

TELL THE STORY SELF-PRACTICE WORKSHEET

The Tell the Story Technique is for a past negative memory that has a Subjective Unit of Distress (SUDs) of 7/10 or lower.

1. Begin by giving your story a name. Write down the name of your story:
_____.
2. On a scale of 1-10, measure the intensity / emotional charge / SUD associated with the memory, where 10 is the highest charge and 1 is the lowest charge. Write down the intensity: _____.
3. Ask yourself, "How does this memory make me feel, and where in the body do I feel it?" Write down the feeling or sensation _____ and the location of the feeling in the body _____.
4. Start the tapping protocol by tapping on the Karate Chop point, saying:
"Even though I have this story _____ (name of the story) and I can feel it in my _____ (body part location) and it's a _____ (number) on 10, and it makes me feel _____ (feeling or sensation), I love and accept myself." Repeat 3 times.
5. Then, tap on the facial and upper body points while saying the reminder phrase (the phrase that includes information on the story name, number, and feeling) out loud:
 - Eyebrow point: *this* _____ (story name)
 - Side of the eye/temple: at a *number* _____ (SUDs)
 - Under the eye: *this* _____ (feeling or sensation)
 - Under the nose: *makes me feel so* _____ (feeling or sensation)

- Chin: *this _____ (story name)*
 - Collarbone: *it makes me feel so _____ (feeling or sensation)*
 - Thumb: *I just feel so _____ (feeling or sensation)*
 - Index finger: *in the _____ (body part)*
 - Middle finger: *this _____ (story name)*
 - Little finger: *so _____ (feeling or sensation)*
6. Close the sequence by tapping on the Karate Chop: *“Even though I have _____ story (name of the story) in my _____ (location), it’s a ____ (number) on 10, it makes me feel _____ (feeling or sensation), I love and accept myself anyway.”*
7. Take a gentle breath in and out, and then have a sip of water.
8. Check the SUDs level and ask yourself, *“What number is the SUDs at now? Is it higher than before, the same as before, or less than before?”* If higher or the same as before, repeat the steps from 2 – 9 till the number comes down at least by 1 – 3 points or it feels manageable to start telling the story. If the number is lower than before, continue with the below steps.
9. Tap on the Karate Chop point and begin narrating the story aloud. Continue narrating the story aloud as you move to the facial and upper body tapping points. This is known as Continuous Tapping. Keep tapping and telling the story out loud. When you notice an emotional charge or disturbance, pause.
10. As you discover the charge while telling the story (for example, an emotion or a negative feeling or distress), and have paused, ask yourself: *“What happened?”* Write down the emotion _____, the SUDs number _____, and a brief description of what happened _____.

11. Then, begin the setup by tapping on the Karate Chop three times: *“Even though _____ (describe what happened) and it made me feel _____ and it’s a number _____, I love and accept myself.”*
12. After tapping on the Karate Chop 3 times, tap on the facial and upper body points using the reminder phrases:
- Eyebrow point: _____ (what happened)
 - Side of the eye/temple: _____ (what happened)
 - Under the eye: _____ (what happened)
 - Under the nose: *made me feel* _____ (the feelings)
 - Chin: *so* _____ (the feelings)
 - Collarbone: *really* _____ (the feelings)
 - Thumb: _____ (what happened)
 - Index finger: _____ (what happened)
 - Middle finger: _____ (what happened)
 - Little finger: *so* _____ (the feelings)
13. Close the sequence by tapping on the Karate Chop, *“Even though _____ (describe what happened) and it made me feel _____ and it’s a number _____, I love and accept myself.”*
14. Take a gentle breath in and out, and then have a sip of water.
15. Check the SUDs level and ask yourself, *“What number is the SUD at now? Is it higher than before, the same as before, or less than before?”* If higher or the same as before, repeat from Step 9 – 13 till the number comes down and it feels manageable.

16. Test by re-telling the previous part of the story. If there is any charge, repeat from Step 10 – 15. If there is no charge, move to the next step.
17. Start by tapping on the karate chop, then the facial and upper body points while speaking the story out loud, as per Step 9.
18. When you are able to tell the whole story from start to finish without any charge and you feel calm, then the work is complete. This is how you test “Tell the Story”: not by SUDs numbers, but by being able to repeat the story out loud and there is no charge.