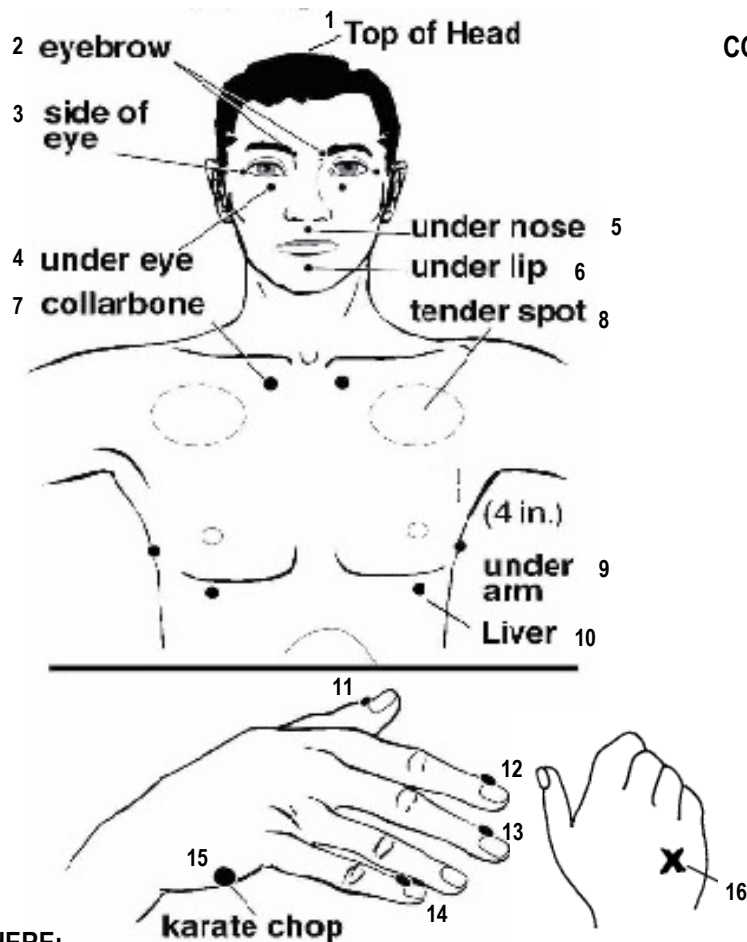


NATURAL BIO-DESTRESSING

Naturally Activate the Calming Response



CONTINUE WITH THE FOLLOWING

- A. **Brain Balancer:** Tap the Gamut Point, on the back of the hand #16 through the following steps:
- Close eyes
 - Open eyes
 - Look down to one side
 - Look down to the other side
 - Roll eyes around in a circle in one direction
 - Roll eyes around in the other direction
 - Hum a tune
 - Count to 40 by 2's
 - Hum a tune
- B. Repeat Step C – Tap all the points 1 -15
- C. **After every round, re-check 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 aspect and repeat the process.

START HERE:

- D. **Concentrate on a specific feeling and notice its location in your body.** On a scale of 1-10 rate how severe is the feeling.
- E. **Tap the Karate Chop Point (side of the hand), while saying three times:** "I totally and completely accept myself, even though I have this _____ (problem, feeling of fear, guilt, anger, etc.)"
- F. **Stimulate nerve ending points 1-15 with fingertips for a few seconds*** and focus intently on the feeling and sensations in the physical body. 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.

* 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.

POINTS:

- | | |
|---------------------------|--|
| 9. Top of head | 1. Tender spot on chest (rub gently) |
| 10. Inner edge of eyebrow | 2. Under arm (4" below armpit) |
| 11. Outside edge of eye | 3. Liver Point - Bottom rib below nipple |
| 12. Under eye | 4. Side of thumb |
| 13. Under nose | 5. Side of index finger nail |
| 14. Under lips | 6. Side of middle finger nail |
| 15. Under collarbone | 7. Side of little finger |
| | 8. Karate chop spot |

TRAUMA OUTLINES

LOSS TRAUMA	VIOLENCE TRAUMA
<p><u>I. MAJOR NEGATIVE EMOTIONS</u></p> <p style="margin-left: 20px;">A. <i>Initial Shock/Fear</i></p> <p style="margin-left: 20px;">B. <i>Anger/Rage</i></p> <p style="margin-left: 20px;">C. <i>Sadness/sorrow</i></p> <p style="margin-left: 20px;">D. <i>Hurt/Pain</i></p> <p><u>II. LIMITING (CORE) BELIEFS</u></p> <p>A. Responsibility (<i>guilt/shame/blame</i>)</p> <ol style="list-style-type: none"> 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.) <p>B. Who will take care of me?</p> <p>C. People leave me. I can't trust them.</p> <p>D. I am powerless or helpless/I have no control.</p> <p>E. I am bad/unlovable/unwanted/undeserving-unworthy.</p> <p><u>III. FEELING OF EMPTINESS (also known as loss or grief)</u></p> <p><u>IV. ANTICIPATORY PHOBIAS</u></p> <p><u>V. OPTIONAL</u></p> <p>A. <i>Bitterness/hate</i></p> <p>B. Other negative emotions</p> <p>C. Do you have any parts that feel "I'm already dead"?</p> <p>D. Other limiting beliefs</p> <p>E. Irrational thought</p> <p>F. Do you need to do any amend making or forgiveness?</p> <p>G. ROOT CAUSE: Was there an earlier trauma, grudge, or underlying belief that predisposed you or set you up to incur this trauma?</p>	<p><u>I. MAJOR NEGATIVE EMOTIONS</u></p> <p style="margin-left: 20px;">A. <i>Initial Shock/Fear</i></p> <p style="margin-left: 20px;">B. <i>Anger/Rage</i></p> <p style="margin-left: 20px;">C. <i>Sadness/sorrow</i></p> <p style="margin-left: 20px;">D. <i>Hurt/Pain</i></p> <p><u>II. LIMITING (CORE) BELIEFS</u></p> <p>A. Responsibility (<i>guilt/shame/blame</i>)</p> <ol style="list-style-type: none"> 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.) <p>B. Safety issues</p> <ol style="list-style-type: none"> 1. My boundaries have been violated or breached. <i>I feel polluted.</i> 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. <p>C. Power and control issues</p> <ol style="list-style-type: none"> 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). <p>D. I am bad/unlovable/unwanted/undeserving-unworthy.</p> <p><u>III. ANTICIPATORY PHOBIAS</u></p> <p><u>IV. OPTIONAL (see loss outline)</u></p> <p>A. <i>Bitterness/hate</i></p> <p>B. Other negative emotions</p> <p>C. Parts that feel that I'm already dead</p> <p>D. Other limiting beliefs</p> <p>E. Irrational thoughts</p> <p>F. Amend making/forgiveness</p> <p>G. ROOT CAUSE: The setup</p>
<p>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.</p>	

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