

Positive memory recall and deliberate appreciation (Practice Exercise to Follow Video Introduction)

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A. Examples of positive memories:

- Playing with a favorite pet
- An especially positive time with friends
- Holding one of your children as a newborn baby
- Some other particularly beautiful experience with one of your children
- A favorite family Christmas memory
- A favorite family vacation/trip memory
- Some beautiful nature experience (visit National Parks to collect these!)
- Thoroughly enjoying your favorite meal/dish/food.

B. Confidentiality: Others on your practice team will share personal details, and will have personal, vulnerable experiences in the context of their Immanuel encounters. It is very important that you not share any of their details without their permission. If there are details you find especially meaningful and would like to be able to share with others, *please ask the recipient's permission.*

C. Practical considerations for breaking into practice teams:

- When plenty of time is available, the ideal number for practice teams is three. A team of three provides a facilitator, a recipient, and an observer/intercessor/assistant, and it will protect against inappropriate pair bonding.
- It's okay to work in teams of two if you are not at risk for inappropriate pair bonding. (For example, you are here with your spouse, or your grandmother, or a sibling, or some other arrangement with no risk of inappropriate pair bonding). When they are appropriate, teams of two are especially efficient with respect to time.

D. Short term and unconscious priming memory: Take 5 minutes to read (not skim) through the facilitator instructions immediately prior to going through the exercise. This takes advantage of short term memory and 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 at the top of "Immanuel Approach Exercises Lite" section of the Resources page.)

Facilitator instructions (~7 min for each recipient):

Positive memory and appreciation:

- **Help recipient find positive memory:** Sample coaching: “Do you have a positive memory?” If yes, move to the next step. If recipient is having trouble finding a positive memory, ask questions from the list of positive memory examples to help them.
- **Coach recipient to connect with 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 recipient to do this.

Sample coaching: “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?
Were there any family or friends with you?
What thoughts and emotions come as you think about it now?
How does your body feel?”

After this initial coaching, allow 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 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.

Sample coaching: “Now I want you to focus on, describe again briefly, and savor the aspects of the experience that you appreciated the most.”

At the end of the exercise, recipient takes notes to name their positive memory and briefly describe the details, so that they can easily recall and reconnect with the memory for the second workshop exercise.