



Healing Your Grief

Stop the Pain

Start Living Again

Your Self-Discovery Worksheets



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Stop the Pain, Start Living Again

Instructions:

Follow along with the audio and each topic as the client introduces them.

Each time I ask the client a question – *indicated by a ?* – you'll have 5 seconds of silence to either quickly record the current/new SUDs numbers (*see The EGO Tamer® (TET) Tapping Points & SUD scale on the next page*) or, if you need more time, you'll know that this is your cue to pause the recording so that you can take all the time you might need.

There is a **Notes and Questions section** after each TET Tapping topic for you to record your thoughts or capture any questions that may pop up as we're doing the work.

The recording has everything you need to have a successful first experience with TET Tapping. Simply follow me with the tapping points, speak the same phrases I'm inspired to offer the client and consistently record your personal SUDs numbers, too.

If you're new to tapping, it's pretty common that your mind will resist being given so much direction without your being invited to "speak your mind." This is very normal and The EGO Tamer® Tapping is an excellent way of helping you train your mind to follow YOU instead of the other way around.

When you can suspend your stories and judgments, your Soul will revel in the experience of reducing physical and emotional stress and you'll be able to experience blessed relief and start living again!

Please, do take notes and record your questions.



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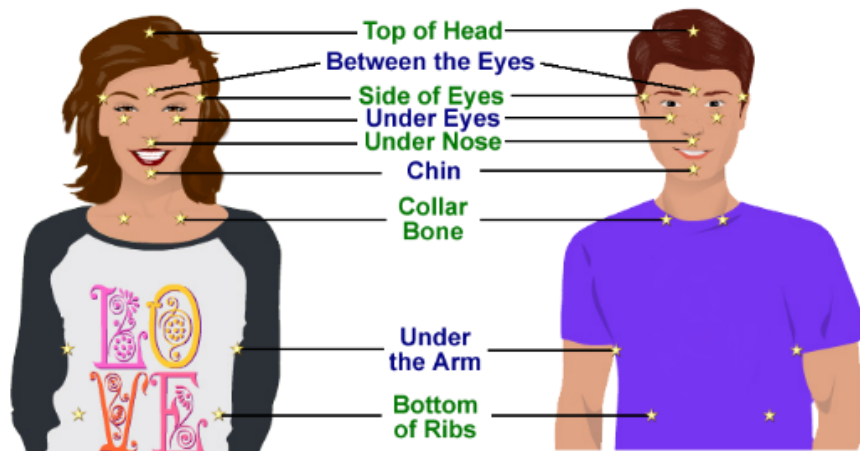
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Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®

Refer to the tapping points chart above. Tap along with the client as we practice tapping the points. Be sure to speak them out loud as you're tapping to help you concentrate – and the vocalization helps you move the energy, too.

Use the Subjective Units of Distress (SUD) scale (0-10, where 10 is highly distressful) when rating your level of distress on a topic.

Your Notes & Questions:



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(numbers shown in parentheses are the Client's final numbers)



Asking the Client: **“THINK about Talking about all the trauma’s you’ve been through.”**

On a scale of 0-10, how high is the distress?

Client SUDs Numbers: 6-7, 3, 2, 1, (2)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:



Asking the Client: **“Where do you FEEL that distress in your body?”**

Client: “In my chest”

What does it FEEL like physically, describe the physical discomfort or sensation?

Client: “Tightness”

On a scale of 0-10, how high is the distress?

Client SUDs Numbers: 5, 3, 1, (1)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:



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Asking the Client: **“What emotion best describes this sensation in your chest?”**

Client: “Anxious or anxiety”

On a scale of 0-10 how intense/distressing is that “anxious or anxiety” feeling?

Client SUDs Numbers: 7, 4, 2, (1)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:

NEW TOPIC



Asking the Client: **Fear at the thought of having to “relive it” by telling the story.**

On a scale of zero to 10?

Client SUDs Numbers: 6, 2, (1)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:



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NEW TOPIC



Asking the Client: **Checking on the story/I call these VERDICTS when my EGO brings up my judgments, and rules.**

Client: "It's crazy how many traumas I've had to live with!"

On a scale of 0-10:

Client SUDs Numbers: 6, 5, (4)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:

NEW TOPIC



Asking the Client: **The Pressure on shoulder.**

On a scale of 0-10:

Client SUDs Numbers: 4, 2, 1, (1)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:



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Asking the Client: **“The feeling that there’s a ‘chip’ on my shoulder?”**

On a scale of 0-10:

Client SUDs Numbers: 5, 3, (5)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:



Asking the Client: **“I know WHO the chip is about?”**

On a scale of 0-10:

Client SUDs Numbers: 6, 5, (2)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:



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Checking your Lungs and Observing your Breathing.

Note: We didn't rate the SUDs at the start, but it was clearly restricted. For this example, we FLIP the SUD scale and a 10 is a GOOD thing and a 0 indicates restricted and difficulty breathing.

Asking the Client: **How deeply can you breathe?**

On a scale of 0-10 (with 10 being a full, deep, satisfying breath):

Client SUDs Numbers: 7

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:

Asking the Client: **SHARP pain in the abdomen and the back?**

On a scale of 0-10:

Client SUDs Numbers: 7, 3 (*became dull ache*)

Your SUDs Numbers: _____, _____, _____, _____, _____

Your Notes & Questions:
