

# Havening® Distraction Prompts from Mark Wingfield

## QUICK FLOW

- Choose neutral or pleasant topic
- Invite sensory detail
- Follow client interests
- Offer simple choices if stuck
- Skip/switch if uncomfortable

## UNIVERSAL OPENERS

- “Picture something pleasant—what do you notice first?”
- “Bring to mind a place you like—what can you see?”
- “Think of a simple comfort—what’s it like?”

## DELIVERY STYLE

- Short, slow, rhythmic
- Present-tense language
- No analysis, just description

## CATEGORY STARTERS

### Nature

- Beach, forest, sunset — colours, sounds, air

### Travel

- City, market — what stands out?

### Food

- Comfort food — smell, texture

### Hobbies

- Hands doing what?

### Media

- Film or song — sights, sounds

### Sensory

- Cosy blanket or quiet room

### Memories

- Pleasant day — small details

### Daily Life

- Walk, café, routine

### Imagined

- Ideal beach, cosy cabin

## RHYTHMIC FOLLOW-ONS

- What do you see?
- Any colours?
- What do you hear?
- How’s the light?
- How’s the air?
- Warm or cool?
- Smooth or textured?
- Near or far?
- Anything moving?
- Anything else?

## CHOICE PROMPTS

- Colour / sound / texture?
- Smell / taste / touch?
- Big picture / details?

## RESET LINES

- Switch scene
- Pick something simpler
- We can skip that

*“And what else do you notice?”*