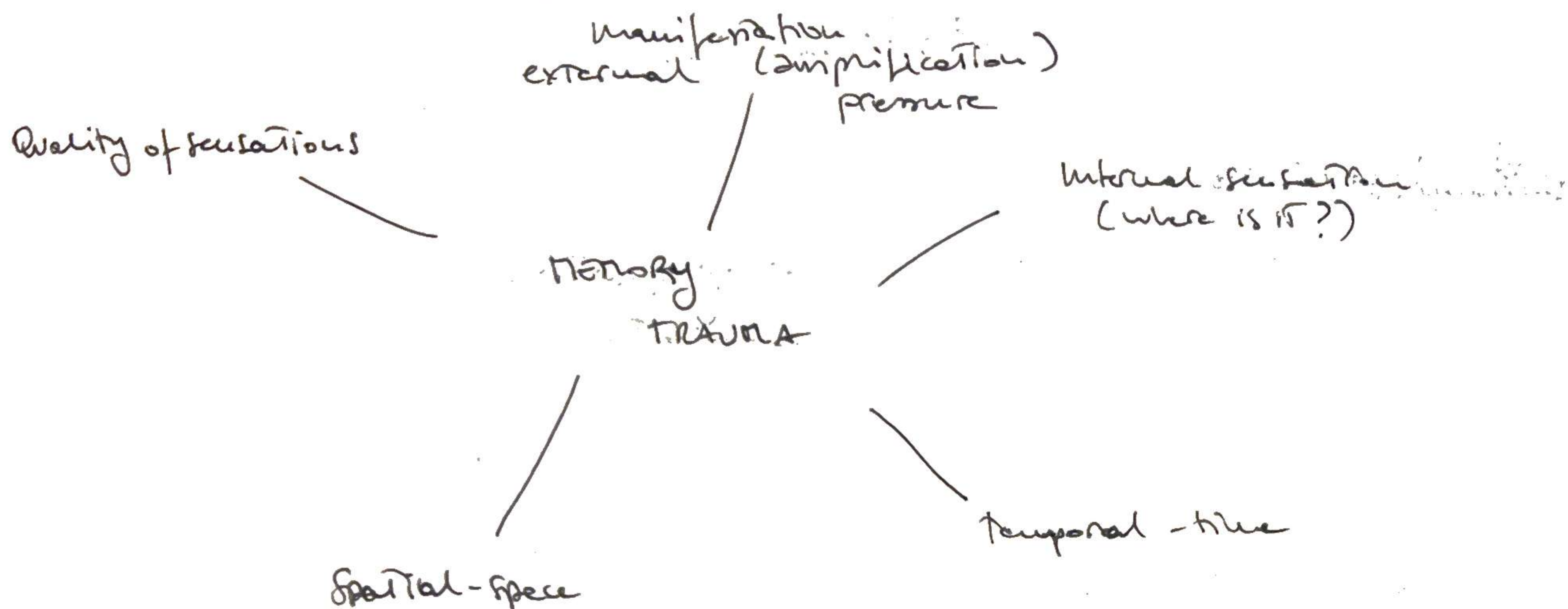


around it is so that we can enter it from a diacographic point of view. If this is a bit of a dead end then good, it means we can drop it for now and stop talking.

When we worked with pressure we took a memory and work with it through putting words in the temporal chart.



Work with what you feel comfortable with. Choose how deep and how you wish to work. Try and observe it, keeping some kind of a distance.

• Who are we today?

// I think I understand that the focus is on the event causing a certain traumatic feeling, rather than on the trauma itself? But then the question arises as to how do we do the naming / doing? Is it going to be around the sensations during the event or have I got it all wrong? Because otherwise it should be sensing around the traumatic experience following the event. //

• We start the work of sensing, starting with sensing the body's relation in space. Could be the space of the event or this room. Sense the body in space. Perhaps temperature, smell. What