Guilty Secret

14: *Most people have a secret, or even several secrets, and would be horrified if the whole world were to know about it. Now, if you have such a secret, I'll never ask you to tell me about it but it helps the therapy greatly if I know there's something there. So, is there anything that you really want to keep absolutely to yourself?*	

No Yes	14.1*: Okay, thank you, And can you now tell me how bad that would feel on a scale of 1 – 10 if everybody knew about it? Make it really vivid in your mind.*
	
	   We need the highest possible PAL here. If < 6 we can probably ignore it.
	
	14.2: *Good, thank you. Now can you tell me if this is (a) about the way you are, so that you didn't choose it; or (b) it's about something you did; or (c) it's about something you still do. You can tell me it's any of those, all of those, or just 'a' and 'c', for instance.*
	   This covers every eventuality and we need to know in order to allocate the best replacement response.
	
	14.3: *Okay – now, sometimes, anxious secrets of that sort can get in the way of the best results for therapy. It's possible to take the anxiety out of it while we're working if you want to so we can get the best result for you. You won't need to say even one word about it but I'll only work at it if you agree. We can still do some good work, though, if you don't want to. So, yes or no?*
	
	Yes [ ]; No [ ]
	a b c choice/combination:

Guilty Secret Work

This might already be familiar to you, but just in case…

The therapy we are going to do might well make changes for the future, but in order to get the best out of it, we have to disable the guilt process in the psyche at least for a while. Get agreement on this point before continuing.

You will be using prefabricated replacement responses dependent upon which of the (a), (b), or (c) responses your client has given.

(a): *You didn't choose it, so it's not your fault*

(b): *You've been punished enough now*

(c): *You'll change that when it's right to do so, now, tomorrow, or some other time*

<u>Any combination of 2 or 3 of a, b and c:</u> *You're making changes today*

(This last option is <u>almost</u> universal enough to be applied to all circumstances but the first three are more 'targeted' and might be better with specific circumstances.)

- **We avoid the PAL here – we need to deal with this issue and close it in one session**
- **Hold some representation of the secret in thoughts, then Zoom and freeze**
- Now the Replacement Response but handled like suggestion therapy: *"Now I want you to create an image in your mind that means <whichever of the above is valid> and drag it in front of that frozen image so that it become such apart of that frozen image that you can really **feel** it, and just nod once when you have it."*
- *Now think about where you are now*
- *Now shooting forward to the future creating a wonderful memory of you looking back and remembering the day that you have completely overcome this*
- Continue as standard virtual world protocol (6 loops).
- Open eyes
- We do not test the PAL when you are finished. There is no resting phase, no consolidation and no IR.

*NB: If we test the PAL in this routine the client might be fearful that the therapy won't work if the PAL isn't reduced enough. We **DO** enquire as to **how much (<u>not 'if'!</u>)** less uncomfortable the secret feels now we've worked at it, confirming that it's good when it's reduced.*
If it's the same, we can say that this proves it to be static and therefore not affecting anything.
If it's more uncomfortable, we can say this shows it to be active and there's a need to desensitise it – and the client now has two choices:

1. *Go through the above again working harder with the replacement response.*
2. *Tell you what the secret is so that you can help them disarm it.*

Most clients will opt for 1.

Example 1:

The client has agreed there is a guilty secret and wants to work on it. They've said that it was about something they did (Q 1.2, option (a)) and it's something they still do (Q1.2, option (b)). So here, the replacement response in the loops will be for any combination of options: *"Now I want you to create an image in your mind that means **You're making changes today** and drag it in front of that frozen image so that it become such apart of that frozen image that you can really **feel** it, and just nod once when you have it."*

Example 2:

This time, the client has chosen only option (a) in Q1.2, so here the replacement response in the loops would be: *"Now I want you to create an image in your mind that means **You didn't choose it so it's not your fault** and drag it in front of that frozen image so that it become such apart of that frozen image that you can really **feel** it, and just nod once when you have it."*