EXAMPLES OF MEMORY TRIGGERS
Your mother's perfume
Your family's ski lodge
A smooth stone in the shape of a heart
The feeling of being lost in the woods at night
The pain of stepping on something sharp and pointy

Write down a Memory Trigger on each of your slips of paper. Then place the Memory Triggers into the container that has been provided for you. If this process proves difficult, refer to Writing Effective Memory Triggers (Chapter Three, p. 27).

TRANSCRIPT
Each of the four patients writes down five Memory Triggers. All twenty are placed in the canister.

- Stop here until each patient has filled out five Memory Triggers and placed them in the container.

Distribute Pennies to Patients

Address this section to the entire group.

Next, each patient will take a penny from the bowl, saying "A PENNY FOR MY THOUGHTS" as you do so. Every time you take a penny from the bowl, repeat this ritual of taking a coin and saying "A PENNY FOR MY THOUGHTS."

The pennies in front of you represent your ability to recall your lost memories. In your current state, it is impossible for you to remember even the simplest series of events. However, as you and your fellow patients help each other, the complexity of what you recall will increase.

- Stop here until each patient has taken a penny from the bowl.

The Reader will now give his or her penny to another patient, saying "I WILL HELP YOU REMEMBER." The Reader may choose who receives it by any means he or she wishes. The person chosen will be the first Traveler, a role described in the next step.
When this step is complete, the Reader will have no pennies, one patient will have two, and the remaining patients will have a single penny each.

**TRANSCRIPT**

Each of the four patients takes a penny from the bowl, saying "**A PENNY FOR MY THOUGHTS.**" Patient Alpha (the Reader) gives her penny to Patient Delta, saying, **"I WILL HELP YOU REMEMBER."**

Patient Alpha now has zero pennies, Patient Delta has two pennies, and Patients Beta and Gamma have one penny each.

Stop here until the Reader has given away his or her penny.

**How Do The Pennies Work?**

Some patients have questioned the role of pennies in the treatment. Why does holding a penny make you more able to remember your past? The answer is simple: the pennies are a symbolic representation of your strength, and the mind is easily swayed by symbols. In early drug trials, we had nothing to help patients visualize their power over their memory, and 90% of the treatments failed. With the addition of a physical token, the success rate increased dramatically.

**Choose the Traveler**

► The first time you reach this step, read Choose the First Traveler. On later passes, skip to Choose Subsequent Travelers (p. 15).

**Choose the First Traveler**

► Address this section to the entire group.

The patient with two pennies is now the Traveler, the name we give to the patient undertaking a journey into memory. The other patients are Guides and will help the Traveler recall his or her memory. You will change roles throughout the process, and each patient will be the Traveler three times during the treatment.

**TRANSCRIPT**

Patient Delta has two pennies and will be the first Traveler.

► Skip the following section (Choose Subsequent Travelers) and proceed to Prepare for the Trip (p. 16).
Choose Subsequent Travelers

Address this section to the entire group.

You will now choose the next Traveler based on the number of pennies people have. In order to be the Traveler, you must have enough pennies to complete the next section of your Questionnaire: two for the first section, three for the second, and four for the third. (The number of pennies needed for each section is also listed on the Questionnaire.)

If more than one person has enough pennies to be the next Traveler, whoever among them has the most blank sections on his or her Questionnaire will go next. If there is more than one person tied for the most blank sections, whoever among them has the most pennies will go next. If there is still a tie, decide between them by any means the group wishes.

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**TRANSCRIPT**

Patient Delta finishes his first turn as the Traveler. Patients Alpha, Gamma, and Delta have one penny each, while Patient Beta has two pennies. Patient Beta will be the next Traveler.

After Patient Beta has finished, Patients Beta and Gamma have one penny each, while Patients Alpha and Delta have two each. Patient Delta has already completed one section on his Questionnaire, so he does not have enough pennies to be the Traveler. Patient Alpha will be the next Traveler.

Stop here until the next Traveler is determined.

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**What If No One Has Enough Pennies to Be the Next Traveler?**

This can only happen after at least one person has finished the therapy. In this case, the finished patient with the most pennies should give a penny to the patient needing the least number of pennies to continue, saying "I WILL HELP YOU REMEMBER" as at the beginning of the treatment. Continue this process until someone is able to proceed. The Traveler should note how many pennies each Guide contributes for the next phase of the treatment (see **Prepare for the Trip**, below).
If this is the second or third time the patient has been the Traveler, read the following to that patient. Otherwise, skip to Prepare for the Trip.

Read aloud the portions of the Questionnaire that you have already completed as well as the section you are about to undertake to remind the Guides what you have already discovered and where you are going.

Stop here until the Traveler has reminded the Guides what happened in previous memories.

Do We Know Each Other Already?
You may discover that there is some prior connection between the members of your group and that your memories in some way intersect. You might uncover this during the Guiding Questions, Guidance, or simply in the course of recalling the memory. This is not unknown among therapy groups, nor is it the case in every group. Do not try to find a connection that isn't there, but don't deny one that is present.

Prepare for the Trip

Address the following paragraph to the Traveler.

To start the journey into memory, draw a Memory Trigger from the container. This Memory Trigger is connected to what you are about to recall. Read it aloud and show it to the Guides. Let them absorb it through the sound of your voice and the shape of the letters on the paper.

Stop here until the Traveler has drawn and read a Memory Trigger to the Guides. Once done, address the following to the entire group.

At this point, each Guide will ask a yes-or-no question about the Traveler's memory, called a Guiding Question. The Guides now have a much better connection to the Traveler's mind than they did when they wrote down the Memory Triggers. What they see will be accurate, but it also lacks an important detail. Therefore the Traveler must answer each Guiding Question with the phrase "YES, AND," followed by the missing detail.

The Guiding Questions establish the context of the Memory Trigger and the starting point for the memory. They help the Traveler begin the journey by clarifying the circumstances surrounding it and the importance of the things that are revealed in it.
The Reader will ask an additional Guiding Question of the first Traveler. For subsequent Travelers, any Guide who has given a penny to that patient during the Choose the Traveler phase (as per What If No One Has Enough Pennies to Be the Next Traveler?, p. 15) will ask an additional Guiding Question.

The Traveler chooses the order in which the Guides ask these questions.

**How Do We Make The Guiding Questions Work?**

If you have difficulty understanding how this step is supposed to work, please refer to the sections in How to Get the Most Out of your Treatment (Chapter Three, p. 25) regarding asking (p. 29) and answering (p. 31) Guiding Questions. You can also find an extended example in the Example Treatment Transcript (Chapter Four, p. 37).

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**TRANSCRIPT**

Patient Delta reaches into the container and draws a Memory Trigger reading "Blood stain on a white carpet." Patient Delta notes that Patient Alpha (the Reader) gave him the penny she started with, thus she will ask him an additional Guiding Question.

[Patient Delta points at Patient Gamma.]

**Patient Gamma:** Was the blood from an animal?

**Patient Delta:** Yes, and I had just dropped the steaks on the carpet.

[Patient Delta points at Patient Beta.]

**Patient Beta:** Did anyone see you?

**Patient Delta:** Yes, and when she did, my wife laughed so hard that she had to sit down.

[Patient Delta points at Patient Alpha.]

**Patient Alpha:** Were you recently married?

**Patient Delta:** Yes, and the honeymoon wasn’t really over.

[Patient Delta points at Patient Alpha again.]

**Patient Alpha:** Did you go hungry that night?

**Patient Delta:** Yes, and it wasn’t the first time.

Stop here until all of the Guiding Questions have been asked and answered.