

# PERSONAL PEACE PROCEDURE

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Thanks to Ann Adams

**Get yourself a very special notebook or journal for this.**

*Most of our emotional and physical problems are caused (or contributed to) by our unresolved specific events, the vast majority of which can be easily handled by EFT. The protocol is listed at the bottom of the page.*

The Personal Peace Procedure will help to clear out a lifetime of accumulated emotional debris. You will find yourself calmer and much less easily aggravated by the annoying events of the day. People and events will no longer trigger old patterns and negative reactions. Doing The Personal Peace Procedure as a daily practice will enhance self-image, reduce self-doubt and provide a profound sense of freedom, beyond your imagining.

As you eliminate the emotional baggage from your *specific events* list you will have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering. For many, this procedure may result in resolving lifelong issues that more traditional methods have not touched.

In essence, the Personal Peace Procedure involves making a list of every bothersome ***specific event*** in one's life and systematically clearing their impacts out of existence. By diligently doing this you can clear every trauma, and every negative core belief that resulted from the trauma. This will eliminate major causes of emotional and physical ailments.

The method here is simple.

**Remember to get yourself a very special notebook or journal so that you can keep track of your progress.** Date each entry, and name the issue you are working on. Give a beginning and ending SUDS. List any aspects that come up and work on each separately. With each trauma be sure to ask yourself if there was any negative learning that you took on about yourself, others, or the world as a result of the issue. If there was, be sure to clear the negative core belief or learned limitation.

- Make a list of every bothersome specific event you can remember.  
**At the bottom of this document is a Time Line to help you.**

- While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests a need for resolution.
- Give each **specific event** a title as though it was a mini-movie.

Examples: *The time when...*

1. Dad hit me in the kitchen-
  2. I stole Suzie's sandwich-
  3. I almost slipped and fell into the Grand Canyon
  4. My third grade class ridiculed me when I gave that speech.
  5. Mom locked me in a closet for 2 days.
  6. Mrs. Adams told me I was stupid.
- When the list is complete, pick out the events with the most intensity, and apply EFT to each of them until you either laugh about it or "can't think about it any more." Be sure to notice any aspects that may come up and any negative learning you took on as a result. These need to be noted and cleared separately.
  - If you cannot get a 0-10 intensity level on a particular movie then assume you are repressing it and apply **10 full rounds of EFT** on it from every angle you can think of. This gives you a high possibility for resolving it.

## **AUTOBIOGRAPHICAL TIME LINE For Personal Peace Procedure**

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List any significant events in your life in five-year blocks from birth to the present. Use EFT to clear all aspects of each event. Remember to identify and clear, separately, any negative learning about yourself, others, or the world that you took on as a result of the trauma.

Birth

0-5 years old

5-10 years old (etc.)

What were these relationships like?

With your mother

With your father

What was their relationship like?

Relationships with siblings or anyone else who lived in the house with you.

Your school experience

Kindergarten – 1<sup>st</sup> grade  
Elementary school  
Jr. High School  
High School  
College

Other traumas or problematic situations, illnesses, accidents, hospitalizations

## **EFT PROTOCOL**

### **IDENTIFY THE SPECIFIC ISSUE YOU ARE WORKING ON**

Write it down (The time when...) Give it a movie title.

### **THE SET UP**

TAP the karate chop point (fleshy part of side of hand near baby finger) and say 3 times: “I deeply and completely accept myself even though I have this problem.” (name it, and be as specific as possible – or use your movie title.)

### **SUDS (Subjective Units of Distress)**

On a scale of zero to ten, with ten being the most distress possible, and zero being no distress at all, rate your current amount of distress (the amount of distress you feel about the issue right now) Remember that if you seem to feel no distress right now, the issue may be dissociated so do ten rounds of EFT, noting any thoughts or aspects that come up and listing them for future use.

### **THE SEQUENCE**

Tap continuously while repeating the reminder statement. (this problem)”

- Top of Head
- Eyebrow
- Side of Eye
- Under Eye
- Under nose
- Under lip
- Collarbone
- Under arm

## **RECHECK and RECORD SUDS**

If you had no SUDS to begin with, do nine more rounds of EFT being certain to write down any thoughts or aspects that have come up during the tapping.

If SUDS has gone down by only one point, it is probably wishful thinking, and you need to be more emphatic or more specific with your set-up statement.

If SUDS has gone down by two or more points, do another round, being sure you are still thinking about the same thing you started with, and not a different aspect. If you have switched to a different aspect, give it a SUDS, and begin again.

When you get below a three you may decide to work on another aspect or another issue. If you have never been at a zero it is possible that you would not recognize having gotten there.

## **IF YOU GET STUCK**

Do a MINI-REVERSAL: Tap the karate chop point and say three times, "Even though I **still** have **some** of this issue, I deeply and profoundly love and accept myself." Then the reminder phrase becomes "**Remaining** issue." Remember to be specific when naming the issue.