

Node Isolation and the Eye-Zone Differential: the Script

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This script describes the basic procedure. There are many variations, but this is the foundation.

Phase 3

1. *Close your eyes and think about the picture. Give it a title for me so if I refer to it later, you know what I am talking about.*
2. *Do you see it in first-person perspective or third-person?*
 - a. If third person: *Can you shift to the first person, or not really?*
 - b. If they can't: *No problem. As we go along, see if you can shift to the first person. If you can, you can; if you can't, you can't.*
3. Ascertain the NC. Go through this menu of options (a few from each D.O.S.E.) and see if one or more resonate:
 - a. *I'm alone; I'm invisible, I'm not enough*
 - b. *I'm bad; I'm not good enough; I'm responsible*
 - c. *I'm not safe; I'm trapped; I'm gonna die*
4. Pick the NC prioritizing one that is highest on the above list.
5. Repeat the NC, and ask: *what feelings and sensations do you notice now?*
6. *How intense does it feel now, from 0 to 10?*
 - a. With higher numbers (e.g., 7 and up), ask: *do you feel your toes?*
 - b. If not, add a somatic interweave to phase four.
7. *Cover an eye, any eye will do, and tell me what you get now.*
 - a. Get feelings, sensations, and a SUD .
 - b. Remember to check for sensation in the toes with high SUD.
8. *Other eye, same thing: feelings, sensations, and SUD.*
 - a. Ascertain if the NC—or more precisely, the D.O.S.E.
 - b. If they differ, start with the eye, prioritizing the innermost D.O.S.E. (NCs highest on the list above).

Phase 4

9. Begin eye movements with the eye that is:
 - a. Higher in SUD
 - b. Higher in priority if the D.O.S.E. is different
 - c. The other eye is covered by the client's hand
10. Begin an *absorption set*, 12+/- sweeps at a slow, steady pace.
11. Stop at the far right of the visual field (Zone 4): *Give me a number here.*
12. Stop in the middle (Zone 5): *Give me a number here*
13. Stop at far left (Zone 6): *Give me a number here*
14. Do a floatback from the zone with either the zone with the highest SUD or the zone with the prioritized D.O.S.E.
15. If a new, touchstone memory target is established, proceed to the next step with the new target. *Give me a title for this memory, so if I refer to it later, you know what I'm talking about.*
16. Move your wand back and forth between zones with the greatest difference (*pendulation*)
 - a. *Notice the difference between here (stop at a zone)—and here (stop at a different zone)*
 - b. *As I go back and forth, think to yourself, "Huh, that's weird!"*
 - c. Continue pendulating between higher and lower zones until all three are at a 0 or 1.
 - d. Be mindful of potential *qualitative* differences in zones, e.g., younger, different ego states, different affect
17. *I'm going to move the wand around in a big square. Think about the picture some more. If you notice a shift, let me know.*
 - a. Move the wand in a square passing the remaining zones, 1—3 and 7—9.
 - b. If the client notices an increase in SUD, repeat the procedure from step 14 in that upper or lower tier until the SUD is at 0 or 1.
 - c. Once achieved, place the wand at Zone 5 (the pupil) and pull back, away from the client as far as you can. This completes the set for that eye.
18. *Cover the other eye. Think about the picture some more.*
 - a. Repeat steps 14 and 15 with this eye.
19. Repeat the procedure with both eyes open if time allows.

Phase 5 with both eyes

Return to the first target in step 1 and repeat the process.