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## **Overcoming Hurt Self-Help Worksheet**

### **1. Ask yourself the following questions to enquire:**

a) What made you feel hurt?

a) Who made you feel hurt?

b) What did they do to make you feel hurt?

c) What has to happen for someone to trigger hurt in you?

d) What situations have you avoided so as not to get hurt again?

e) Write down 3 specific examples when you have got hurt in the past:

No	When have you felt hurt before? What happened.	How does it make you feel?	What number is it at?	Where in the body part do you feel it?
1				
2				
3				

f) Of the 3 examples identify the first example you want to work on.

**2. Once you have identified one example that you want to explore.**

**Now start tapping on the side of the hand (Karate Chop point) while saying your statement out loud:** *"Even though I feel hurt about \_\_\_\_\_ (what you are hurt about) and I can feel it in my \_\_\_\_\_ (body part) \_\_\_\_\_ and it's at a number \_\_\_\_\_ (add number) and it makes me feel \_\_\_\_\_ (feelings and sensations), I deeply and completely love and accept myself."*

**3. Then tap on the facial and upper body points using the reminder phrase (the phrases that includes information on the story name, number and feeling) while saying the reminder phrases out loud:**

- Eyebrow: *I am hurt about \_\_\_\_\_* (what you are hurt about)
- Side of Eye/ Temple: *I can feel it in my \_\_\_\_\_* (body part)
- Under the Eye: *It's at a number \_\_\_\_\_* (number)
- Under the Nose: *It makes me feel \_\_\_\_\_* (feeling or sensation)
- Chin: *In my \_\_\_\_\_* (body part) *at a number \_\_\_\_\_*
- Collarbone: *Really \_\_\_\_\_* (feeling or sensation)
- Underarm: *So \_\_\_\_\_* (feeling or sensation)

- Thumb: So \_\_\_\_\_ (feeling or sensation)
- Index finger: *Hurt because* \_\_\_\_\_
- Middle finger: *I feel it in my* \_\_\_\_\_ (body part)
- Little finger: So \_\_\_\_\_ (feeling or sensation)

**4. Close the sequence by tapping on the side of the hand (Karate Chop point)**

**while saying your statement out loud:** *“Even though I am hurt about \_\_\_\_\_ (what you are hurt about) and I can feel it in my \_\_\_\_\_ (body part) \_\_\_\_\_ and it’s at a number \_\_\_\_\_ (add number) and it makes me feel \_\_\_\_\_ (feelings and sensations), I deeply and completely love and accept myself.”*

**5. Then relax:** Take a gentle breath in and out and then a sip of water.

**6. Then ask yourself, “What number is the hurt at?”** If reduced to a level you feel happy with, you can stop. If you would like it to come down move to step 7.

**7. Then ask yourself:**

- What is left about the hurt? (Get hurt because...)
- Where in the body do you feel it?
- On a scale of 1 to 10, what number is it at?
- How does it make you feel?

8. **Repeat steps 2-6** till the charge on what made you hurt comes down.
  
9. Once this example is complete, go back and explore the remaining two examples.