

Stress Is Gone

TRAUMATIC MEMORY RELEASE

Rate Your Stress from 1 to 10: _____

STEP 1. IDENTIFY THE TRAUMA

Answer the below questions to surface the traumatic memory fueling your stress. If you are aware of the memory, go to question E.

A. What repeatedly triggers your most intense stress reactions? _____

B. Which emotion is predominant during these stress reactions? _____

C. What thought repeats in the back of your mind when experiencing this stress?

D. When is the first time you can remember thinking [insert answer from (C)] _____
and feeling [insert answer from (B)] _____ at the same time?

E. Who or what caused that traumatic event? _____

F. Think of the most stressful moment in that memory. What area of your body do you feel the most tension in right now? _____

G. What would you like to replace the pain with (i.e. love, peace, acceptance, inner-strength, reconnection, forgiveness, confidence, etc)? _____

H. If you could go back to that moment, what would you say (get it off your chest, say how you feel)? _____

STEP 2. COMPLETE YOUR FREEDOM STATEMENT

Enter your answers from STEP 1 where prompted below:

I unlock and release all the (insert answer from B) in my (insert answer from F)
about (insert answer from E) and replace all that space with
(insert answer from G) right now!

STEP 3. BREATHE & RELEASE

1. Lie down on your back, place your hands on your body where you feel tension, and breathe deep & slow. Gradually read your Freedom Statement out loud. Continue for 10-minutes.

2. With your eyes closed, see yourself inside the most stressful moment of the memory, only this time see the younger you breathing deeply & slowly and calmly repeating your Freedom Statement inside the memory. Repeat for 10-minutes, or until you feel all the tension release.

3. Let the memory play out further. Whenever tension arises pause the memory, touch the tension, breathe deep & slow, and once per breath silently say, "I'm okay". Repeat this breathwork until the tension melts away. Then let the memory play out again and repeat the process until all the tension is released from the entire memory.

4. Touch the tension, breathe deep & slow, and once per breath silently say, "I'm OK". Continue until you feel all the tension release.

Rate Your Stress from 1 to 10: _____

* Feel free to heal another memory.