

# Self-Discovery Worksheet

*for*



*and*

## *Healing Your Grief*

*from*

**Jan Luther, The EGO Tamer<sup>®</sup>**

*and*

**The EGO Tamer<sup>®</sup> Academy**

**[HealingYourGrief.us](http://HealingYourGrief.us)**



## How Grief Gets Complicated: *The Tea Cups*

Tea Cup Story #1: \_\_\_\_\_

Saw \_\_\_\_\_

Felt \_\_\_\_\_

Reacted \_\_\_\_\_

Tea Cup Story #2: \_\_\_\_\_

Saw \_\_\_\_\_

Felt \_\_\_\_\_

Reacted \_\_\_\_\_

Tea Cup Story #3: \_\_\_\_\_

Saw \_\_\_\_\_

Felt \_\_\_\_\_

Reacted \_\_\_\_\_



**Simplifying it makes it manageable!**



**Do you feel like you're walking on broken glass?**





Top of the mind worry & SUDs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



1. **Trauma:** Fear for Life

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2. **Trauma:** Basic Needs

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3. **Loss:** Freedom & Safety

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4. **Grief of Changes:**

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5. **Surrogate Suffering:**  
Other People

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6. **EGO Games:**

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7. **EGO Games:**

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8. **Others I Didn't Think Of:**

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9. **Resistance to Coming Out of  
Quarantine:**

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Let's Apply the Steps and Tap:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



# 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®







1. Must address shock symptoms first.
2. No jumping into the deep end.
3. Tools and Techniques in the moment.
4. Safety, comfort, privacy.
5. Learn once, own forever.



# FREE BONUS TEMPLATE



## What's next?

### *For Your Personal Healing*

- Clear up the shock and trauma of COVID-19 or other Trauma, Loss and unexpected Change
- Release the inner tension that can lead to disease
- Learn to manage your mind – quiet that inner critic (the EGO)
- Release the accompanying physical pain and emotional distress of shock and grief
- Experience measurable, progressive healing – week after week – for 5 weeks:

*Learn how by clicking on the button below...*

