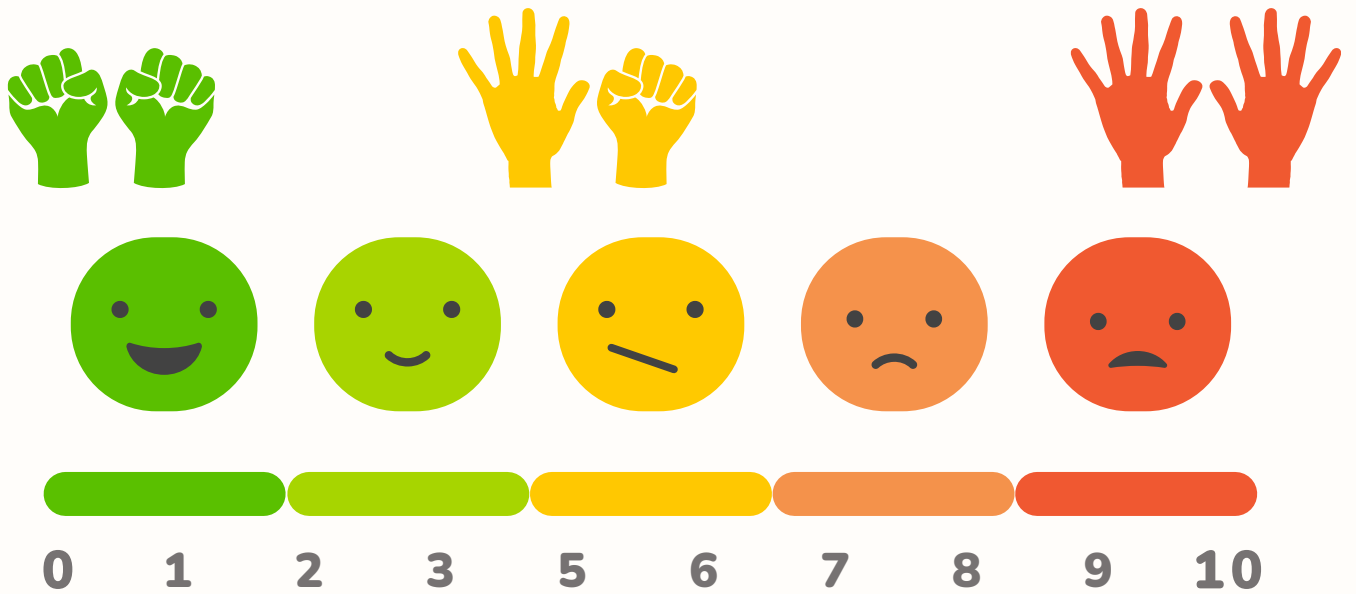


Suds



subjective units of distress

(The hands are added here for use in group
having sessions.)



distractions

BETTER & BETTERER

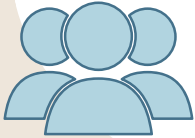
RECITING
SINGING

HUMMING

(Done as a group)

lokah samastah
sukhino bhavantu

May all beings everywhere be happy and free,
and may the thoughts, words, and actions of
my own life contribute in some way to that
happiness and to that freedom for all.



(Done silently, individuals choose)

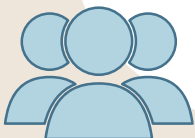
Imagine a scenario where you are
counting, for example: taking steps in
nature, bouncing on a trampoline,
bouncing a basketball

COUNTING

ALPHABET

(Done as a group)

We'll go around the rooms saying
words that start with the next
letter in the alphabet. Make it fun:
say "pass" or "skip," or even make
up your own words!





imagination havening*

The official name of this protocol is Outcome Havening
Havening Techniques®



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Havening Techniques®
havening.org

event havening

Bring up the memory, truly activating it in your body.

SUDS?

DISTRACTIONS

SUDS?



LOOP IF >2

DEBRIEF

= RECHECK:

How do you view
the stressor now?

BETTER & BETTERER