

## **Rank Order Memory Cards**

(1-21-01)

*We are at the point where we have examined your forgiveness list and your list of memories that you would like to eliminate or at least neutralize their impact as well as their emotional affect on you. We have also spent time looking at the Psalms and creating meditative images. We now need to put your memory cards in the order we want to work on them. Usually I suggest we order them from the least painful to the most painful; however, there are exceptions.*

*What I would like you to do between now and our next session is to examine your cards for emotional pain. Some people like to use a scale from one to ten where one is the least amount of pain and ten is the most amount of pain that a memory produces within them. Another way to start is to lay all your cards out on a table and place them in a pile with the most painful ones on the bottom and the least painful ones towards the top.*

*For some people, because of the amount of pain that they are in, or the devastating impact past trauma has on their life, they feel a need to work on their most painful memories first. If this is your case, we can honor that request, but we must be very cautious in the process as we're dealing with your most painful memories first. While this will not create new pain, it does re-awaken the old pain that lies within you. As I have expressed elsewhere, you may feel worse before you get better.*

*What I would like you to do before you come in for your next session, if at all possible, is to have your cards in the order you prefer or would like to work on them. We are not going to work on them in the next session, but rather will take time to examine the order, your preferences, as well as where you are in the process of working on Scripture and meditation. Together we will make a decision of whether or not to proceed or spend more time in preparation for the memory work to come by strengthening you through Scripture and meditation. If we both believe you are ready we'll begin to work on your memories in the session after the next session.*

*We will work on positive memories first, then mixed memories (both positive and negative), then negative memories, next addiction memories (a positive memory of a negative belief, i.e. enjoyable drunkenness, and last negative future memories.*

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