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## **RET 4 Step Self-Care Protocol – Client Homework**

*\*(Step 1) Energy Realignment--* When tapping, tap approximately 10X on each point while saying **“Release, release, release.”** Only when you are tapping on the side of the eye (temple) you say, **“Stop it, stop it, stop it.”** (Everything you say out loud is in **“BOLD and QUOTES”**).


*Release on the meridian points by tapping on –*

~ Tap above both eyebrows, say **“Release, Release, Release.”**

~Temples, say **“Stop it, stop it, stop it.”**

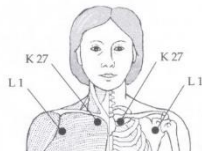
~Top of cheek bones under eye, **“Release, Release, Release.”**

~Under nose and under bottom lip (use both hands to do both places as the same time.) **“Release, Release, Release.”**

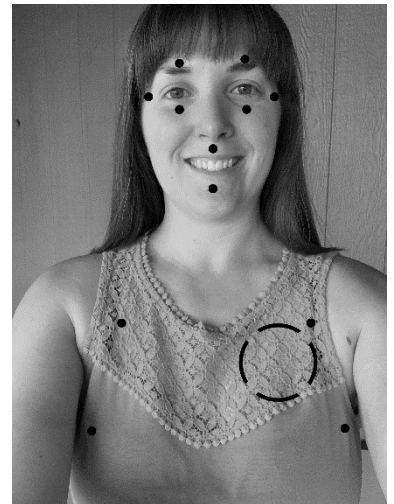
~Karate chop (tap outer sides of the hands together), **“Release, Release, Release.”** 

~Gamut points (Left hand always first then right hand, tap between little and ring finger knuckles), **“Release, Release, Release.”** 

~One inch below the collar bone on the L-1 meridian points, **“Release, Release, Release.”**



~Under arm (find the tender spot in the armpit) , **“Release, Release, Release.”**



Then do the reframe below:

Reframe

When finished with the meridian tapping put your right hand into a soft fist over your heart (like saying the pledge of allegiance) rubbing in a clockwise circle while saying the reframe.

- A. ***“Even Though I have felt \_\_\_\_\_, (say whatever you want to release and trade out) I deeply and completely love and accept myself.”*** (Past)
- B. ***“Especially When \_\_\_\_\_, (say whatever you want to release and trade out) I choose to love and accept myself.”*** (Present)
- C. ***“From this point on and into the Future, I create \_\_\_\_\_.”*** (say whatever you would like to create instead) (Future)

*\*(Step 2) IRT (Immediate Release Technique)*

**I trade in MY \_\_\_\_\_ (use strongest negative)  
for \_\_\_\_\_.** (strongest positive)

Tap on all meridians again saying while tapping,  
**“I trade in MY \_\_\_\_\_ for \_\_\_\_\_.”**  
repeating 3X.

*Release on the meridian points of the —*

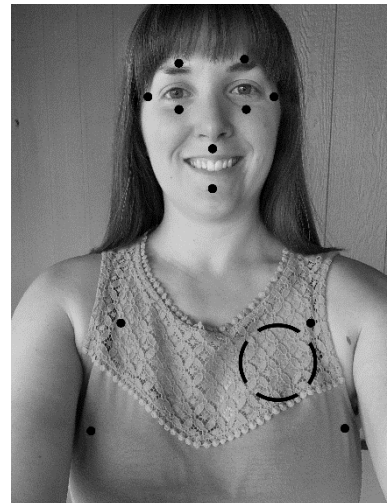
~ Tap above each eyebrow, move your eyes back and forth and repeat statement 3 times.


~Temples (**“Stop it, stop it, stop it”**), move your eyes back and forth and repeat 3 times.

~Top of cheek bones under eye, move your eyes back and forth and repeat statement 3 times.

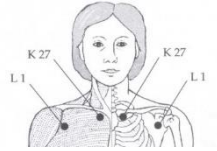
~Under nose and under bottom lip (use both hands to do both places at the same time), move your eyes back and forth and repeat statement 3 times.

~Karate chop (tap outer sides of the hands together,) move your eyes back and forth and repeat statement 3 times.



~Gamut points (Left hand always first then right hand, tap between little and ring finger knuckles), move your eyes back and forth and repeat statement 3 times. 

~One inch below the collar bone on the L-1 meridian points, move your eyes back and forth and repeat statement 3 times.



~Under arm (find the tender spot), move your eyes back and forth and repeat statement 3 times.

Then do the reframe below:

### Reframe

When finished with the meridian tapping put your right hand into a soft fist over your heart (like saying the pledge of allegiance) rubbing in a clockwise circle while saying the reframe.

- A. "Even Though I have felt \_\_\_\_\_, (say whatever you want to release and trade out) **I deeply and completely love and accept myself.**" (Past)
- B. "Especially When \_\_\_\_\_, (say whatever you want to release and trade out) **I choose to love and accept myself.**" (Present)
- C. "From this point on and into the Future, I create \_\_\_\_\_." (say whatever you would like to create instead) (Future)

### *\*(Step 3) Emergency Process*

This gets everything left in your field out of your energy field.

- A. While holding your head still, looking back and forth ear to ear, repeat saying 10 to 20 times, "**Release, release, release, etc.**"  
This allows communication between *Left and Right brain modes*.
- B. Close your eyes tight, open, tight, open, tight, open 3 times only.
- C. Take a deep breath in through your nose. Exhale through your mouth open wide while toning. Do this 3 times.

#### *\*(Step 4) Eye Patching*

There are two types of Eye Patching. One is *therapeutic for brain balancing*. This is where you patch at least 15 minutes per day on each eye. Hopefully, you will want to patch twice daily working up to 30 minutes on each eye, letting one side of the brain do all the “heavy lifting.”

The second type of eye patching is used to *calm yourself when feeling triggered*. If this is the first time you are using Eye Patching, start by putting the patch on your eye for 5 minutes then switching to the other eye. You will find that one of your eyes will feel more comfortable with the patch on. It may take a few times of patching to discover which is your comfortable eye. If you never feel a difference, then patch the right eye when using it as self-care.

When you use it to calm down your thoughts such as anxiety and need to break state, put the patch on the comfortable eye.