



Basic PEAT Sample Script  
Developed by Zivorad M. Slavinski  
Minor adaptations by Melanie McGhee

---

Identify the problem, situation, decision, belief, goal, distorted thinking pattern.  
Direct awareness to body.

*How does your body respond as you think about that situation? What rating would you give it on a scale of 0 – 10, with 10 as the worst?*

*Thank you.*

*Would you like me to tell you what we're going to do or just jump in and I will guide you through?*

If they want an explanation:

*We will begin with you bringing to mind the stressful situation. While you focus on a snapshot of that situation made up of thoughts, images, emotions and sensations, I will guide you through six eye-points. Accepting things as they are helps us metabolize those experiences. Just focus on accepting the experience as it is. You don't have to like or approve of it. You will make a snapshot of the problem. The snapshot of the experience will include a thought, image, emotion, & sensation. After we go around the six eyepoints while you focus on the snapshot, we will check on the problem. Sound ok?*

Demonstrate the eye-points.

Snapshot Version

*What is top of mind for you today? What would you like to focus on or change?*

*How do you feel about that situation?*

*How would you rather feel?*

*On a scale of 1 – 10, how strong is that problem now?*

*Would you be willing to try something to see if we can resolve this?*

*Think of a time when you really felt that problem strongly. Let me know when you have something in mind.*

*Good.*

*Now place two fingers to your Chest Point and repeat after me. Even though I feel ... I love and accept myself, body, personality and the fact that I can feel ... Or I feel ..., that's where it is and that's ok.*

*Place two fingers (index and middle) underneath the left eyebrow, close to the bridge of the nose. Bring to mind that situation. Feel what you felt then, see what you saw, think what you thought as if it's happening right now. Freeze frame it in the moment when the pain or intensity of that situation was at its strongest.*

*Good. That's it.*

*Become aware of the image of that moment, are you inside your perspective or is it as if you are on the outside looking in? As best you can, experience this moment from inside your own experience, your own perspective, first person.*

*Notice the **thought** you are having in that moment. What are you thinking in that moment as if it's happening now?*

*What's the **image** picture you see in your mind's eye? As if you are seeing a photograph, you can see but I cannot, describe the image of the photograph to me.*

*Feel that moment. What are you feeling **emotionally** as if it's happening right now?*

*Notice what you are experiencing in your body in that moment. What sensations do you notice? Can you feel the **sensations** of that physical space, where the experience occurred?*

*Very good. Take a breath.*

*Change hands. Place your index and middle fingers underneath the right eyebrow, close to the bridge of the nose. Focus on that moment, not a moment before, not a moment after. Just*

*let yourself experience that moment as fully as you can. You don't have to like it or approve of it, just experience it as it is.*

*Take a breath. That's right.*

*Change hands. Two fingers on the side of the eye. Left eye.*

*Allow yourself to experience that moment as fully as you can, as if it's happening right now. Feel it as a part of life, a part of the human journey. You don't have to like it.*

*Take a breath. That's it.*

*Change hands. Two fingers on the side of the right eye. Experience this moment, whatever's left. Sometimes things start to fade a little. That's just fine. Sometimes the elements become a little stronger. That's fine too. Just let yourself feel / experience this as it is.*

*Easy breath. Change hands. Two fingers under the left eye, on the top of the cheekbone. That's it.*

*Just allowing yourself experience what's there, as it is. Even as it's fading.*

*Easy breath. Change hands. Two fingers under the right eye, on the top of the cheekbone. Just letting yourself experience this moment. Whatever's left.*

*Keeping your eyes closed, Rest your hands down.*

*How do you feel about that situation now? On a scale of 0 – 10, where would you say you are now?*

If it's not 0 continue. Begin with the FESS statement,

*Even though I feel this **remaining** ... I love and accept myself. Body and personality and the fact that I feel ...*

Continue through the eye points as above. If it is not at 0 after 3 rounds, consider opposition, POV and future clearing.

### **Verify & Stabilize**

*Direct your awareness to your body. What do you notice? (Generally it's a feeling of calm of spaciousness, best to use their language). Allow that (calm, relief, ease ...) flow and spread throughout your body. Allow that calm to hitch a ride on the lightstream of your breath, filling your whole body with calm, inside and outside, the spaces between the spaces, all the membranes filled with calm.*

*Pause.*

*Do you feel a NEED to or for forgiveness? It will feel like a need, like you're thirsty. Not a should.*

If not, continue with verification.

*If so ... when we feel a NEED for forgiveness, the feeling of forgiveness is generally very accessible.. Turn your awareness towards forgiveness and allow it to flow like water or light, just finding its own way. Maybe even saying inside yourself, I forgive myself. Allow that forgiveness to expand even further, forgiving any beings who may have played any role in this I forgive you ... likely including your parents, I forgive you, probably their parents, I forgive you. Allow forgiveness to echo through time, forgiving people and spaces, norms and cultures. I forgive you. Maybe even expanding to include Life, God of your understanding for creating a world where people like you and I experience problems like this. I forgive you.*

*Pause.*

*Whenever that feels complete, taking your time, you can open your eyes.*

*How do you feel about ... now?*

*Does it still feel like a problem to you?*

*Is it possible for this problem to impose itself on you again in the future again AGAINST YOUR WILL? Or you could ask, How likely is it that this problem could impose itself on you I the future AGAINST YOUR WILL?*

If so, check other points of view, opposition and / or future concern.

If not, check new knowledge.

*What do you know now that you didn't before?*

### Without Snapshot Version

*Bring to mind that challenging situation. Place two fingers to your Chest Point and repeat after me. Even though I feel ... I love and accept myself, body, personality and the fact that I can feel ...*

*Go to your first eyepoint, under the left eyebrow, close to the bridge of the nose. Just allow yourself to experience that ... you won't like it. It's ok. Most of us don't like things like this. Just allow yourself to accept your experience. You don't have to approve of it.*

*Maybe there's a thought or an image that goes along with this experience. Feel the emotions associated with the experience. Notice the body sensations.*

*Take a breath, change hands. Two fingers under the right eyebrow close to the bridge of the nose.*

*Just letting yourself feel what you feel, experience what you are experiencing. Good. Notice any thoughts, images, emotions and sensations that arise.*

*Take a breath, change hands. Two fingers on the side of the eye, left side. There's a little indentation on the temple, outside of the orbital of the eye. That's it.*

*Just allow yourself to experience what's there, like the sky experiences a storm. Maybe there's a thought, maybe an image, maybe a feeling or sensation or some combination. Just let yourself be with what is.*

*Good. Take a breath. Change hands. Two fingers on the right side of the eye, right side.*

*Simply let yourself experience this problem, maybe there's just more of a sense of it, an impression, and that's just fine. Just experience. Feel it as it is. You don't have to like it. Just experiencing it as a part of life, a part of the human journey.*

*Take a breath. Change hands. Two fingers under the left eye, on the top of the cheek bone.*

*Just allow yourself to experience, this, often the experience begins to fade, just allow that to happen, if it's happening. Sometimes the experience becomes a little stronger for a bit.. No need to hold on. No need to push away. Just experience it. Just feel it as it is..*

*That's right. Change hands. Two fingers under the right eye, on top of the cheek bone. Easy breath. Just experiencing what's there.*

*Rest your hands down. What are you noticing about that situation? How does it feel to you now? On a scale of 0 – 10 how does it seem now?*

*(Repeat if necessary and continue with verification and stabilization.)*

*On subsequent rounds begin with --- Even though I feel this REMAINING... I love and accept myself, my body and personality and the fact that I can feel this remaining ...*

*Direct awareness to body, if relaxed, expand. If not, check opposition, POV, and future.*

*When resolved, Do you feel a need for forgiveness? It will feel like a need, not a should. If so, continue with forgiveness.*

*Check the future.*

*How likely is it that this problem will impose itself on you in the future AGAINST YOUR WILL?*

*Check for new knowledge.*

*What do you know now that you didn't before, if anything new?*

