



# SCOREBOARDS



## *EMOTION ABOUT THE ISSUE*

1. How do I feel about this happening?
2. How do I feel at the prospect of staying stuck in this?
3. How do I feel about healing this?
4. How do I feel about this getting worse?

## *SCOREBOARD*

1. Create the scoreboard
2. Calibrate the scoreboard
3. Use the scoreboard
4. Tap for the emotion about the score
5. Tap for the score

## *HEALING PROMPTS*

- My system is a healing machine
- I give my system permission to access all the wisdom it has about this healing process
- I know my system is trying to do its best
- I give my system permission to ask for what it needs to speed the healing process
- My system knows how to find health and well being
- I give my system permission to release any thing that is know, unknown or hidden that is preventing my healing process