



Mentoring Program

Skills, Tapping & Coaching

Course 4 Module 2 Lesson 3



Verbally narrate the movie and record all of the aspects on The EGO Tamer® Tapping Template:

- Date, space and time of the **incident**
- **Senses:** See, Hear, Smell, Taste, Feel
- **TET Tapping – “Dreadful” words?**
- **TET Tapping – Did you have intuitions before it occurred?**
- How long did the incident actually last?
- Create a movie title
- Rate the SUDs level of the title
- Where does the emotion live in your body?
- TAP
- Test
- Repeat!
- *Daisy chains, aspects and boomerangs!*
- Repeat to zero intensity. Does that emotion still live there?

Always have them narrate the whole movie from beginning to end for the final SUDs testing to ensure you’ve dissolved all the aspects of the trauma!



With the **TET Tapping Technique**, we treat EVERY aspect that is a three (3) or higher on the SUD scale as its own story. It’s astounding how many new stories and aspects we uncover doing this.



***The key benefit of using the Movie Technique** is that it helps us break the traumatic incident down into bite sized pieces and address it one step at a time.



The EGO Tamer® Tapping Template©

Jan's Fill in the Blank Template for "The Movie Technique"

When: _____ SUDs _____

Where: _____ SUDs _____

Who? _____ SUDs _____

Did/Didn't Say or Do What: _____
_____ SUDs _____

I Saw... (wounds, damage, facial expressions, etc.): _____
_____ SUDs _____

I Heard... (dreadful words, voice tones, sirens, etc.): _____
_____ SUDs _____

I Felt... (may be many specific emotional thoughts/feelings and may be a
specific tactile, physical experiences): _____ SUDs (each one)

I could smell... (rare, but important when it's relevant): _____
_____ SUDs _____

I sensed or had a feeling... (Did you have an intuitive knowing before or in the
middle of the experience? Very important to clear; especially when something
dreadful happened.): _____
_____ SUDs _____

Reactions (I felt, thought or began writing a story that . . .): _____
_____ SUDs _____

NOTE: Reactions will shift with each phrase and round. That's excellent! Write them down and roll with it!