

3rd Key



CLARITY









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# RELEASE

## THE KNOWLEDGE AND UNDERSTANDING OF BLOCK, STOP AND FLAT-LINE

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1. How did you gain full understanding of the event occurrence?
2. How are you feeling about finding full understanding of this memory?
3. What coping skill were installed?
4. What helped you to understand this memory and bring closure to the story?
5. Do you feel you have full understanding of the event and have received the gifts this event offered?

### **RESPONSE TO ABOVE 5 QUESTIONS:**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_



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# REFLECTIONS

(BASED ON THE EMDR CONCEPT)

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Take a deep breath, create a soothing environment, use bi-lateral music (optional), close your eyes and visualize your safe place. Open your eyes, remain in your soothing environment and if needed, close your eyes and return to your safe place. When you are ready visualize your progress and success accomplished on the past several weeks of emotional detoxing: Make the following notes:

1. When I think of \_\_\_\_\_ (a situation); these negative feelings surface:  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
2. The positive feelings that I would like to believe about myself are: \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.
3. When I visualize that video I feel the words that I hear are (circle level): False      1   2   3   4  
5   6   7   True
4. When I reflect on the situation and the words the negative expression is \_\_\_\_\_ and I am  
feeling \_\_\_\_\_.
5. On a scale of 0 to 10 (“0 being no bother and 10 being very bothered”); Right now I am feeling:  
0   1   2   3   4   5   6   7   8   9   10
6. And the physical feelings are in my \_\_\_\_\_ (body area).
7. I have spent much time on this situation and today \_\_\_\_\_ (date); I am feeling from a 0-10:  
0   1   2   3   4   5   6   7   8   9   10
8. My new snapshot of this situation is \_\_\_\_\_

(Do not move on until the situation is resolved/manageable, bodily sensations have lessened, negative words and feelings have decreased and you emotional scale is “3” or lower)