



The Steps of TAT for Healing a Trauma

Intention: The healing I am about to do will also benefit all of my ancestors, my family, everyone involved, all parts of myself and all points of view I have ever held.

(Step 1) The Problem This happened.

(Step 2) The Opposite of the Problem This happened, it's over, I'm okay and I can relax now.

(Step 3) The Places

All the places in my mind, body and life where this has been stored are healing now. You do not need to know what all the places are; just make the intention that they're healing now. And/or God (whatever name you use), thank you for healing all the places in my mind, body and life where this has been stored.

(Step 4) The Origins

All the origins of this are healing now. You do not need to know what all the origins are; just make the intention that they're healing now. And/or God, thank you for healing all the origins of this.

(Step 5) Forgiveness

I apologize to everyone I hurt related to this and wish them love, happiness and peace. It is not necessary to think of each person involved; just make the intention of forgiveness with your heart. I forgive everyone who hurt me related to this and wish them love, happiness and peace.

I forgive everyone I blamed for this, including God and myself.

(Step 6) Parts

All the parts of me that got something from this are healing now.

(Step 7) Whatever's Left

Whatever's left about this is healing now. Review the original problem to see if there is any aspect that still has an emotional charge for you. If there is something, do TAT about that before proceeding.

(Step 8) Choosing

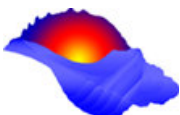
I choose (whatever positive outcome you want related to this).

(Step 9) Integration

This healing is completely integrated now. Thank you God...

Encircle your right ear with your right fingertips and your left ear with your left fingertips and put your attention on: This healing is completely integrated now.

Lastly, I recommend that you give thanks to whomever or whatever you feel did the healing for you – God, Mother Nature, Holy Spirit, Divine Love, etc.



New 3 TAT Step Method

Step One:

Everything that contributed to my identification and resonance with (whatever) happened.

Everything that had been going on in my mind and heart (even though I haven't really been paying attention to notice its presence prior to this)

Everything that led me to resonate and identify with every argument _____ and I have ever had happened.

Step Two:

Everything that contributed to my identification and resonance with (whatever) happened, it's over and I no longer identify or resonate with (whatever).

Everything that had been going on in my mind and heart can settle down and dissipate.

All that happened, it's over, I'm okay and I no longer resonate or identify with that.

Step Three:

I now resonate and identify with (whatever you want). For Step Three, I often say that I now resonate and identify with Divine Love

I now resonate and identify with the pure and still quality of Love and Truth.

I now resonate and identify with divine love in my relationship with _____.

