

Identification as a Label on Something Much Older

(Use when the client is settled, breathing evenly, and already somewhat inward.)

And as you're resting there now...
noticing thoughts, feelings, sensations simply coming and going...
I'm curious...

Client-based pacing

When a thought shows up...
or a feeling appears...
do you notice how quickly the mind gives it a name?

(pause)

"This is anxiety."
"This is me."
"This means something about who I am."

(gentle pause)

And yet... before the name...
before the label...
something was already happening.

Shifting from identity to history

I want you to imagine, just for a moment...
that this thought or feeling didn't *start* today.

(pause)

Imagine it as part of a long chain—
causes and effects reaching back...
experiences layered upon experiences...
learning, protection, adaptation...
long before there was a word for it.

Almost like a river that's been flowing for years...
and today's thought is just one small wave on its surface.

(slow pause)

The label comes *late*.
The process comes *first*.

De-personalizing without invalidating

And when the mind says,
“This is *me*,”
I wonder if you can notice...

That what’s being labeled is actually something **older than identity**.

(pause)

Older than your name.
Older than your roles.
Older than the story of “who I am.”

Not wrong.
Not broken.
Just... inherited through time.

Safety through continuity, not control

And here’s something important to notice...

(slow, steady tone)

If this experience was formed through causes and conditions...
then it doesn’t need to be *fought* or *controlled*.

Because cause and effect also continue forward.

(pause)

New understanding becomes a cause.
New safety becomes a cause.
New perspective becomes a cause.

And effects begin to change—
not by force...
but by alignment.

Non-self without disappearance

And this doesn't mean there is "nothing here."

(grounding)

There is awareness.
There is knowing.
There is the ability to witness the label being applied.

(pause)

The label can come and go...
the process can unfold...
and *you* remain present for all of it.

Not as the thought.
Not as the feeling.
But as the space in which they arise.

Integration back into safety

So if a thought appears...
or a feeling moves through...

You don't need to ask,
"What does this say about me?"

(gentle reframe)

You can simply notice:
"This belongs to a much longer story...
and I don't have to finish that story today."

(pause)

The body can rest...
because nothing is being threatened.
Nothing needs fixing in this moment.

Closing suggestion

And as you continue now...
you may find it easier to let thoughts be thoughts...
feelings be feelings...
labels be labels...

while something deeper—
something older and steadier—
remains quietly aware.

(long pause, then return to your main script)