Exercise Zero: Positive memory recall and deliberate appreciation (MHPs)
(Optional First Exercise to Follow Video Training Segment #1 – Especially Gentle On-ramp)
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A. Examples of positive memories:
- Holding one of your children as a newborn baby
- Some other particularly beautiful experience with one of your children
- A favorite family Christmas memory
- Playing with a favorite pet
- An especially positive time with friends
- Some beautiful nature experience (visit National Parks to collect these!)
- Thoroughly enjoying your favorite meal/dish/food.

B. Multiple memories to build momentum. Appreciation momentum builds as one works with several positive memories in succession. If the recipient gets stuck in particularly intense negative emotions when working with traumatic memories later in this training series, it will be very valuable to have several memories available because this will provide an especially strong positive memory and appreciation safety net. Therefore, it is important for the recipient to use new memories each time they do the positive-memory-appreciation step in the next several exercises, so that they develop a generous (as opposed to just adequate) collection of positive memories. Also, if there is time it is ideal to do several laps with this positive-memory-appreciation exercise so that each recipient can gather even more positive memories. **Optional for mental health professionals who already have tools for helping clients self-regulate**

C. Take notes for safety net coaching: Later in this series of exercises, if the recipient gets really stuck in a bad place when they are working with trauma, you will need to provide detailed, extended safety-net coaching – you will need to help them get back to their positive memories by reminding them of the specific details of their positive memories and then encouraging them to recall and describe these details again. So both the facilitator and observer should take brief notes on the pages provided for collecting positive memories (the recipient should also make brief notes after the exercise). Come up with a one or two-word label for each memory, and then also note down a few words to help you remember details you would use as reminders/prompts for implementing the safety net. **Optional for MHPs who already have tools for helping clients self-regulate**

D. Confidentiality: As you know from your mental health training, it is very important that you not share any of the details from your practice partner's work without their permission. But we want the good news regarding the Immanuel Approach to spread. So if there are details from your practice partner's work that you find especially meaningful and would like to be able to share with others, *please ask their permission.*

E. Practice teams should stay the same (if at all possible): When you get to the final two exercises, if the recipient gets stuck in intense negative emotions and needs rigorous coaching to help them get back to their positive memories and appreciation, it is very helpful for the other member(s) of their practice team to know the details of several of their positive memories (from being with them in the previous exercises where they described these details). So it is actually fairly important for the teams to stay the same throughout the series of training exercises, if at all possible. **Optional for mental health professionals who already have tools for helping clients self-regulate**

F. Short term and unconscious priming memory: I strongly encourage taking 3 minutes to read through the facilitator instructions immediately prior to going through the exercise. This takes advantage of short term memory and unconscious priming memory, and will help the instructions feel more familiar and comfortable as you are actually using them. (For more explanation see the overview explanatory essay.)

Facilitator instructions (~5 min for each recipient):

Positive memory and appreciation:

- **Help the recipient find a positive memory:** <mark>Sample coaching</mark>: "Do you have a positive memory?" If yes, move to the next step. If the recipient is having trouble finding a positive memory, ask questions from the list of positive memory examples to help them.

- **Coach the recipient to connect with the positive memory:** The best way to connect with a positive memory is to describe the memory in as much detail as possible as one imagines being back inside of the original experience. So coach the recipient to do this.

  <mark>Sample coaching</mark>: "Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

  What did you see? Hear? Smell? Taste? Feel on your skin?
  What thoughts and emotions were you having at the time?
  What thoughts and emotions come as you think about it now?
  How does your body feel?"

  After this initial coaching, allow the recipient to describe the memory as it flows naturally. Then, when they are finished with their initial description, remind them of any pieces they missed (one at a time, with time to fill in each of the missed pieces).

- **Coach the recipient to especially appreciate the best parts:** After they have described the memory in detail, coach them to focus on, describe again briefly, and savor the aspects of the experience that they appreciated the most.

  <mark>Sample coaching</mark>: "Now I want you to focus on, describe again briefly, and savor the aspects of the experience that you appreciated the most."

Collection of positive memories:

Throughout the conference, record here a one or two word label, and then a very brief description for each of the first group member's positive memories:

Positive memory 1:

Positive memory 2:

Positive memory 3:

Positive memory 4:

Positive memory 5:

Positive memory 6:

Collection of positive memories (Practice pair #2):

Throughout the conference, record here a one or two word label, and then a very brief description for each of the second group member's positive memories:

Positive memory 1:

Positive memory 2:

Positive memory 3:

Positive memory 4:

Positive memory 5:

Positive memory 6: