



# *Advanced Depth*

## **Feed the Need Exercise**

Step 1: Ask your client to visualize their compulsion as a lighthearted demon or a being (or whatever language resonates with them)

Step 2: Ask the Demon – “From your highest self, what is it that you really want most? What do you need?”

Step 3: Invite the client to feed the need. Feed the demon/being the nectar of what it really wants. (If necessary, remind client that the demon is a part of themselves and there is an unlimited supply)

Step 4: Invite client into the space of the demon so that they can RECEIVE the need. Feel it in their body. Take it in. Make a body memory of how it feels.

Step 5: Invite client back to their perspective of looking at the demon. See what the demon looks like now. Optional: What does it have to say?

Step 6: As the demon: from this place and this feeling, what would you like me to do differently this week?