If there is, breathe into that part of your body and then breathe the tiny pixel-particles out the pores of your skin in that area.*
23. *Let's re-evaluate the image. Does it still feel charged when you think of the image again? On a 0 to 10 scale, how charged is it?*
24. *What is your emotional reaction to be image now?*
25. *If emotional reaction is charged, re-evaluate the situation.*

## Changing Patterns

Having released the P/T, the person's psychological dynamics are now different. He will have a different attitude toward previous memories, feelings and behavior. However, the old psychological patterns created by the P/T still need to be transformed. This transformation is accomplished by focusing for a short time on significant memories and daily behaviors. When the person focuses on the old patterns, his mind will automatically begin to transform the old thoughts and patterns. Even without doing this technique the mind would begin this process but the Changing Patterns technique will accelerate the transformation and make the inner shift smoother.

The following list of areas of your life to focus on are just suggestions that might prove useful. The areas usually to focus on are the areas of your life that the P/T has most affected. For example, if the P/T underlying anger was processed, focusing on your interactions with certain people is likely a good area to focus on.

### **After the Image De-Construction Technique has been completed:**

Example Instructions:

*Now that you've released the image of .....(name the event or feeling) you also need to change the old way of looking at memories and how you see your life changing. For about 15 to 20 seconds, I'm going to ask you to focus your mind on different things. Don't try to do anything but just focus on the different things I suggest to focus on for about 15 to 20 seconds.*

So for 15 to 20 seconds, focus on (pick relevant memories such as the person who was involved in the event, or the situation.)

Then after doing several memories, have the person focus on the following as seems useful:

*Now I want you to focus on your life 1 hour from now for 30 seconds; 3 hours from now for 15 seconds..... The next meal..... Your evening time..... Going to bed..... Waking up..... Going to work..... 2 days from now..... 1 week from now..... 1 month from now..... 1 week ago..... 1 month ago..... 2 years ago..... Your current relationship..... your job*