

The ONE Method by Laurette

A gentle approach to opening emotional trauma

One Emotion

Identify the **one predominant emotion** that defines your existence - sadness, despair, ugliness, darkness, hurt, anger, betrayal

One Photo

Find **one image** of a young girl that represents your emotion. This gives it visual representation. You will speak to this photo during this process.

One Belief

Ask her: **What do you believe** about yourself? This belief will have arisen from whatever situation she was trapped in.

One Question

Ask her: **How has this belief been helpful?** This is not a trick question! What role did it play? (eg. Protection and sanity)

One Need

Ask her: What do you need right now? It can be anything - a skill to help her have a different outcome, a toy, an animal, food, warmth, a song.

One Sense

You cannot change what happened. But by **working with one sense** at a time, you can change the picture of the memory and its impact.

She is there, waiting for you to come find her - © LauretteSmith.com