

ST-C Module 6: Emotionally reconnecting by floating back to a Honeymoon scene (by E. Roediger)

The starting point is the client on the vulnerable child chair e.g. if he or she is not willing or able to connect with positive emotions with the partner.

Therapist: *"Ok... so let's all close our eyes now". (To the partner on the vulnerable child mode chair): "Please try to get in touch with your feelings now... Float back in time until the beginning of your relationship... Please let an image come up from the time when you felt really in love with [partner's name, e.g. Betty] ... What place do you find yourself in?... Where exactly are Susanne and you?... What are you doing?... What do you see in her eyes? ... How does that make you feel?... Out of this feeling: What do you want to say or do to Susanne now?... She can hear you. Could you please tell it to her face now?... How does this make you feel?... Please try to hold to this feeling for a moment..."*

Therapist (after moving beside the partner who still has his or her eyes closed too): *"Betty, how does it make you feel hearing Tom talk like that and saying those things?... What does it feel like?... What are you inclined to say or do to Tom?... Please go ahead and just say it... How does it make you feel talking to Tom this way now?... Is there something else you would like to say or do?"*

If the couples seems ready to reconnect on a physical level too don't hesitate to ask them to stand up while keeping their eyes closed, guide them until they stand face to face and then support them to hug each other. *"Betty, how does this make you feel now? Tom, how about you?... Ok, now please open your eyes again. It is still good old Tom and Betty after all these years!"*

Finally ask both partner to sit down on their chairs again. *"If you compare your feelings for each other now and before the exercise, what is the difference?... You see? You are still able to have good feelings for each other once you stepped out of the current activated states. We have it in our hands, what images, thoughts and feelings we give way and strengthen inside of us!"*