

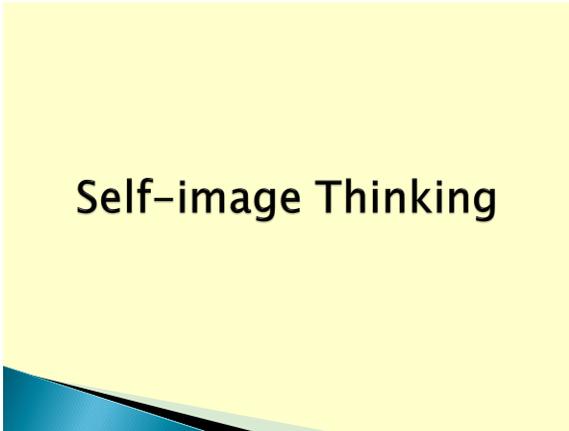
Self-Image Thinking & Tools of Intention

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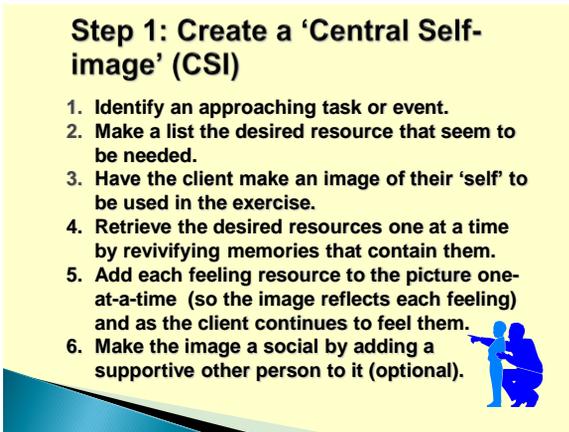


Self-image Thinking



Step 1: Create a 'Central Self-image' (CSI)

1. Identify an approaching task or event.
2. Make a list the desired resource that seem to be needed.
3. Have the client make an image of their 'self' to be used in the exercise.
4. Retrieve the desired resources one at a time by revivifying memories that contain them.
5. Add each feeling resource to the picture one-at-a-time (so the image reflects each feeling) and as the client continues to feel them.
6. Make the image a social by adding a supportive other person to it (optional).



Step 2: Create and rehearse 'Scenarios'

1. Let the background of the CSI fade into a scene of the upcoming event
2. Rehearse it through the visualization of the upcoming event beginning to end
3. Keep feeling-resources in awareness.
4. Keep desired resources visible in CSI.
5. Add any additional resources if it appears that more become needed.
6. Add dialogue or narration as you watch the rehearsal
7. Use a gradient from easy to hard (optional).



Other Tools of Intention

Definition of Intention

- ▶ Intention is a determination to direct experience in a certain way (using free or unbound psychic energy)

Tools of Intention

- ▶ *Thinking* and *Experiencing* protocols about how to use intention to retrieve and use various desire/required experiences.

Cure

Cure = having the required experiential resources available in the context in which they are needed.



Existing (neg.) mental practices

- Introjections teach us to recall, and define ourselves (often) with negative experiences.
- We choose labels for experience usually making the negative large (and positive small).
- We ruminate or obsess about a few specific (undesirable) past events.
- We think about the future when we feel unpleasant, scared, hurt, angry, weak, etc.
- We reverse engineer catastrophic daydreams.
- We mindlessly associate unpleasant experiences to our body.



Protocols derived from these common mental practices

- Apply Chunking Logic to ongoing experience
- Anticipate with desired experiences: Self-image thinking
- Obsess on valued experiences: Vivid symbolic imagery
- Reverse engineer desired day-dream goals: Emanated Imaging
- Associate healthy experiences to our body: Heart-joy and Bio-energy balancing
- Create an internal parent - Self-nurturing



The chunking example



- ▶ Placing flag in the mountain our hero gets dust in his eye!
- ▶ Chunking “+” Big:_____.
- ▶ Chunking “+” Small:_____.
- ▶ Chunking “-” Big: _____.
- ▶ Chunking “-” Small: _____.

Chunking Logic Practice

- ▶ Teach clients the rationale
- ▶ Ask for homework from clients to report their results of gathering positive experience and chunking it large
- ▶ Ask for homework results from clients reporting how they had negative experiences and chunked them small

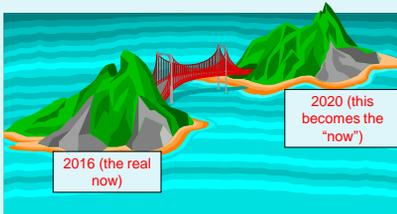
Vivid Symbolic Imagery

- ▶ Recall an incident that represents a desired trait.
- ▶ Isolate a single image in that memory that best symbolizes it.
- ▶ Hold you hands and arms in reaching posture.
- ▶ Visualize the symbolic image between your hands until you acquire the associated feeling.
- ▶ Repeat for a few minutes daily until it becomes a 1) memory, 2) an available feeling, 3) a part of the self image

What you presuppose affects which experiences and resources are retrieved and created.



Emanated image: Future state



Emanated Imagery

- ▶ Ask the client to imagine a “perfect” future.
- ▶ Help them to feel how good that future feels.
- ▶ Help them breakdown and imagine the steps they would have had to have taken to get from the (old) present to the (new) future.
 - Intimately: With partner/spouse
 - Family: With parents/in-laws/children
 - Socially: Friends and neighbors
 - Economically: Employer/marketing/investments
 - Risks: Home/location/venues
 - False steps: Set-backs/errors/disappointments

Heart Joy

- ▶ Become mindful of your breathing.
- ▶ Become mindful of your heart rhythm.
- ▶ Retrieve a feeling of pleasure, appreciation, love, or caring.
- ▶ Keep these 3 constant for five to ten minutes.

Heart Joy: Researched Outcomes

- ▶ Immediate reduction of stress hormones
- ▶ Increase in immune system (IgA hormone)
- ▶ Reduces heart rate irregularity
- ▶ Increases heart rate variability
- ▶ This results in more resilience to stressful stimuli
- ▶ This results in more rapid return to normal heart rate activity after stress incidents stop

Please Note!

- ▶ This is *not* positive thinking
- ▶ This *is* experience retrieval and, linking, and conditioning using specific protocols
 - For attention,
 - experience recall,
 - memory storage,
 - experiential association,
 - anticipation,
 - presupposition,
 - and planning.
