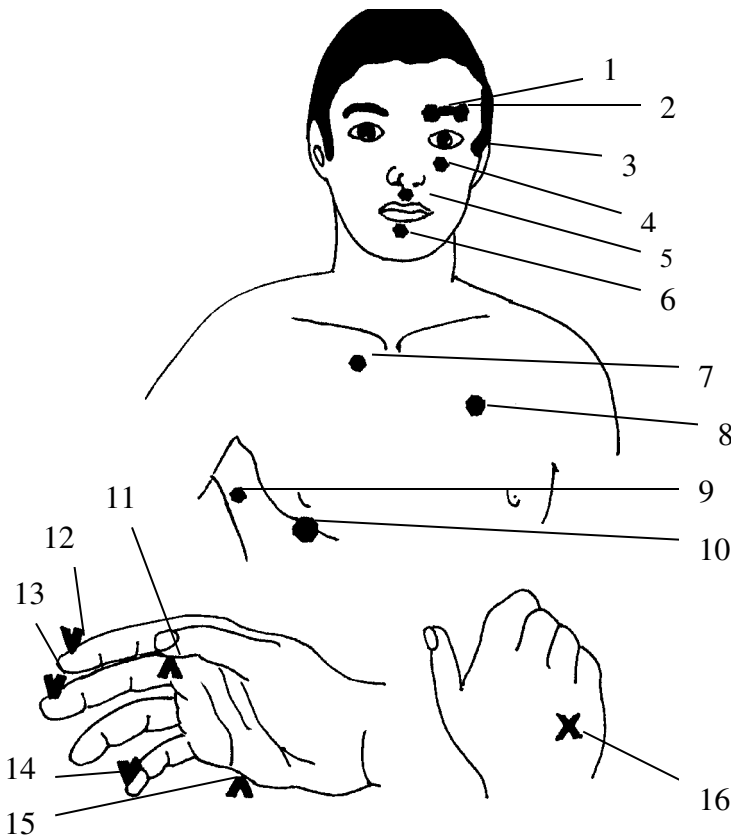


## Natural Bio-Destressing



### Natural Bio-destressing (modified EFT process)

- 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.

- 1-4 Tap around the entire eye socket starting at the bridge of nose by eyebrow
5. Under nose
6. Under mouth
7. Under collar bone
8. Sore spot on chest (rub gently)
9. Under arm on rib (ouchy spot)

10. Bottom rib below nipple
11. Side of thumb
12. Side of index finger
13. Side of middle finger
14. Side of little finger
15. Karate chop spot

### 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 direction
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*
- 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 \_\_\_\_.
- B. Anxiety about 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 or forgiveness?

- J. 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*
- 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 \_\_\_\_.
- 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

#### 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

- J. ROOT CAUSE: The setup

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.