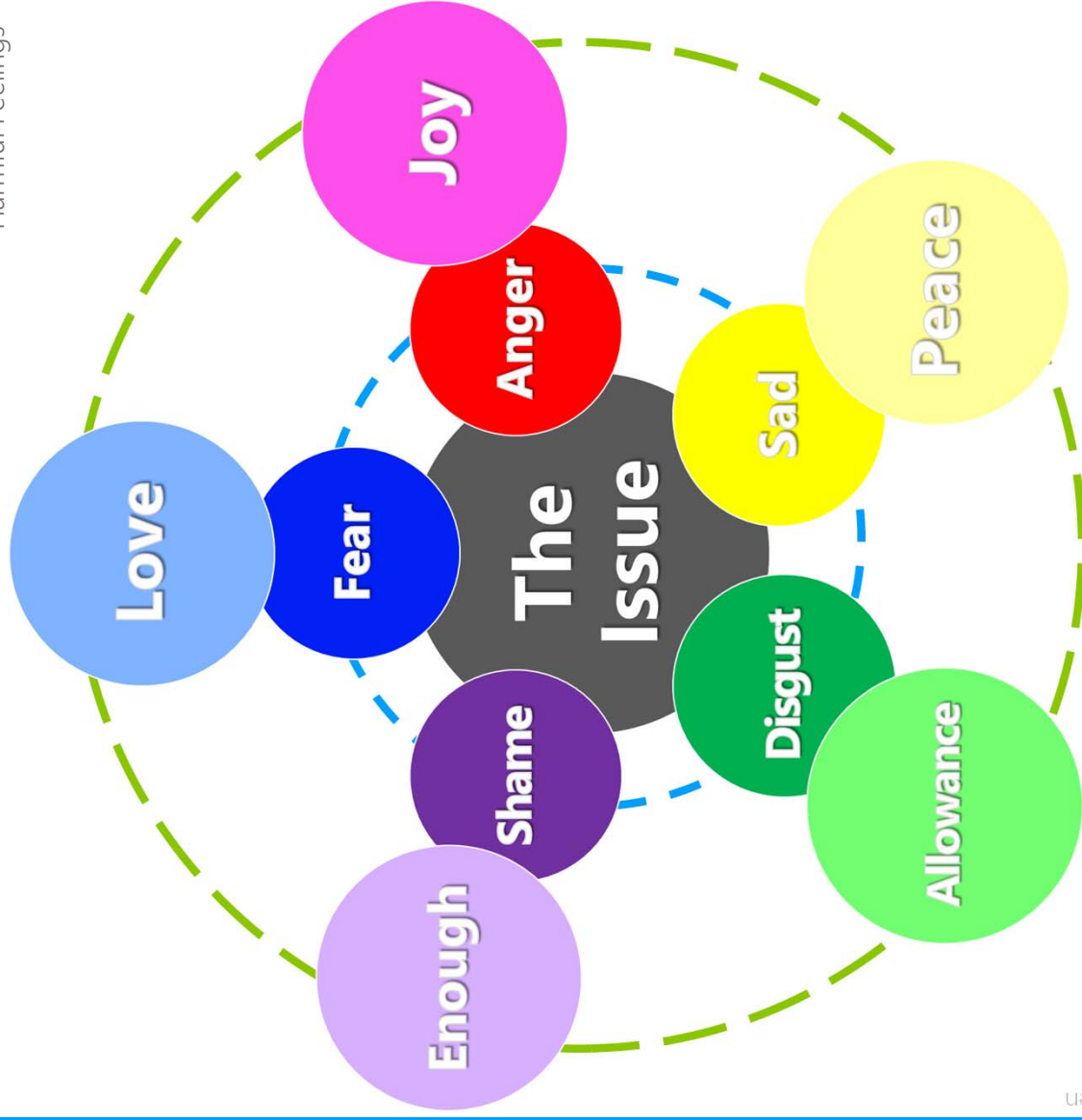


Steps:

1. Bring *the issue* to mind.
2. Rate the intensity (0-10).
3. Identify a Harmful Feeling in the mix.
Now focus only on this.
4. Pretend to be a little kid.
5. Take a *Protective Posture* & close your eyes.
6. **Clearing:** Experience the Harmful Feeling fully and completely... until resolution is achieved. Be patient. Make sure.
7. Take an *Open Posture* & close your eyes.
8. **Pivoting:** Then Pivot to feel the associated Beneficial Feeling - and *enjoy* this for a moment or two.
9. Bring *the issue* again to mind and re-rate the intensity (0-10).
10. Repeat Steps 1-10... until intensity is 0.



1. Maintain an Open Posture.
2. Belly breathe – deeply and slowly.
3. Smile.
4. Feel curious: *“Hmmmmm...”*
5. Firmly pat your torso and limbs.
6. Yawn.
7. Imagine yourself 10 feet tall.
8. Put on your *Invisibility Cloak*.
9. Ask yourself: *“Am I safe right now?”*
10. Expand – *out to the stars!*

Managing Emotions in the Moment