



Advanced Depth

Choose Your Own Journey Visualization Outline

1. This is a tool you may choose to use when you are working with a client on a place they are stuck, stymied, in fear or can't seem to access the resource inside of themselves that will support them in achieving their desired goals. You might also consider using this tool if a client on their own brings up a memory related to their current situation.
2. Coach client to lightly see the pattern that is happening in the current situation
 - Ex: Not finding the courage to set a boundary
 - Ex: Hiding in a moment where they really want to shine
 - Ex: Not asking for love and support
3. Ask Permission – would you like to take a deeper look at this?
4. Prompt your client to help identify a memory that would be useful for the technique:
 - I recommend language like: “Lightly recall a memory that reminds you of this situation...”
 - Remember, when you prompt your client to come up with a memory, don't use language that will make them think about too hard (for example, don't use something like “When is the first time something like this happened for you?”)
 - Sometimes I also remind my client to not overthink it and just let whatever memory/s wants to rise up to rise up
5. Determine if the memory is a valuable and appropriate one to use

- Ask about the memory to see if it feels like it has legs (does it seem to you there is a part of impulse that got buried there?) – “Briefly tell me a little bit more...”
 - This can be a memory in the distant past or closer to present time
6. Be trauma-informed:
- Don’t pick a memory that appears to be a traumatic memory that has not been working through
 - Ask: Is this a moment you feel comfortable exploring or doing deeper work with? Is this a memory you feel comfortable focusing on?
 - Remember: Even though the technique briefly & lightly starts with a memory, this technique is very much about the present and bringing your client’s FUTURE HIGHER SELF online.
7. Prep Instructions for Your Client:
- Let your client know that you are going to briefly start with history and then diverge from history into wherever their higher self wants to take them, and that you will let them know exactly when it’s time to diverge
 - Let your client know: Your job isn’t to analyze. It’s to see and feel. I’m going to keep on reminding you to see and feel and see and feel, and that if they start analyzing you will lovingly bring them back to seeing and feeling
 - Let your client know that they can see anything from the real to the fantastical....and it is all OK
8. Support your client to briefly go back to the memory - to be in the room and see through their eyes. Don’t spend a lot of time here, but give just enough opportunity for your client to be in the room, see details in the room, notice briefly how it feels to be in the room and situation.
9. Ask the client to Divert from History: If you could do or say anything, from the real to the fantastical – and you knew it would be ok no matter what – what is the impulse?

· You may need to normalize if tentativeness comes up around the impulse. All impulses and all parts are important. It's about how we express them in real life.

10. Invite client to see and feel themselves move through the impulse

- It can be helpful to invite client to slow down the visualization so that they can really be in the scene and feel in their body the impulse and what it feels like to follow the impulse.
- Really give it a lot of space

11. If needed, ask again: If you could do or say anything, from the real to the fantastical – and you knew it would be ok no matter what – what is the impulse? What would like to happen next in the scene?

12. Invite client again to see and feel themselves move through the impulse

13. If at any point, the client gets stuck, invite them to see and feel a cool, refreshing, renewing gale of wind come swirling over them, and their outer layer sheds, and a new refreshed them pops out. How does this one feel? What does this one look like? And then go back to the question: : If you could do or say anything *now*, from this place, from the real to the fantastical – and you knew it would be ok no matter what – what is the impulse?

14. When you sense your client has really found the part of themselves/the impulse that can empower them, ask them to make a body memory and to really feel the feeling inside of them.

15. If it's appropriate, you can also invite client to see the scene through someone else's eyes in the image, to see them empowered as they take action on their impulse, and to feel what that feels like. It would look like this:

- Now, for a moment move out of your body and into X person's body, move into their highest, highest self.
- Be in their body and look through their eyes at you as they just saw you Y [insert that courageous, empowering action that client just took in the image]
- From their highest self, what do they see as they look at you?
- From their highest self, what do they feel in their body as they see you take this INSERT ADJECTIVE action?

- Make a body memory of this
- Come back into your own body, and see X person looking at you in this way and feeling Z in their body. How does it feel?

16. If necessary, see one more time if there is any other impulse that wants to be followed.

17. When you've come to a good moment in the image to end, have your client make one last body memory and then let them know you've come to a good moment to end the visualization on.

18. Create space for client to process a little and share about the experience. Create Deeper Awareness. Reflect what you saw in them and for them.

- First, affirm the powerful work and that so much happened through it
- Ask the client how they are feeling and what is feeling most important from the work
- Share any reflections on important pieces that you observed

19. Bring the conversation back to the client goals and strategize on next steps

- Ask the client to now lightly think about the goal or task at hand, and how it feels and what they are seeing
- Strategize on next outer step/s
- Strategize on next inner steps (remember the difference between a breakthrough and a transformation and co-create homework that will support client to continue to process, and pave neural and somatic pathways)