

Brief Calming/Clearing Methods Guide

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Date: _____ Topic: _____ Rating of Distress (0-10): Before _____ After _____

For more extensive reactions: Brief Tapping, Extended Tapping, EMDR (e.g. Butterfly hug), Chakras, Energy Balancing

For less intense reactions: Forehead Hold, Top of Hand, Triple Warmer Smoothie, Blowout, Shaking, Other _____

8 Parts in Clearing Reactivity: Quick Overview

1. **Prepare** by being clear about the reactivities & pros/cons of releasing. Ground & Breathe - have safe & peaceful place
2. **Discern & Rate** Revise the reactivity to clear. Give it a 1-10 rating.
3. **Select, Practice, & Use a Clearing Method** for aspects of the reactivity, then continue clearing using #4-7.
4. **Be Grateful** the reactivity is your Survival Mode trying to keep you safe & connected.
5. **Choose** to release the reactivity.
6. **Replace** reactivity with Thriving & Awakening qualities.
7. **Reframe** how you view others & the situation from a Thriving and Awakening perspective.
8. **Pause & Review** with a deep breath while tuning in to the safe & peaceful place. Review & plan what's next.

Parts in Clearing Reactivity: Summary*

1. **Prepare:** Expand your awareness of which reactivities to clear. Review Step 1 Awareness Forms to increase awareness of reactivities. Then do the Daily Energy Balancing. Prepare emotionally by using tools like Grounding & Breathing, Compassionate Curiosity, & Complete Acceptance. Line up external support should you find that necessary. Prepare mentally by contemplating plans for the pros & cons of the clearing. Physically prepare by making sure you are well rested, hydrated, etc. Prepare a safe space by tuning in to an image that evokes a feeling of safety & peace. Once feeling it, hold your wrist & say "(First name) you are safe & peaceful" for 30 seconds. Repeat this process between rounds & any time during the clearing if you're beginning to feel too much distress.
2. **Discern & Rate:** Tune in & experience which reactivities (i.e., emotion, belief, behavior, energy, or physical sensation) you'd like to clear. Make it specific. Give it a 1-10 rating of how distressing it is. Unless you have experience & support, select reactivities with a rating between 1-5. Use the Complete Calming/Clearing Methods Guide to track what specific reactivities you're targeting.
3. **Select, Practice, & Use Method:** While experiencing the distress, develop some phrases that capture the essence of the distress. If inclined, you can stay with one phrase and do several rounds. Find the words that best fits for you. Here is an example for anxiety in speaking your truth: "Anxiety in speaking up. Fear of being judged. I'm not going to say the right thing".

CONTINUE USING THE CLEARING METHOD FOR PARTS 4-7

4. **Be Grateful:** "Thank you body for trying to protect me. It's just a story. I'm safe."
5. **Choose:** "I choose to let the anxiety go. I don't need it anymore."
6. **Replace:** "I have value, just because. I'm enough. I can speak my truth."
7. **Reframe:** "If someone judges me, that is their issue. I choose not to take it on. I can have compassion for their lack of awareness."
8. **Pause & Review:** Pause the clearing. Take a deep breath, hold your wrist, & say "(Your first name) you are safe & peaceful" for about 30 seconds. Tune back in to the distress. Your rating may increase, stay the same, or decrease. All are normal. You can repeat #3-7, or if your rating stops coming down, reflect on possible blockages. It might not feel safe to release the distress, or there may be related events that need to be cleared first. You may need to switch and focus on the blockage(s). Thoughts, feelings, behaviors, energies & sensations are habits & may need to be cleared across days or even months until they are replaced. The Daily Energy Balancing may be helpful to do before more clearing.

*These parts are described fully in the Step 4 Course: Clearing Reactivity.