

**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.


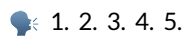

Say **the Phrase** out loud at each Acupressure Point.

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 <b>Out Loud</b> 	8. Count <b>Out Loud</b> 	9. Hum 4-5 notes <b>Out Loud</b> 

**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.