

DIFFICULTY

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RESOURCE MAP

Elan Shapiro

RESOURCE	A	B	C	D	E
characteristic quality					
1-MEMORY
2- IMAGE					
3- AFFECT					
4- BODY					
5- LOC 1.....5 Level of Connection Install	Short sets of BLS BLS BLS	BLS	BLS	BLS	BLS
6- PC or verbal cueBLS BLS BLS BLS BLS BLS
7- ANCHOR (optional)	BLS BLS	BLS	BLS	BLS	BLS
8- check final LOC 1.....5					

EXPLANATION of RESOURCE MAP (RM)

This is an extension of the Absorption technique (which itself is simply an expanded Resource Installation) with some other additions.

Ask the Client about the **difficulty** (not problem) that they want to cope better with.

-what **characteristics or qualities** would help you to cope better with it? Ask for as many as they can think of (up to 5)
& write them down in the boxes A, B, C, D, E

-for each one in turn ask for a **specific memory** in the last few years (or earlier if necessary) in which they experienced this quality at least partly...Begin with a memory for characteristic A & proceed to get the information required in column A

-ask for the **picture** which represents the memory

-ask for the **feeling** they get when they recall this memory now

-ask for where they experience it in their **body**

-ask for the **LOC** (Level of Connection) how connected do they feel to that experience now from 1 to 5 (this is a bit like a VOC)

-BLS (Bi-Lateral Stimulation) short sets of about 6

check the LOC –has it strengthened?

Repeat a few times until it doesn't strengthen anymore

-ask for a **PC or cue word** (PC is preferred as this is stronger)

-BLS 2 or 3 brief sets to install the PC with the picture+ feelings+ body sensations of this positive memory

-check LOC

if it is 4 or 5 then you can stop

-option of adding a physical sign (**anchor**) as an additional cue

+ several more **BLS** sets to install anchor

REPEAT for characteristics B, C, D, E

The innovation of the RM is

*that it provides a structured format & record of the resources which have been identified & installed which can be collected & used again in future

*that it invites multiple resources which has an empowering effect

*the introduction of the LOC scale is designed to overcome the limitations of trying to guess if the installation is working from qualitative signals & inspired by the VOC attempts to better gauge progress in non-verbal domains