

Drop-Through Handout

1) Explain the process, SUD's, VOID and ANCHOR

"What emotion or feeling or feeling do you want to be free of?"

"Think of a time when you had this"

"Think of a recent time or particular time when you had this emotion or feeling, remember how it felt to have it, can you point to where you felt it"

SUD's score

"If you could drop through that emotion to one beneath it What would you call it?"

"Good. If you were to drop through that emotion, what's beneath that?" - SUD's score

2) Continue until they reach the VOID and ANCHOR

Go 2 steps into positive emotions – ANCHOR

"All the things, see, feel, hear, sense ... etc ... Being completely at ease, comfortable, powerful ... Positive differences ... etc"

3) Verify the feeling has changed, Embodiment ...

SUD's - subjective units of distress – 0 – 10 scores – low – high basically how positive or negative an experience is

ANCHOR – knuckle or ear lobe ...

VOID – peaceful place(s)