

STEP 1. IDENTIFY and then SELECT:

List your **Issues** (the problems/feelings/emotions/Beliefs you wish to change):

Write down each **Aspect** of the **Issue** and make up a **Phrase** (that sums up the Aspect):

Reorder the list from least Hurt (#1) to most Hurt (#3).

| The Issues | | The Aspects | | Phrase |
|------------|------------|-------------|---------------------------------|-------------------|
| # | Issue | # | Aspect | |
| 3 | Anxiety: | - | I am always anxious | My anxiety |
| 1 | Rejection | 1 | I am afraid people will cuss me | Fear of cussing |
| | | 2 | I'm afraid they will cut me off | Fear cut off |
| 2 | Depression | 1 | I am depressed | This depression |
| | | 2 | I am avoiding conflict | Avoiding conflict |
| | | 3 | I feel hopeless | Hopeless feelings |

STEP 2. CREATE AN AFFIRMATION:

Construct an Affirmation by selecting a **Saying** that feels good to you and then adding a **Phrase** to it:

Sayings:

- I deeply and profoundly accept myself even though I have this... [insert Phrase here].
- I love and accept myself and forgive myself for having these... [insert Phrase here].
- Even though I have [insert Phrase here], I deeply and completely accept myself.
- I accept myself even though I have [insert Phrase here].
- {For children} -I'm okay even though I have [insert Phrase here].

Set a score for each **Issue** (or **Aspect**) by feeling the Hurt and setting the Score to 10 - what will it be after The Method?

Modified Affirmations:

- I deeply and profoundly accept myself even though I **still** have **some** of this **remaining**... [insert Phrase here].
- I love and accept myself and forgive myself even though I **still** have **some** of this **remaining**... [insert Phrase here].
- Even though I **still** have **some** of the **remaining** [insert Phrase here], I deeply and completely accept myself
- I accept myself even though I **still** have **some** of the **remaining** [insert Phrase here].]
- {For children} -I'm okay even though I **still** have **some** of the **remaining** [insert Phrase here].

THE METHOD:

START BY: Saying the Affirmation x3 whilst rubbing in a circle on the sore spot on the left side of your chest.

STEP 3. THE SEQUENCE: [should take approx. 7-12 seconds]

Tap 5-7 times on the 12 Acupressure Points to neutralize Hurt.

Say **the Phrase** out loud at each Acupressure Point.

| | | | | | |
|------------------|--------------|------------------|-------------------|-------------------|-----------------|
| 1. Eyebrow | 2. Outer Eye | 3. Under the Eye | 4. Under the Nose | 5. Under the Lip | 6. Collarbone |
| 7. Under the Arm | 8. Thumb | 9. Index Finger | 10. Middle Finger | 11. Little Finger | 12. Karate Chop |

STEP 4. THE 9-GAMUT: [should take approx. 5-10 seconds]

Tap at least 3-5 times/second repeatedly and firmly on the 9-Gamut spot holding your **head upright**.

Hold **the Phrase** in your thoughts while you are doing the 9-Gamut.

| | | | | |
|--|--|---|---|---|
| 1. Close you Eyes | 2. Open your Eyes | 3. Look down to Right | 4. Look down to Left | |
| 5. Whirl Eyes in wide circle one direction ↻ | 6. Whirl Eyes in wide circle one direction ↻ | 7. Hum 4-5 notes Out Loud  | 8. Count Out Loud  1. 2. 3. 4. 5. | 9. Hum 4-5 notes Out Loud  |

STEP 5. THE SEQUENCE [repeat]

Remember to say **the Phrase** out loud.

Check your Score for the **Issue** (or the particular **Aspect** of the Issue) and if it is going down, do The Method again.

When it reaches a Score of 0, stop. If you run into barriers that stop the Score from changing, start Troubleshooting.