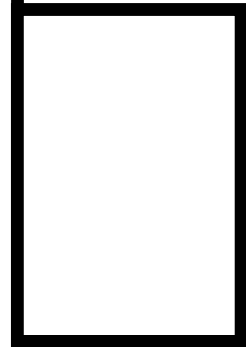


Zürcher Ressourcen Modell[®]

ZRM



Basic Course

Handbook of

ZRM Ground Rules

- **Assure strict confidentiality**
- **Each person takes care of him/herself (chairperson principle)**
- **Express any requests, criticisms, disruptions directly**
- **Separate private and public space carefully**
- **“Midwife principle”**



Clarify a key theme with the help of the unconscious

Results of the idea basket exercise

Associations that triggered positive somatic markers:

...combined with my own insights:

Please write the associations that triggered the **strongest** positive somatic markers in the box below; they make up your key theme:

**My key theme at this moment
- my own summary -**



Idea Basket

My work partners associations, observations, and impressions



Rules for phrasing an effective goal statement

Pay attention to the following rules:

- Use first person (e.g. I am/feel...)
- Always use positive words, never negations
(e.g. I am courageous instead of I am **not** scared)
- Avoid “un” - words like **un**affected, **un**beaten....
Reframe them, use positive words.
- The goal has to be entirely under your control.
(e.g. I feel good instead of other people like me)
- Use the present tense
(e.g. I am relaxed instead of I **will be** relaxed)
- Avoid comparatives
(e.g. I feel happy instead of I feel **happier**)
- Don't use verbs like: should, want, can, could.
- Use your own words in your mother tongue.

Use symbols if they pop up.

Check your goal with your emotions/somatic markers:

- Imagine that you've already reached your goal –
how do you like it?
- Is the goal motivating, inspiring? Can you feel
the blissful smile?



Optimize your goal by considering systemic aspects

Appropriate settings

When, where, with whom, and how often do you want to reach your goal (at work and in private life)?

Consequences

What will happen when you reach your goal? What will change in your life (situations, relationships)?

Personal benefits and losses

What will you gain and what form will the benefits take?

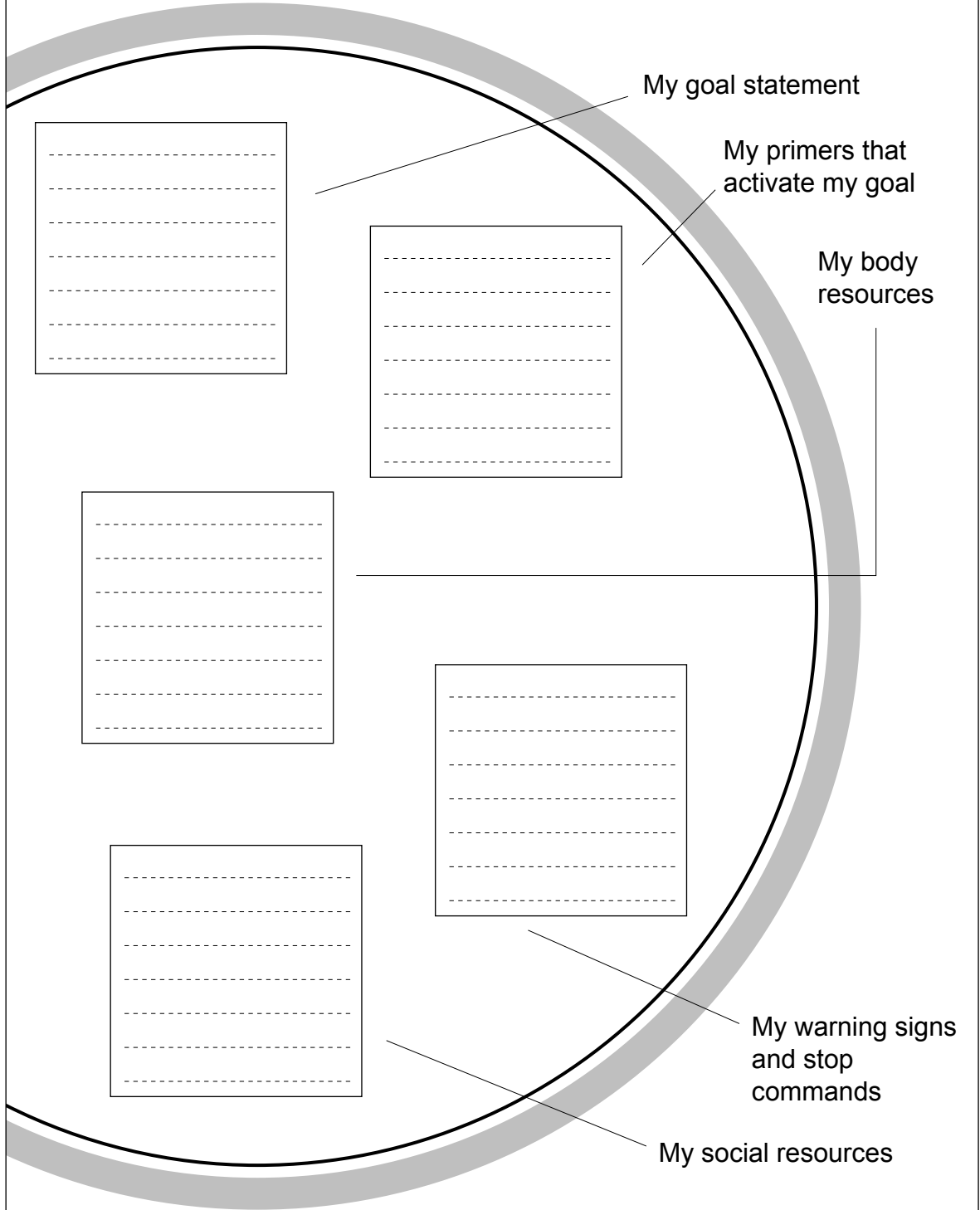
Is there anything that you might have to give up in order to reach your goal?

Goal statement correction?

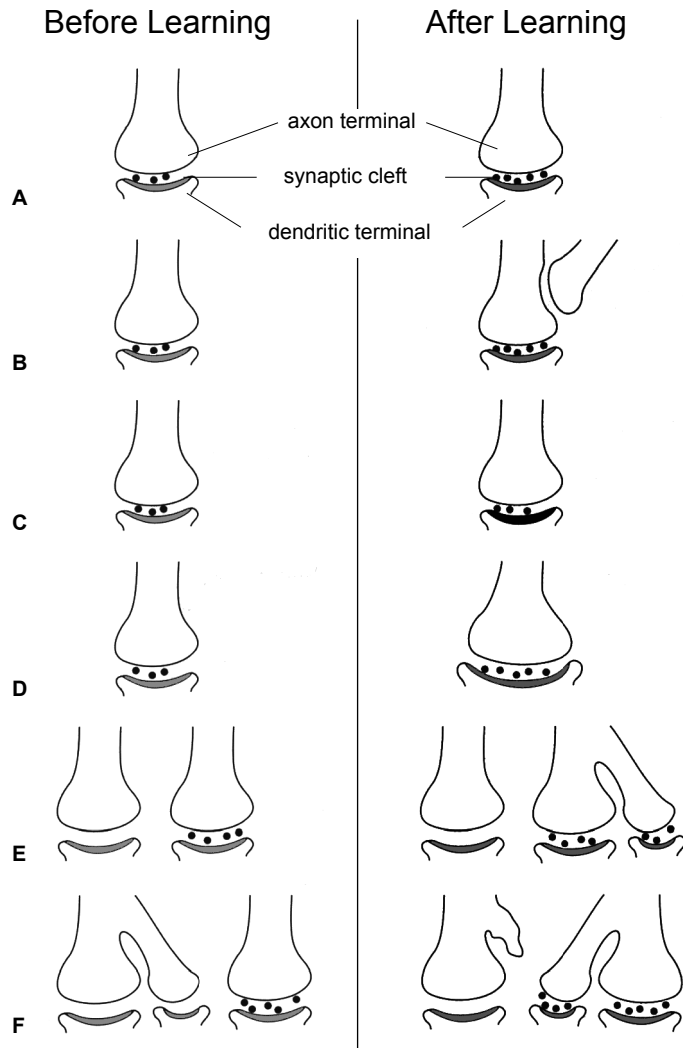
Would you like to modify / optimize your goal? If yes, how does it read now?



My personal resource pool



Neuronale Plastizität



Synaptic modifications that may be the underlying basis for storage.

A: Following a training procedure, each new impulse in the affected neuronal system leads to increased release of neurotransmitter molecules (shown as dots).

B: An interneuron modulates the polarization of the axon terminal and triggers the release of increased neurotransmitter molecules per nerve impulse. **C:** Modifications of the postsynaptic receptor membrane results in stronger reaction to same amount of neurotransmitter substance.

D: The area of synaptic contact increases with training. **E:** An excitation pattern that is used frequently increases the number of synaptic contacts. **F:** A frequently used neural connection "takes over" less used synapses (adapted from Birbaumer & Schmidt, 1996)



Resources (primers) that activate my goal

I will select and utilize the following primers – 5 mobile and 5 stationary – in order to mentally activate my goal as often as possible:

Music:

Perfume/scents:

Jewelry:

Plants:

Pictures:

Clothes:

Colors:

Other things:
(people, animals,
places, symbols.....)



Mental journey to my goal - notes

My body – its external condition and the inner processes
(standing/ lying/sitting/ in motion, calm/active,
warm/cool, etc.):

Place / landscape:

Season / colors:

Surroundings:

Time of day:

Temperature:

Sounds / scents:

Symbols / clothes /animals:

Other things:



My body as a resource for achieving my goal

Call to mind your goal once more !

Use everything that is useful as a reminder (your picture, your goal statement, animals, colors, etc.). You may also include elements from the guided imagery exercise, "mental journey to my goal."

How does your body feel when you connect to your goal?

Please check the following (first while standing, then while sitting, if necessary):

External characteristics

- stance, position of feet
- lower legs, knees, thighs
- pelvis, belly, chest
- back, shoulders, arms, hands
- position of head, gaze

Inner characteristics

- breathing
- body tension
- perception of temperature
- "accompanying" colors, sounds, scents, pictures
- anything that pops up spontaneously

My body resources

External characteristics

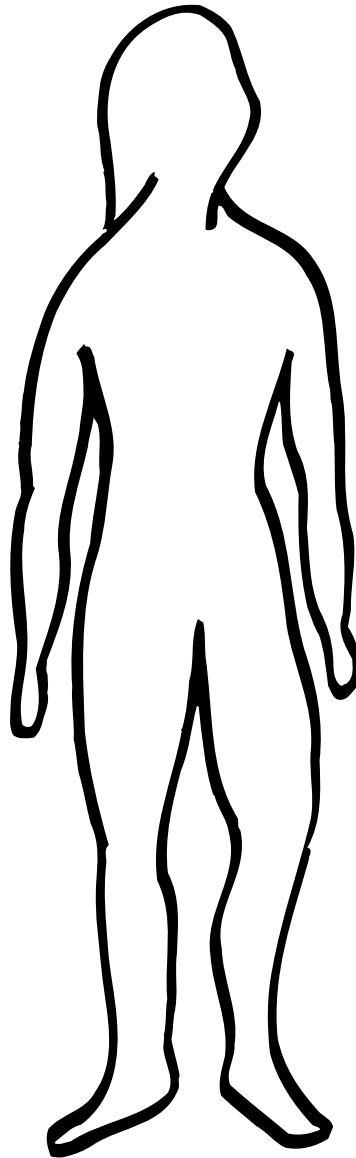
Inner characteristics

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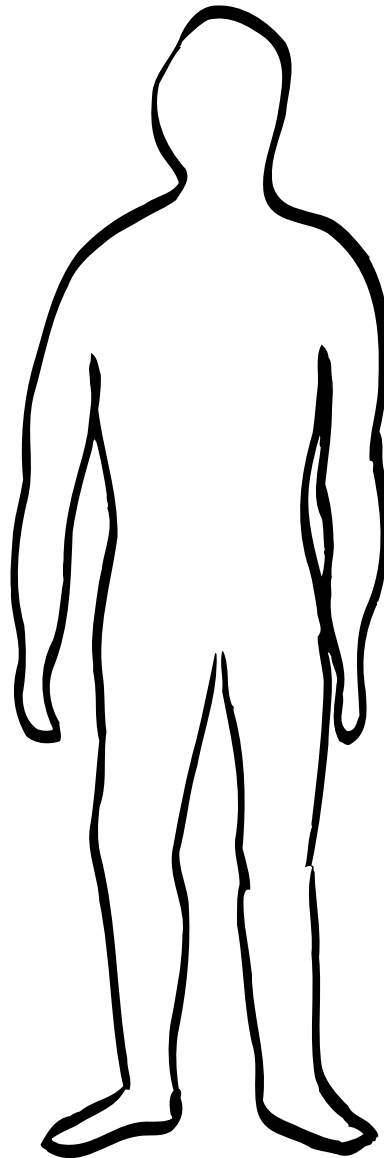
My body resources

Mark your body resources on the figure – external conditions and inner processes (breathing, posture, colors, feelings, energies, symbols, surroundings, etc.).



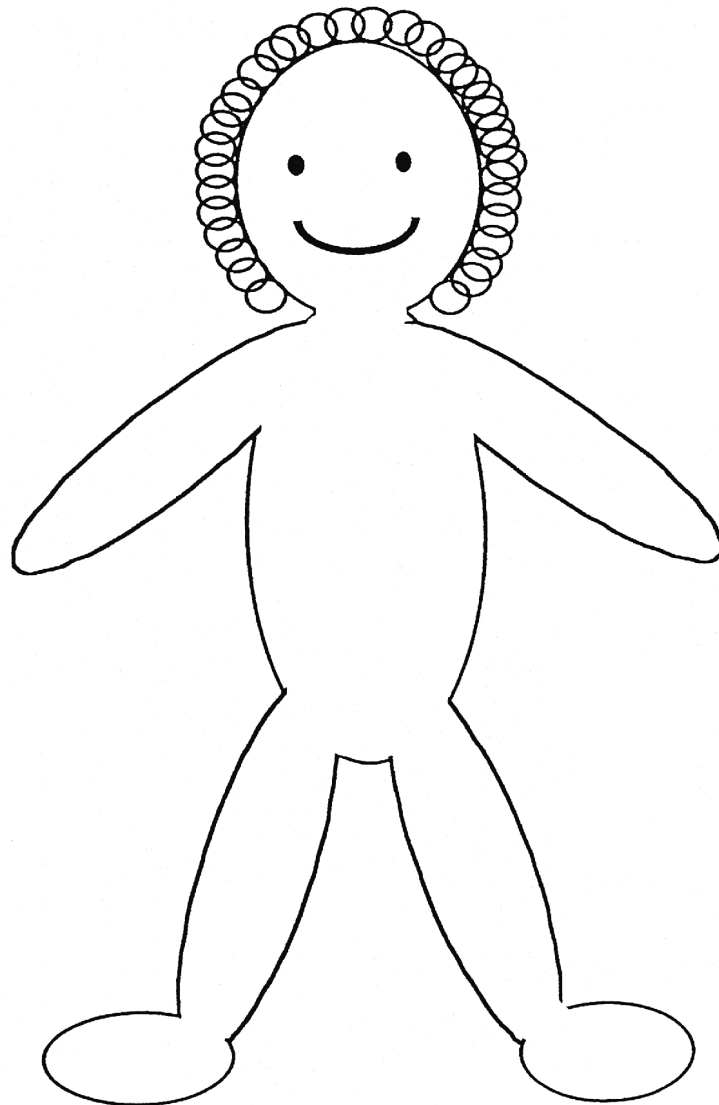
My body resources

Mark your body resources in the figure – external conditions and inner processes (breathing, posture, colors, feelings, energies, symbols, surrounding etc.).



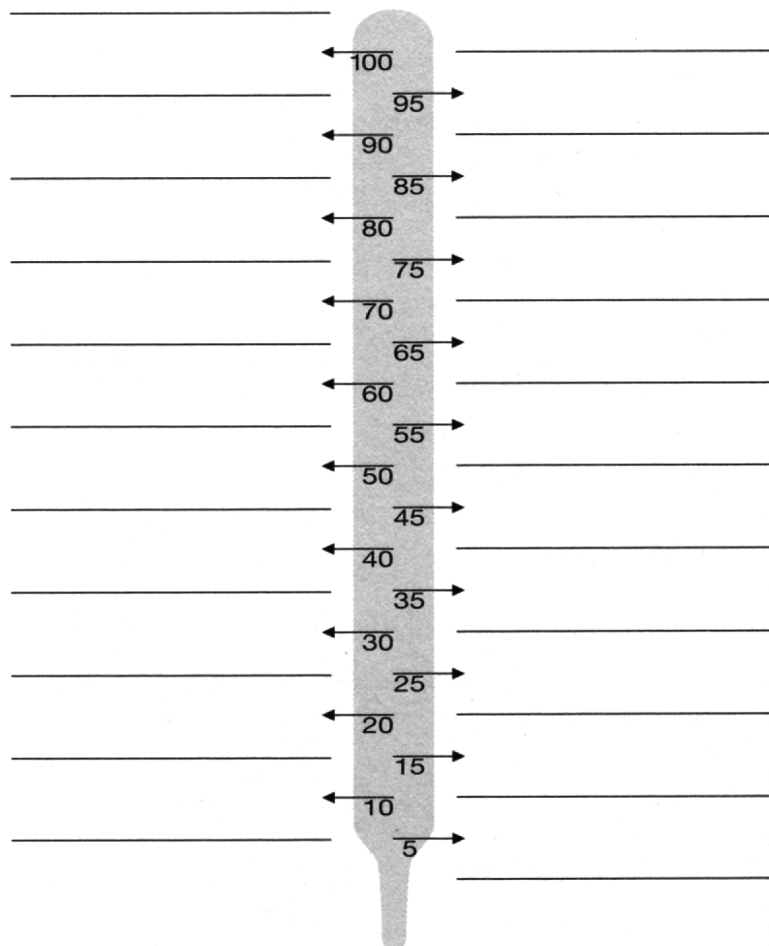
My body resources

Mark your body resources in the figure – external conditions and inner processes (breathing, posture, colors, feelings, energies, symbols, surrounding etc.).



Situations in which I want to use my resources

Degree of difficulty



Nach Görlitz, G. (1998). Körper und Gefühl in der Psychotherapie – Aufbauübungen, Pfeifer, Reihe 'Leben lernen' Nr. 121



A foreseeable situation in which I would like to utilize my resources in a goal-oriented way

Situation

Examples: a challenging meeting, conflict situation with my coworker, openly “going against the tide”, etc.:

People present

Position, number, relationship with me, etc.:

Important basic condition

Pressure of time, presence of third party, etc.:

My goal in this situation:

My previous condition in this situation:



Assure real life application – in *foreseeable* situations –

I will prepare for the chosen foreseeable situation by:

I will use the following **primers** – mobile and stationary –
in order to realize my goal:

This is the place where I will set up a “**resource power station,**”
a place where I can “recharge” my resources, and this is how I
will do that:

This is how I am going to make sure that I get **support from
others** in order to be able to implement my resources (network,
coworkers, etc.):



Analysis of the core zones of pressure situations and unwanted habitual stress responses

– Identify warning signs and choose stop commands –

The following unforeseeable situations caught me by surprise
and I showed unwanted habitual stress responses:

- 1.
- 2.
- 3.
- 4.

What external characteristics (just prior to the situations, during
the situations) do these situations have in common?

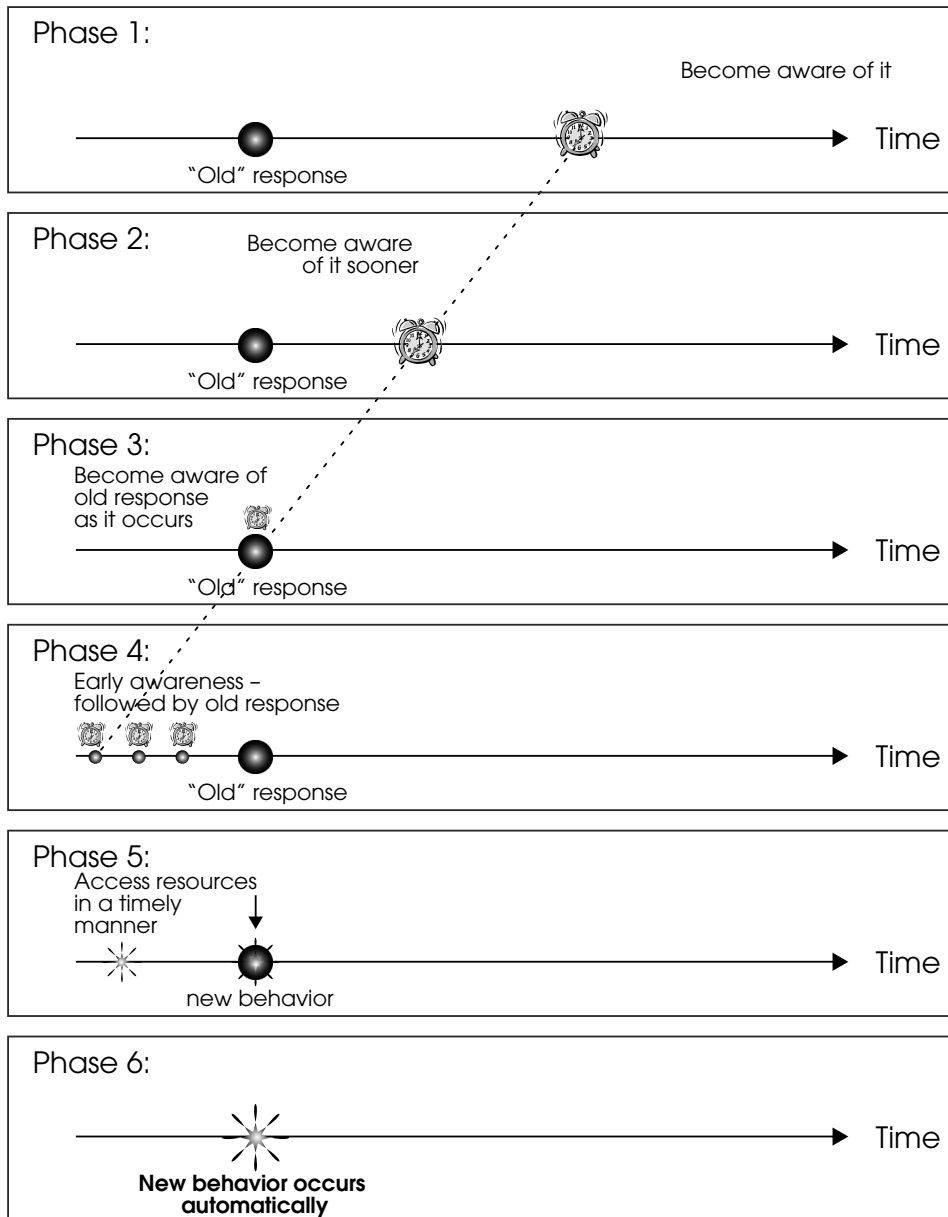
What warning signs can I identify (external – in my environment –
and internal – within myself)?

What stop commands can I use to stop my unwanted habitual
stress responses?



The ZRM process model

How to deal with *unforeseeable* situations



Assure real life application **- in *unforeseeable* situations -**

If pressure situations take me by surprise, I will interrupt unwanted habitual stress responses by:

observing the following (internal and/or external)
warning signs:

implementing the following stop commands as
soon as possible:

Thereafter, the following **resources** (picture, reminder, goal statement, melody, gesture, etc.) will connect me with my goal and my goal-oriented behavior:



Type A, B and C situations

● Type A Situations

You easily succeed in realizing your goal

What you've come up with so far will be enough in order to act in a goal-oriented way – you reach your goal almost effortlessly. Type A situations are every day situations in which you easily apply what you've learned and act how you want to. With this type of situations you'll be successful and therefore it is crucial to appreciate and praise yourself. Remember: neural growth takes place if you utilize a neural network frequently and successfully!

● Type B Situations

Foreseeable situations, in which you would like to realize your goals but have not yet felt capable of doing so

In order to prepare for type B situations you have to plan exactly how you want to apply your resources (see Handouts: "A foreseeable situation in which I would like to utilize my resources in a goal-oriented way" and "Assure real life application in foreseeable situations"). For successful real life application we suggest that you start practicing right after the seminar by applying what you've learned to many different situations.

Please take the following 3 points into consideration

- Your new resources are 'young', newly established neural networks. Compared to well-used, habitual, automatic behaviors this new one is like a newborn baby. Take this 'balance of power' into account. Let them grow and become stronger by starting out with easy B situations. If you are successful, raise the challenge gradually. Remember: start out with a 20 –40% degree of difficulty.
- It is difficult to connect to your new resources when you already are in a bad state (e.g. stressed out, angry, anxious etc.). In this case, you should try to relax (count down from 10 – 1, breath, scream, jog, take a bath, dance, chat, do whatever is good for you). Only after you're through with the "psychological housecleaning" you will be able to activate the resource pool.

/...



.../

Type A, B and C situations

Please take the following 3 points into consideration

- Practice the activation and application of your resources as often as possible. That's the only way how you can build and strengthen the neural-network that represents your ZRM-goal. The more you practice, the faster and better you'll be able to activate it and hence efficiently using it. It is better to practice often over a short period of time than rarely but long. To utilize your neural network often will have the greatest impact on successful performance.

● Type C Situations

Unforeseeable, unexpected, very difficult situations, where although you would like to realize your goal, you are often not aware of this until the situation has passed

If you are faced by a C situation shortly after the seminar you probably won't think about utilizing your resources. Although you can't plan for unforeseeable situations per definition – you still can plan strategies of how you would like to deal with C situations in general.

This is how you will interrupt the unwanted stress response:

1. Through self-observance you will recognize your individual warning signs.
2. This will enable you to build in stop commands.
3. Then you can use one element of the resource pool (e.g. picture, goal-statement, reminder etc.) to activate the neural network that represents your NSM –goal and you will be able to follow through with your goal-oriented action.

The better you can anticipate pressure situations, the more these situations begin to resemble type B situations. After some time (6 – 12 months) you will be able to replace unwanted habitual stress responses by automatic goal-oriented action.

My process in the ZRM seminar

How did I start out?

My picture of the picture gallery:

My process:

My goal statement:

My most important resources:

Where am I now?

The resource picture that I painted myself:

Everything else that is of importance to me:



What's going on after the seminar?

Over the past days you've learned a lot about yourself and your personal resources. You can make use of this new knowledge in many different situations. While doing so, please take the following points into consideration:

- Your neural networks that represent your goal are still very “young” – they're in a baby state. Make sure not to stretch them too far because they still have to grow bigger and stronger in order to be successfully applied to challenging situations.
- Remember: It is difficult to access your new resources when you already are in a bad state (e.g. stressed out, angry, anxious etc.). In this case, you should try to relax (count down from 10 – 1, breath, scream, jog, take a bath, dance, chat, do whatever is good for you). Only after you're through with the “psychological housecleaning” you will be able to activate the resource pool.
- Practice the activation and application of your resources as often as possible. That's the only way how you can build and strengthen the neural-network that represents your NSM-goal. The more you practice, the faster and better you'll be able to activate it and hence efficiently using it. It is better to practice often over a short period of time than rarely but long. To utilize your neural network often will have the greatest impact on successful performance.
- In order to activate your neural-network get consciously in touch with the good emotions of your ZRM-goal:
 - ***look at your picture and other primers, read your goal statement***

/...



What's going on after the seminar?

.../

- In order to activate your neural-network get consciously in touch with the good emotions of your ZRM-goal:
 - ***look at your picture and other primers, read your goal statement***
 - ***recall how your body feels when you're connected (e.g. imagine a circle on the floor that represents your resources, step into it and imagine all the good emotions rising from the source up into your body. In your work-place you can also transform your chair into a "reload station").***
- Activate your goal unconsciously too:
 - ***by installing as many primers (minimum 5 mobile and 5 stationary) as possible in different places (e.g. bathroom mirror, doors, perfume, screensaver, cell phone ring signal, curtains etc.). By doing so your neural network will get permanent priming.***
 - ***In order to automate your goal-state you have to practice, apply and make experiences! Remember: neural growth takes only place when you use neural networks often and successfully.***
 - ***Each goal has it's very own resource pool (picture, primers, body resources etc.)***

Make sure to make good use of your new social network that you've created in this seminar. If you have questions, need further coaching or just want to share some of your experiences get in touch with your ZRM peers!

