



GRIEF INVENTORY
& *Stress Assessment*



INSTRUCTIONS

COMPLETE THE FOLLOWING WORKSHEETS

1. List the top of mind traumas, losses or life-changing incidents for each topic. You want to capture three aspects for each experience: The person's Name, the Date and a SUDs number.

SUDs stands for Subjective Units of Distress. This is a 0-10 scale with 0 (zero) being no upset or distress for this memory and 10 being highly distressed. 10 may mean crying, can't speak because of a lump in your throat and/or physical pain.

2. After you've written out as many memories as you can think of (yes, you may need to use a tablet to record additional incidents) count the number of incidents that came to mind. This number reflects the amount of traumatic experiences. This is your inventory total.
3. Circle and then count the number of incidents that have a SUDs of 3 or higher. This number is your "distress" total.

EXAMPLE: LOVED ONES I'VE LOST

Mom, Linda	July, 1997	SUDs 4
Dad, Roger	Dec. 2002	SUDs 6
Daughter, Robinn	August 2006	SUDs 8
Brother, Brad	Dec 2009	SUDs 5

ILLNESS, ACCIDENT OR INJURIES

Rammed by pickup	July, 1987	SUDs 6
Broken wrist	Nov. 2002	SUDs 2
Cancer scare	August 2002	SUDs 1
Pneumonia	Dec 2009	SUDs 3

In this example the **inventory number is 8.**

And the active **"distress" total is 6.**

Each incident that is on your inventory list may be subconsciously impacting your ability to show up as your happiest, most productive and inspired self.

Your distress total indicates the amount of unresolved stress active in your body right now that will certainly impact your moods, your energy levels and your physical, mental and emotional well-being.

MY HISTORY OF LOSS & TRAUMA



Today's Date: _____

LOVED ONES I'VE LOST

Grief

[Redacted area]

ILLNESSES, ACCIDENTS OR INJURIES

[Redacted area]

ENDED RELATIONSHIP OR DIVORCE

your

[Redacted area]

BETRAYALS OR ABANDONMENT

Healing

[Redacted area]

DISAPPOINTMENTS / HEART BREAKS

[Redacted area]

TRAUMA, ABUSE OR DISASTER

[Redacted area]

MY DISTRESS FROM COVID-19



Today's Date: _____

DEATH OR ILLNESS OF LOVED ONE

Grief

EMPLOYMENT / BUSINESS HARDSHIPS

your

STRAINED RELATIONSHIPS

Healing

TRAUMAS, LOSSES, CHANGES

EVENTS THAT WERE CANCELLED / MISSED

OTHER . . .



WHAT DO YOUR SCORES MEAN?



'Stress doesn't only make us feel awful emotionally, it can also exacerbate just about any health condition you can think of.'

Jay Winner, MD, [Take the Stress Out of Your Life](#)

Each time you experience the unexpected, your mind responds with a level of confusion and resistance.

"No, I do not want this." "How could this happen?"

The more resistance or rejection, the greater the shock and trauma in your mind and body. For example; being sick and missing out on a fun family vacation vs. getting the worst news of your life.

Each experience on your inventory list is a clue as to why you may feel stuck, angry and possibly even resentful of others. Unresolved shock and trauma literally drain your energy.

You may want to dedicate a tablet to gathering a lifetime of incidents that don't necessarily fit into the top categories in this GISA - like betrayals, disappointments, embarrassing moments, etc.

Now that you have your GISA scores, we want to help you experience how simple the TET Tapping process is and how easily you can begin to reduce your stress and anxiety. The resistance must be addressed first or your mind won't be open to doing the deeper work of actually healing the shock and the beliefs (we call them verdicts) that may have anchored themselves subconsciously.

Before you begin, let's use the example topic of "OVERWHELM."

When you look at your GISA memories or scores or perhaps when you think about the chaos and frustration in your life right now, are you overwhelmed?

On a scale of 0 to 10, how overwhelmed do you feel?

Healing your Grief

Now look at the tapping points video (using the link below) and the chart on this page and then tap with me using the tapping script on the next page.

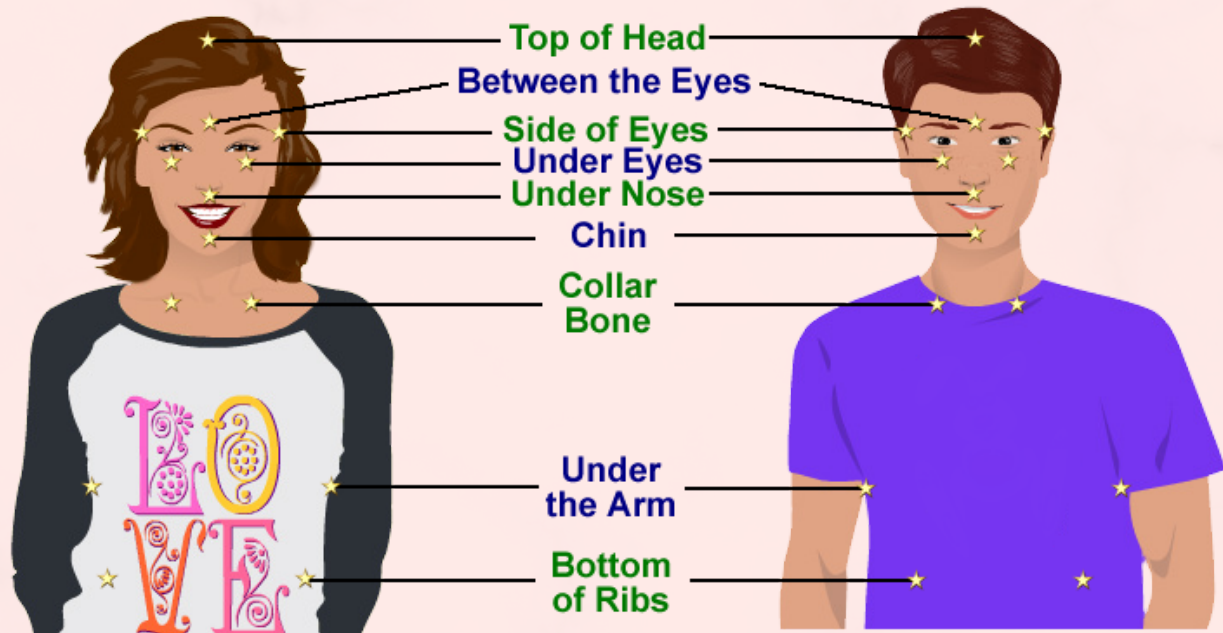
[Tapping Points Video: www.janluther.com/tapping-points](http://www.janluther.com/tapping-points)

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®

Healing your Grief

Tapping Script

Tap the points reading the script out loud. Then retest your SUDs.

Karate Chopping: Even though I may be feeling overwhelmed. I may have so many thoughts, feelings and emotions spinning in my mind and body. I deeply and completely appreciate that I've been going through a lot and it's normal to get out of balance sometimes.

Karate Chopping: Even though I may be feeling overwhelmed. I understand that it is because there's so much going on in my head and my heart right now. I'm probably trying to sort out too many things at one time. Or maybe I'm asking why this is happening and it's possible that no one could answer that question for me. I deeply and completely honor that I'm doing the best that I can right now.

Karate Chopping: Even though I may have forgotten that my body reacts to the thoughts that I think and that could explain why my nerves are "shot" and my anxiety is so high. I'm taking deliberate action right now to slow my thinking and soothe my body to release this anxiety and overwhelm.

Top of Head: Quiet mind. (Take a nice.... slow.... deep breath...)

Between Eyes: Mind, be with me right here... right now... in this room. (Breathe)

Side of Eyes: Inviting my mind to focus on my lungs as I breathe. (Breathe)

Under Eyes: Looking around me in this room. . . Is there anyone or anything here that is threatening me or can I see that I am safe and it's okay to relax? (Breathe)

Under Nose: By focusing on my breath, I calm my mind and my nervous system. I ask my mind to slow . . . slow.... slow down. (Breathe)

Chin: Quiet mind. Calm body. Peaceful heart. (2 slow deep breaths)

Collar bone: Assessing, am I okay right here in this moment? Can I see and appreciate that I am safe?

Under arm: Letting the past and the future be for this moment.

Ribs: Calm. Quiet. Letting peace replace overwhelm.

Healing your Grief

31 Positive Tapping Phrases

Tap one phrase at a time from the Top of Your Head
down to your ribs following this pattern:

"I choose (say phrase)" (Take a slow breath in and out)

To be calm . . .

To open my heart to love . . .

Patience . . .

To be fully present in this moment . . .

To appreciate my body . . .

To quiet my mind . . .

To find reasons to be grateful . . .

To be open to healing . . .

To be open to prosperity . . .

To be kind . . .

To accept that I am of Infinite Worth . . .

To be playful . . .

To be forgiving of others . . .

To forgive myself for being human. . .

To appreciate the challenges that help me grow . . .

To remember that life is beautiful . . .

To know my mistakes don't define me . . .

To ask for help when I need it . . .

Stillness . . .

To feel safe . . .

To accept that I am worthy of every good thing . . .

To remember the world is a better place with me in it . . .

To be forgiving of others . . .

To feel confident . . .

To affirm that I am in the right place at the right time . . .

To feel fully alive . . .

To affirm I have all the time that I need . . .

To let go of things I cannot control . . .

To remember not to believe everything I think . . .

To remember I am the author of my own life . . .

To feel the presence of LOVE right now!



You're invited :

Dear One,

I'm pretty certain you would agree with me that none of us would ever choose to experience grief and pain.

Unfortunately, all the wishing and wanting in the world doesn't make us exempt from these unpleasant human experiences.

My Mission with the *Healing Your Grief* programs is to provide holistic (addressing mind, body and spirit) tools, love and coaching to improve the way we think, speak and heal our grief.

Left unaddressed, these experiences not only change us, but they reduce us to bitter, fearful and angry people.

Only you know, based on your GISA scores, how urgent your need for healing your grief is right now. That being said, if not today... one day you'll want to know how to soothe the pain and quickly adapt to what life is presenting you.

Please [click or tap here](#) on the banner below to join us in changing the world by tapping into peace!

Healing Your Grief
Picking Up the Pieces after Trauma, Loss & Change

With love and HuGs,

Jan

