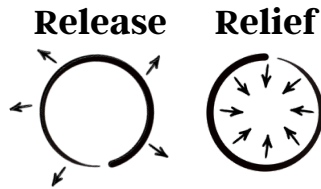


Paintcan



Intention

The second of the 3 Change Resources, Paintcare is designed to address and shift negative or distressing images/pictures. All 3 Change Resources address different types of experiences at different depths.

Paintcan introduces 2 levels of new depth to the negative experiences it is designed to target. First, a visual/image is more experiential than a thought, meaning it can more easily connect with distress emotions and feelings. Second, the aspect of “reaching in to stir” vs “wiping” (as with Whiteboard) introduces a 3rd dimension to the visualization, naturally increasing the depth of what can be processed.

In addition, the outcome of “obscuring the image completely” vs “replacing it with something new” means that this activity can be a source of REprocessing in addition to simple Resourcing, depending on what the person feels comfortable with. People who process visually tend to find this technique effective and more natural.

Target

- Images/Pictures

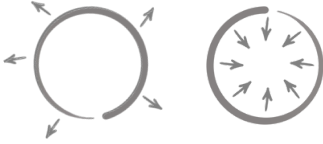
Processing Style

- Visual

Depth

- Moderate

Paintcan



Intuition

Target

- **Choose an image or mental GIF (short scene) to change.**

Visualize

- **SEE that image/GIF projected onto a viscous surface, such paint in a can or tray.**

Change

- **Now visualize stirring and mixing up the viscous surface you saw. Continue to mix it around until the image/GIF is completely obscured. If it wants to change into a more positive image/GIF that is perfectly ok. NOTICE any positive shifts/changes in your body as you stir and mix.**

Tap/Walk-in

- **TAP/Walk-in any positive experiences/sensations you notice as you are able to obscure and change the image/GIF.**

*Repeat (Optional)

- **Feel free to REPEAT as many times as you would like as long as it continues to change, or until it feels like it has been enough/stops being positive.**

