SCRIPT WORK SHEET FROM ANIMAL PERSPECTIVE

In order to gather information to tap on the animal, you do not have to have an animal communication background. If you do, great. If you don't, 'imagine' what the animal would feel to fill in the blanks. Also, asking his/her person what the facts/circumstances are surrounding the event/loss/diagnosis.

Remember, this is not Intellectual freedom release, it is emotional freedom release. The middle of your script could be just repeating: "I'm scared, I'm scared…."

At the end of the script, you want to have a vivid picture with delicious feelings attached!

When _____ happened,

I felt _____.

I continued to feel _____

because _____.

People/animals around me thought I was

_____.

Which made me feel _____

because _____.

It didn't seem _____

It seems like everyone else is _____

And there I am _____

It makes me feel _____

I can't stand feeling _____

It reminds me of _____

And I felt really _____

It's so _____

I just can't do it anymore. What I really want is

_____