



EMERGENCY EMOTIONAL AID AT HOME

Process- and Embodiment focussed Psychology

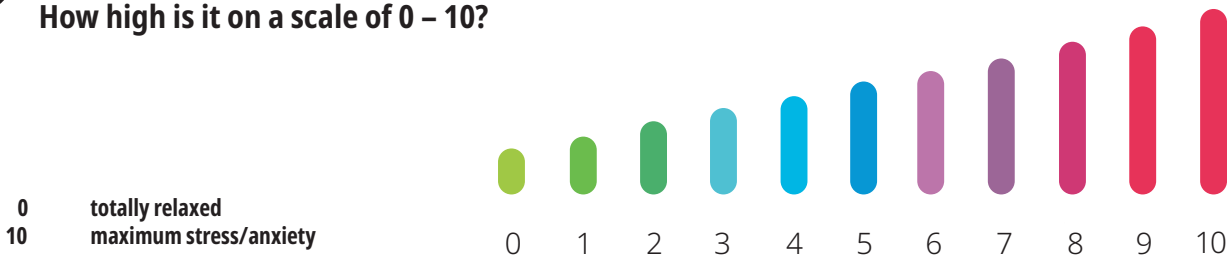
Become calmer and act sensibly.
Gain an overview and peace of mind.
Reduce anxiety and stress.

INSIDE

LIFE

PEP® USERS GUIDE

- 1 Focus on the unpleasant feeling that is weighing you down.
How high is it on a scale of 0 – 10?



- 2 Speak strength-giving sentences out loud

Formulate the **first half** of your strength-giving sentence:

Name a personal stress or anxiety topic here!
(it can be a problem, symptom or a limitation) e.g.:

"Even though I am really scared right now,..."
(or choose text from an INSIDE Card)

Formulate the **second half** of your strength-giving sentence:

"...I'll stay safe/I'll keep a clear overview of things."

"...I'll go my (very) own way/ I'll decide what's good for me/I'll give myself the space that I need."

"...I appreciate and respect myself, just as I am."



Massage this point with a circular motion

"Even though I am really scared right now, I'll stay safe/I'll keep a clear overview of things."

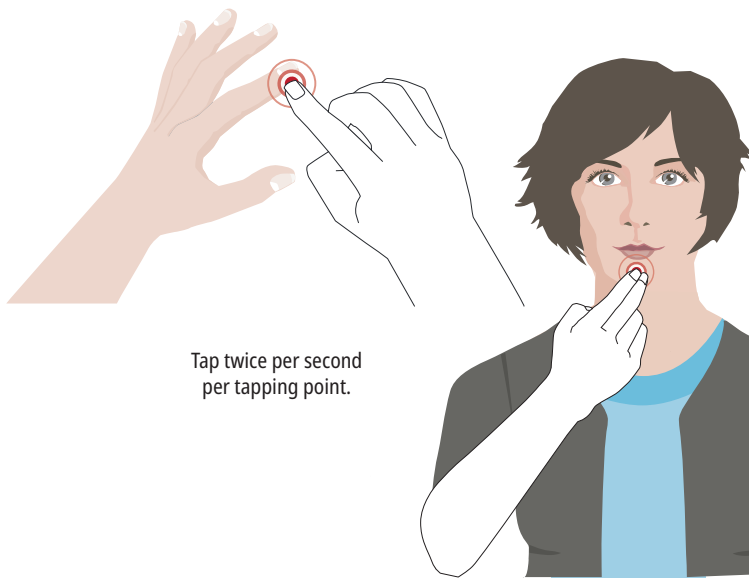
You can also put two or three aspects into the first and second part of your strength-giving sentence. E.g.:

"Even though the walls are closing in on me and I am totally annoyed by my family, I will remain safe, go my own way and appreciate and respect myself, just as I am."

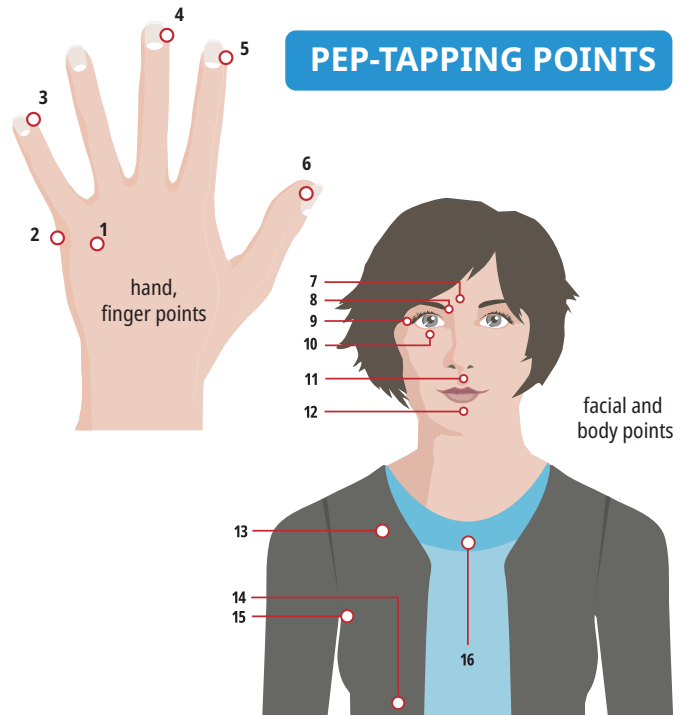
3 TAPPING AND INTERVAL RELAXATION

- Tap the 16 points (while thinking of the unpleasant feeling)
- Interval relaxation
- Tap the 16 points (while thinking of the unpleasant feeling)
- Keep repeating until a significant relief becomes noticeable

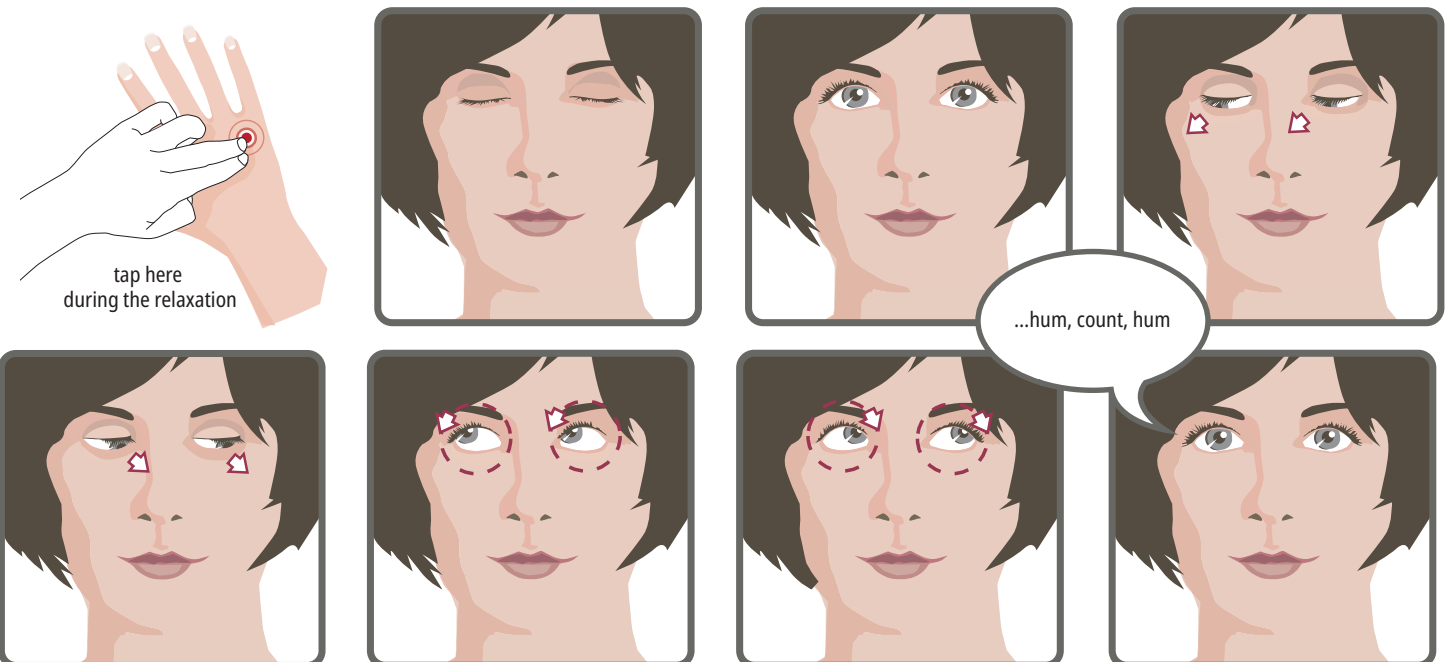
HOW TO TAP



PEP-TAPPING POINTS



INTERVAL RELAXATION



4 IMMUNIZING POWER SENTENCES

When your discomfort has subsided, e.g. to a scale value of 3 (or when nothing more changes), you can put together some immunizing power sentences using the examples below.

Or select one or more power sentences from the 1600 possibilities using the INSIDE-LIFE* Card Set.

*Download the card set INSIDE-LIFE free of charge at www.innen-leben.org

“Now I can look ahead into the future with confidence!”

POWER SENTENCES (Examples)

“Now I can look ahead into the future with confidence!”

“It`s great that I can help myself!”

“From now on, I`ll just tap when I am under stress/have anxiety or insecurities!”

“In the long run tapping is more powerful than anxiety/insecurity!”

“I believe in myself and my potential!”

“I believe in our potential as a nation (or as a world community)!”

“I`ll get the rest of this thing solved, too!”

“I am/we are really on the right track!”

“It`s amazing what I can do to fight my anxieties/insecurities!”

“Anxieties/insecurities are really shady characters that never step out into the light!”

“Fear is just a four letter word!”

“Dealing with my problem I will definitely stay/act my age!”

“It`s amazing what I can do for myself to fight anxiety/insecurity!”

“Fears/insecurities are totally normal, most people have them! Especially now!”

“One can´t take lightness of being, confidence and humour seriously enough!”

“The brave face their fears and uncertainties!”