



The EGO Tamer® Tapping (TETT) Template

SUDS **ASPECTS**

_____ When: Date, *space and time* of the experience _____

_____ Who: _____ (It could be me!)

_____ Did or Didn't _____

_____ Say/Do _____

_____ And I remember _____

_____ Saw _____

_____ Heard _____

_____ "Dreadful" words? _____

_____ I Could smell _____

_____ Felt _____

_____ Intuitions /Senses/ premonitions _____

And I decided that (the judgment or verdict) _____

Additional/optional questions:

How long did the actual incident last?

Where does that memory live in your body? (Where do you feel it?)



The EGO Tamer® ACADEMY



Example: Feeling Offended - deeper belief is that 'She Owes Me'

Even though it hurt my feelings when I: _____

"I emailed Jo-Linda requesting her support to announce my next event."

And (in return/response) s/he: _____

"She didn't even acknowledge my request. Instead she said, 'Look what I found.' and sent me a link to a YouTube video of someone proclaiming healing of the EGO using only the violet flame."

And I wrote the story (stories) that: _____

- She doesn't love me
- She doesn't approve of my work
- She doesn't want to support me
- She's undermining the value of the work that I do

I deeply and completely acknowledge that: _____

- My feelings are hurt.
- I'm disappointed.
- I don't feel validated.
- I don't feel heard.
- I don't feel supported.
- I was hoping for a different response.
- I thought she would happily, eagerly share my "good news."
- I trusted her to honor and respect me -- **"THE WAY I'VE ALWAYS DONE FOR HER."**

ROUND #2 (With Humor!)

Even though it hurt my feelings when: _____

"I emailed Jo-Linda and she didn't give me the response I'd hoped for."

And my EGO is telling me: _____

- "Off with her head!"
- I don't need her help!
- She doesn't get how powerful my work is.
- I won't ever speak to her again!
- She has a scarcity mentality.
- She doesn't work at the same level as I do.

(Feeling vulnerable for EGO translates to feeling attacked and so it will usually "attack back!")