Fingertip Method

	COLLABORATE	Eyes closed, bring trauma to mind. Choose worst, most dramatic or charged moment.
	TRAUMA SNAPSHOT	Think of the moment that feels the most intense. Make snapshot. Feel what you felt then, see what you saw, hear what you heard, think what you thought as if it's happening now. Describe T-I-E-S
	ORIENT TO PRESENT	Put that aside and come to the present. Feet touching the floor in this very moment. Describe T-I-E-S
	TURN LEFT 180 Snapshot of Traumatic moment	Index finger of dominant hand in the center of the traumatic moment. Feel what you felt then, see what you saw, hear what you heard, think what you thought as if it's happening now.
L		
	TIME AND SPACE	Estimate the distance between the tip of your finger which is in the center of the awful moment and the wall in front of you in this room . Behind, left, right, above, below
L		
	Turn left to complete the circle and return to INITIAL POSITION, hand aloft.	What happened to the trauma? Check T-I-E-S When you think about it now what comes up for you?
	YES	Trauma still there?
	STABILIZE	Need to forgive, for forgiveness? Sit, Fill with Light.