**The Battleship Protocol.**

“What do you do when The Swan doesn’t keep its promise?”
That was the question asked of me circa 2014. So I thought I need to HAVE something to say on that.

The thing is I have never been happy just ‘getting around’ something. I really want to ‘choke it’ if you get my meaning. I want to pass on something to another therapist that absolutely works!

Welcome to The Battleship!!!

And so we have someone who worked well at The Initial Consultation. They had a lovely Swan, which identified itself and indeed gave me a promise that the challenge would be fixed.
We agreed that something magical would happen over the next 7 days and we would talk again.

Here we are at the next session where the client has told me it was okay for a day or so but then the challenge of (lets call it *anxiety*), kicked back in again. Here is how we handle it…

The clients sits back and relaxes with the hand in The Swan position.
We make contact, get the hand to turn and get a few yes and no signals and then, I address that part within The Swan with:

*“So… I have a question to ask you, is that okay?”*

I get a YES

*“The question I have is: WHAT* (as I thump my fist HARD on the table at the side of me) *part of ‘I promise’ do you NOT understand?”*

And yes indeed very often the client AND that part inside them will indeed physically JUMP!
I continue:

*“Now we talked about this and you gave ME your PROMISE that you could and WOULD take care of this over the next seven days and then we would talk. And I totally believed you.
But NOW I find you simply have not done that.
Now here’s the deal. Something YOU need to know.
WE… are on a ship. But it’s not a passenger ship. It’s not a cruise ship. This is a* (the fist once again thuds onto the table) *BATTLESHIP!!!* (and yes, once again they do normally jump).
*We’re not taking any stowaways and we are certainly not taking any passengers. Now… Do YOU UNDERSTAND THAT???!!!”*

At this point you are almost guaranteed a yes, allowing you to reunite once again with that entity/part and plan the next development.

In the rare time I get a NO I will ALWAYS tell them that I CAN and WILL have them removed and I will work with someone else. I then ask if they would want that. This nearly always turns it around.

The exception to this rule will be when a part genuinely claims it has indeed done its best and in such a case we do indeed need to seek help from another. But very very rarely.