

### How to do Phase Three

In this Phase the focus has shifted completely from the perpetrator to the victim. The first maze of emotional circuitry and loss has been disassembled, and now we are addressing the second maze which was created by the individual's own survival responses. This is a simple copying exercise. Copy all of the Phase Two, column fives onto sheets of notebook paper, leaving the left margin blank for use in Phase Four. As you copy, any thoughts or behaviors that had been combined into one sentence should be separated. For example: "I hated and resented you" would be separated into "I hated you" and "I resented you."

**PHASE TWO:**

Changes to →

**PHASE THREE:**

THOUGHTS, BEHAVIORS IN RESPONSE TO THE INCIDENT (SURVIVAL RESPONSES)
Avoid my father, avoid my friends, think you were sick, think I was a slut, and became promiscuous with boys.
Lied about the bruises, lied to get out of the house, thought it was my fault, thought it was my mom's fault
hid your alcohol, stayed in my room unless mom was home

I avoided my father.
I avoided my friends.
I thought you were sick.
I thought I was a slut.
I became promiscuous with boys.
I lied about the bruises you gave me.
I lied to get out of the house.
I thought it was my fault.
I thought it was my mom's fault.
I hid your alcohol.
I stayed in my room unless mom was home.

After copying all the survival responses listed in Phase Two, column 5, list any other survival responses which you may not have been able to connect to a specific incident but which you suspect began as a result of the trauma. Example:

- Generally:
- I began to binge eat.
- I drank heavily in college.
- I avoided having sex with my husband.

After completing the Phase Three list, the participant reads it in one sitting, straight through without any interruptions. The group structure remains the same with feelings processed following the reading. Before the participant reads, it is very important that the facilitator request the participant to make an agreement that he or she will not use this list to focus on trying to change his or her behaviors until he or she has finished all five phases. This helps to keep the participant focused on the resolution process and not on changing his or her survival responses. Most participants find that many of the survival responses they read about have already changed on their own, to some extent.