

**T&T Script:
Perceptual Positions**

I learned to story out of habit.
The same VAKOG
in the same way
with the same contexts
on repeat.

I felt comforted
knowing "my" practiced story.
The feelings, the judgements
I had THEN
affirmed my truth
How I **felt** in my body THEN.

What I didn't know then
that I do know now, is that..
I DEFINE truth through
VAKOG and **Perceptual Positions**

So let's anchor our understanding of Perceptual Positions...

1st Position

Is when the memory happens to me.
It is my point of view **in** the memory,
It is when and where
I **see, feel, hear, taste, touch,** and **smell.**

In 1st Position
within the memory,
I'm associated to my senses.

That is 1st Position.

2nd Position

Just like in 1st,
I'm also associated to the senses of my bodies.
Except I'm "being"
through someone else's body.
I **see, feel, hear, taste, touch,** and **smell** through THEIR senses.
Family, friends, colleagues,
Whoever it is or was.

I project me
in whatever they
see, feel, hear or experience.

That is 2nd Position.

3rd Position

Is DISassociated.
Dissociated means
Not experienced
through my eyes
Not even experienced through
the "other person's" eyes.
3rd Position is observed.
I am completely outside myself, looking in.
As though I am watching a movie
And can see myself and others.

That is 3rd Position.

4th Position

Is also DISassociated.
It is through the eyes of
"what ALLLL others think."
It is seeing a situation as if I know what they ALL think.

"The World View" is 4th Position.

*Grab your wrist.
Take a deep breath in for a count of 4.
Exhale for a count of 4.
And Release your wrist.*

As I tap,
I practice a memory ecology.
I tap
through each perceptual position TO...
align and refine
what happens within a memory:

ideas, choice, and actions
I tap
through each perceptual position TO...
embody my most empowering story.

*Grab your wrist.
Take a deep breath in for a count of 4.
Exhale for a count of 4.
And Release your wrist.*