

## RECON Cheat Sheet

### 1. Recall one moment of the memory, briefly

- A. What images, sensations, or feelings come to mind?
- B. What did you want to do physically in that moment, but felt like you couldn't?

### 2. Explore negative beliefs attached to the event and the client's desired beliefs.

- A. How did this event change how you *feel* about:
  - 1. Yourself?
  - 2. Other people?
  - 3. Life, the world, your future?
- B. What do you want to believe now about yourself, others, & your life?

### 3. Create a corrective emotional experience that evokes the client's desired beliefs

Choose from any of the following to create a new meaning experience:

- A. Finish the story at a new place
- B. Desired future-self imagery
- C. Breath-symbol imagery of the desired beliefs and responses
- D. Physical movement to complete a survival response
- E. Internal reparenting: comforting, protecting, and guiding younger self
- F. Imagining perpetrators as weaker, smaller, and incompetent
- G. Imaginal conversations with other people or inner parts of oneself
- H. Song or music playlist representing desired perspectives and belief

### 4. Objectively describe memory while integrating the corrective emotional experience

Invite the client to retell the story out loud, or in writing, integrating the corrective emotional experience with the awareness that he/she survived, handled it in ways that made sense, and can respond to reminders of the event in a new way now.

### 5. New narrative integration

Repeat and revise the story with new experiences until the client's desired personal meaning about the memory feels true and they report decreased hyper- or hypo-arousal while recalling it.