



ComPASSIONate Connections



Protocol for Aftercare (Following Deep Dives with Clients/Friends)

When we guide friends or clients into a deep dive, the aftercare is very important. The most important thing to know is that people's experiences, timelines, and responses can vary radically. There is no right or wrong experience for a person to have. Remember to tune in to what is going on for them, and lead with authentic reassurance and care.

Here are some guidelines:

1. GENTLY ask what they are feeling and needing in the moment, and throughout your time with them.
2. GO SLOWLY. Breathe together. This creates safety and homeostasis.
3. ASK PERMISSION during each step of the aftercare process. A *no* response is a complete sentence. You can inquire why it's a *no*, while honoring the *no*. I often say, "I am not challenging you, but I am curious and want to understand you."
4. Provide empathy by feeling *with* them—not just parroting back the words, but remembering in your body the sensations that arise when you have the feelings they are sharing with you.
5. Do not pepper them with questions too quickly. Sometimes, as coaches, in seeking to understand our client we can ask too many questions, or go too quickly. This can cause the other person to feel panic or a lack of safety.
6. Ask them to share the primary past memories or *Veils of Past Pain* that came up for them. Again, be careful not to restimulate them. Pay attention to their voice and their body language to see how they are doing with the process. When people raise their voices or speak more quickly, they are almost always going into reaction. When their voices are slow and resonant, they are almost always centered.
7. Ask them to describe their *positive* memories of needs/values being met. As they do so, pay close attention to their voice, body language, and overall embodiment. Anchoring in those memories or imaginings of met needs and values is an essential component of the process.
8. Do the same process around their I AM affirmations. I will often repeat the affirmations with my clients, to help anchor them in. Doing this together creates connection, appreciation, and support.
9. Give them a homework assignment with specific tasks, a completion date, and a way to let you know that it has been done and how it went. I prefer for my clients to text me with their results.
10. Create an agreement about how they will continue to create self-sourcing and support for themselves. Be clear in what support you are and are not willing to provide them in the future. Find the balance of caring for and supporting them while *not* overextending yourself. Support them to learn how to take good care of themselves, replacing deficiency thinking and triggering memories with the affirmations and imaginings/memories of needs and values being beautifully met.