

Sample LSR/EA Session Log

FACILITATOR: Sample Student

Client code: BB

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
May 18, 2025	1:30	Exploration - relationship with mother LSL - with mother	EP, relieved Several realizations, to be continued
May 22, 2025	1:38	Continue LSL - with mother	EP, VPIS, feels satisfied on "mother"
May 28, 2025	1:35	Long term trauma handling - When I lived with grandmother Communication with body	EP, resolution of LTT EP, laughing, connected
June 14, 2025	2:45	Exploration - relationship with spouse Done/Withheld/Solution - with spouse F1 Same F2 grounding	Flat point, PIs, "good overview" EP, smiling, VPIS FP, getting tired extroverted
June 16, 2025	1:50	Resumed F2 Done/Withheld/Solution - with spouse - No more answers F3A with same F3B with same F4 with same	PIs EP, PIs EP, PIs EP, VPIS, major insight on relationship

EP = end point / FP = flat point/ PIs = positive indicators / VPIS = very positive indicators / BTIR = Basic TIR / TTIR = Thematic TIR/
FTIR = Future TIR / PTIR = TIR on pleasant experience / LSL = Life Stress List / WIs = Wrong Indication handling/
F1= Flow 1, inflow / F2 = Flow 2, outflow / F3 = Flow 3, crossflow / F4 = Flow 4, reflexive flow

FACILITATOR: Sample Student

Client code: JR

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
May 20, 2025	2:45	Disturbance handling - upset with daughter WI handling in general, 6 F1 done Same F2, 4 done	EP Each to EP, VPI Each to EP, VPI, realizations
June 8, 2025	2:20	Disturbance handlings Continue general WIs F3 - 5 done Same F4, 10 done	All FP, viewer ready to go on Each to EP Each to EP, major shift in self confidence

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FACILITATOR: Sample Student

Client code: EC

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
May 20, 2025	1:40	Disturbance handling - with boss, all flows What can you really do at work	Each to EP, more cheerful EP, insight
June 6, 2025	1:50	FTIR - career path Self-respect	EP, optimistic EP, happy

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FACILITATOR: Sample Student

Client code: ST

DATE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
June 8, 2025	1:15	Unfinished business with brother PTIR on good times with brother	EP, relieved EP, "I forgot the good times"
July 14, 2025	1:50	Similarities and Differences, self/best friend Criticism Acceptance - best friend	EP, surprised EP, "feel more affectionate" EP, VPIs

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