Basic PEAT

| **Problem & Goal** **S U D S** | Identify problem and goal. Feel the problem. Intensity of the problem at that moment in time. 0 – does not exist. |

| **Create Snapshot** **T I E S** | Feel the event. Not a second before or after. Don't let your snapshot change. Hear what you heard, feel what you felt. |

| **Elimination of Self-Sabotage** **(chest point)** | Even though I feel ___ I love and accept myself, my body and personality and the fact that I feel |

| **Eye Points** | Feel the event. Not a second before or after. Don't let your snapshot change.   Breathe |

SUDS

On a scale of 0-10, what is the strength of my problem

> 0

POV

0

YES

Opposition?

Is there any part of you that has an opposition to being free of the problem? Is there any reason it wouldn't be safe to resolve the problem?

NO

YES

Future

Is it possible for this problem to impose itself on you in the future *against your will*?

NO

| **Need for Forgiveness?** |

| **Fill with Light** |