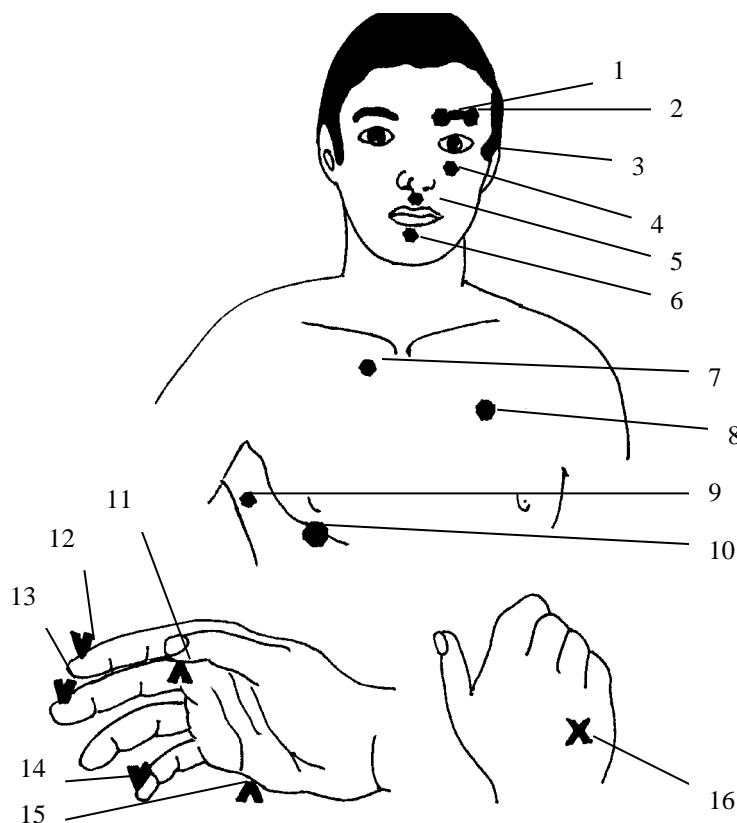


## Natural Bio-Destressing



**A. Concentrate on a specific feeling and notice its location in your body.** On a scale of 1-10 rate how severe is the feeling.

**B. Tap the Karate Chop Point, #15,** while saying three times: “I totally and completely accept myself, even though I have this (problem, feeling of fear, guilt, anger, etc.)”

**C. Stimulate nerve endings 1-15 by tapping** with fingertips for a few seconds.\* If you feel a lot of energy moving, or the scene is changing, stay on that point till the activity plateaus. If nothing happens on a specific point, move to the next one. Use your intuition about how long to stay on a point.

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1. Bridge of nose by eyebrow       | 9. Under arm on rib (ouchy spot) |
| 2. Outside edge of eyebrow         | 10. Bottom rib below nipple      |
| 3. Side of eye                     | 11. Side of thumb                |
| 4. Under eye                       | 12. Side of index finger         |
| 5. Under nose                      | 13. Side of middle finger        |
| 6. Under mouth                     | 14. Side of little finger        |
| 7. Under collar bone               | 15. Karate chop spot             |
| 8. Sore spot on chest (rub gently) |                                  |

### **D. Do the 9-Gamut**

Tap the Gamut Point, #16, on back of hand through the following steps:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to the other side
5. Roll eyes around in a circle in one direction
6. Roll eyes around in the other directions
7. Hum a tune
8. Count to 40 by 2's
9. Hum a tune

### **E. Repeat Step C**

**F. After every round, recheck how severe is the feeling.** It should be gone altogether or very low on the scale. Think about what you learned and what feels or seems different about the situation to you now. If the level of that emotion still seems high, notice what *else* about the situation makes you feel frightened, angry, sad, etc. Focus on that subject and repeat the process.

\*At any point, feel free to add deep breathing, pacing back and forth, gently stamping your feet, or massaging or shaking the tension out of your body.

## LOSS TRAUMA

### I. MAJOR NEGATIVE EMOTIONS

- A. *Initial Shock/Fear*
- B. *Anger/Rage/Grudges*
- C. *Sadness/sorrow*
- D. *Hurt/Pain*

### II. LIMITING (CORE) BELIEFS

- A. Responsibility (*guilt/shame/blame*)
  - 1. It's my fault because \_\_\_\_.
  - 2. It's other people's fault because \_\_\_\_.
  - 3. Disconnection from God. It's God's fault because \_\_\_\_\_. (How could this happen? There is no God.)
- B. Who will take care of me?
- C. People leave me. I can't trust them.
- D. I am powerless or helpless/I have no control.
- E. I am bad/unlovable/unwanted/undeserving-unworthy.

### III. FEELING OF EMPTINESS (also known as loss or grief)

### IV. ANTICIPATORY PHOBIAS

### V. OPTIONAL

- A. *Bitterness/hate*
- B. Other negative emotions
- C. Parts that feel "I'm already dead"
- D. Other limiting beliefs
- E. Irrational thoughts
- F. Limiting Decisions
- G. Limiting Identities
- H. External messages
- I. Amend making/forgiveness of yourself, others, or God
- G. ROOT CAUSE: Was there an earlier trauma, grudge, or underlying belief that predisposed you or set you up to incur this trauma?

## VIOLENCE TRAUMA

### I. MAJOR NEGATIVE EMOTIONS

- A. *Initial Shock/Fear*
- B. *Anger/Rage/Grudges*
- C. *Sadness/sorrow*
- D. *Hurt/Pain*

### II. LIMITING (CORE) BELIEFS

- A. Responsibility (*guilt/shame/blame*)
  - 1. It's my fault because \_\_\_\_.
  - 2. It's other people's fault because \_\_\_\_.
  - 3. Disconnection from God. It's God's fault because \_\_\_\_\_. (How could this happen? There is no God.)
- B. Safety issues
  - 1. My boundaries have been violated or breached.
  - 2. I don't feel safe. I feel vulnerable.
  - 3. I am a victim. I am a target.
  - 4. People/men/women are dangerous and/or crazy.
  - 5. I don't trust anyone.
  - 6. I can't receive from anyone.
- C. Power and control issues
  - 1. I am powerless/helpless. I have no control.
  - 2. Power is bad.
  - 3. I am afraid of power (mine and or other people's).
- D. I am bad/unlovable/unwanted/undeserving-unworthy.

### III. FEELING OF POLLUTION

### IV. ANTICIPATORY PHOBIAS

### IV. OPTIONAL (see loss outline)

Choose a trauma that you would like to clear. Decide which outline, Loss or Violence, best describes this trauma. Muscle test each line of the appropriate outline and ask if you have unbalanced (i.e. exaggerated, irrational levels) of negative emotion on that line. If so, focus on that feeling or belief, locate it in your body, and treat it with the Natural Bio-Destressing technique.