

PERSONAL PEACE PROCEDURE WORKBOOK

PEACE & RESPECT
EGGERICH'S

Soothe

SOMATIC TOOLS FOR STRESS RELIEF
WITH CHELSEA QUINT

Personal Peace Procedure

The Personal Peace Procedure is a powerful way to use Emotional Freedom Technique and be your own healer.

Through the Personal Peace Procedure, you will make a database of the traumatic, stressful, painful or otherwise troublesome events in your life.

Then, you'll use the basic EFT protocol (as taught in your EFT training) as a daily practice to tap out each item on your list.

Use this workbook to track your Personal Peace Procedure, and watch as you begin to heal your own life.

STEP ONE

Begin by listing any traumatic, stressful, painful or otherwise troublesome events that have taken place in your life. Rather than focusing on listing all the details, list each item as a simple title, like it's a short movie or story. For example, When Mom Slapped Me, or The Car Accident.

List any event that comes to mind, without getting caught up in whether it 'counts' or not. Even if you don't currently feel charge around the memory, trust that if it's coming up in your mind, there may be emotion to release.

Many people come up with hundreds of items; do your best to come up with at least 50 items and events.

If you need more space, feel free to create your own spreadsheet or document to keep track of your list.

STEP TWO

Once you’ve completed your list, write a number from 0 to 10 next to each item to rate the intensity of each event. 0 is the least intense, 10 is the most. Rate based on how you currently feel when you think about or remember the event.

STEP THREE

Apply the Basic EFT Protocol to each of your events. Start with the highest intensity events, and tap on them until you get your intensity score down to a 0.

If you discover memories that feel too intense or you're unable to tap down, that may be a time to reach out to an EFT professional or other healer for additional support.

Ideally, you'll tap on 1 - 3 of your events every single day.

If you do, within 3 months time you will have released between 30 and 90 painful, stressful, traumatic experiences from your nervous system. Imagine what your life would feel like if you weren't triggered by the 30 most painful events in your life anymore.

That's the peace that Personal Peace Procedure can give you.

You can repeat this process as many times as you like, or at any time when new stressful experiences occur.