

STIS-T

Self-Treatment for Intense Stress Time T (at a given moment)

Information

This short and simple protocol can be used by all of us. The goal is to help you with what is overwhelming you here and now and thus allow you to reboot your thoughts.

Welcoming whatever is happening **right now** with the help of **Alternative Bilateral Stimulations, ABS**, for at least one minute.

The **ABS** enable you to care for and get through, here and now, the emotional load which is paralyzing your thought. It will bring about a kind of emotional and bodily desensitization.

Calming down in the present allows the brain's **information processing system** to reboot.

Protocol

Step 1 : Focus your thought on what is causing you the most stress here and now.

Step 2 (optional) : While thinking about it here and now, measure your **Present Stress Level, PSL**, on a scale from 0 to 10 : 0 is no stress at all, 10 is the highest level of stress you can imagine feeling.

Step 3 : carry out rapid **Alternative Bilateral Stimulations** (2 to 4 **ABS** per second) for no more than 90 seconds (see the video on www.action.emdr.trauma.org)

Take a break, breathe in, breathe out and stretch.

Step 4 : Observe what you are feeling here and now.

If you measured it in step 2, measure your **Present Stress Level, PSL**, a second time on a scale from 0 to 10 : 0 is no stress at all, 10 is the highest level of stress you can imagine feeling.

Compare the 2 scores of **PSL**. A decrease of 1 point is satisfactory. Well done ! Congratulate yourself.

If needs be, carry out the process one or two times more.

This is not a substitute for a consultation with a professional.

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