The Brainspotting Outside Window Set-Up

1. The beginning - choose the issue
2. Check on activation
3. SUDS Level (10 to 0)
4. Location of activation in the body
5. Slow horizontal eye tracking to locate reflex spots observed in the eyes, face and body
6. Focused Mindfulness (Processing)
7. Go back to the beginning to assess change
8. Squeeze the lemon
The Brainspotting Inside Window Set-Up

1. The beginning - choose the issue
2. Check on activation
3. SUDS Level (10 to 0)
4. Location of activation in the body
5. Find highest activation tracking horizontally at eye level (X axis)
6. Then track above, at and below eye (Y axis) for the highest activation to locate brainspot
7. Focused Mindfulness (Processing)
8. Go back to the beginning to assess change
9. Squeeze the lemon
Gazespotting

1. Notice when a client is looking (gazing) unconsciously at a fixed point while talking about relevant, activated issue.

2. Point out that the client is gazing at this spot and ask for SUDs level and location of body activation.

3. Encourage the client to keep looking at Gazespot while not speaking (to initiate processing) for 1 minute.

3. Continue client processing on the Gazespot.

This will initiate using this gaze spot for full processing of the issue. Processing should be carried through until full resolution of issue. This is determined by going back to the beginning to assess SUDs level. If activation has reached zero then initiate squeezing of the lemon.
The Brainspotting Resource Model (Inside Window) Set-Up

1. The beginning - choose the issue
2. Check on activation
3. SUDS Level (10 to 0)
4. Location of resource in the body
5. Find resource location tracking horizontally at eye level (X axis)
6. Then track above, at and below eye (Y axis) for the resource location to determine brainspot
7. Focused Mindfulness (Processing)
8. Go back to the beginning to assess change
9. Squeeze the lemon