

EXPANSION BRAINSPOTTING

LANGUAGE WHILE PROCESSING

- “What is the opposite of this negative belief?”
- “What do you wish you could feel one word at a time?”
- “What do you wish you could know or believe?”
- “Who or what can get you there?”
- “What is the best possibility to reach this goal?”
- “It is okay to hold the positive desired state and allow negative memories or feelings to come as well. Your brain is wrestling with this.”
- “What is happening inside of you now?”
- “Trust your knowing and your intuition...let your eyes go where they want to.”
- “Notice with curiosity and compassion what happens.”
- “Do whatever feels organic or intuitive to you.”
- “Trust what happens.”
- “Trust your process.”
- “Trust yourself.”
- “There is information there. Allow it to come up.”
- “Just give this time and space and notice what happens.”
- “Just allow your brain and body to go wherever they need to go.”
- “Make room for this _____ (body sensation, feeling).”
- “See where that goes for you. Just allow that to be there without judgment.”
- “Good...”
- “This is so important...”
- “Beautiful...”
- “That’s right..”

Last 10 Minute Check In: “I invite you to let your body go all the way back to the expansion feeling we started with and see what is happening now.” (Ask 0 to Infinity or 0 to 10 Scale)