

Shifting Negative Energy to



Powerful, Positive Results: **the Five Steps**

by Angela Treat Lyon

The 5 Steps

1. Write something you hate about yourself or you life here:

Like: I HATE not being confident about singing in public

2. Write something you'd MUCH rather be or have, instead, here:

Like: I LOVE singing in public!

Now make up a title for that, and write it here:

Like: Confident Angela's Great Performance

3. Write: Even though I have this _____ (thing I hate), & I have felt ashamed, embarrassed, powerless, helpless and unworthy

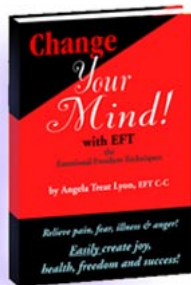
Like: Even though I have this not being confident about singing in public and I have felt ashamed, embarrassed, powerless, helpless and unworthy

5. Write: I'm glad I allowed myself to feel this _____ (thing I hate) because now I know I HAVE VALUE and I certainly can have _____ (title)!

I'm glad I allowed myself to feel this hate singing thing because now I know I HAVE VALUE and I certainly can have 'Confident Angela's Great Performance!'

4.
NOW
you use
EFT to
dissolve
the Old Yuck
Stuff. Your
title is the
new, good
choice.

5 Steps to Shifting Negative to Powerful Positive Results!



Change Your Mind! with EFT

by Angela Treat Lyon

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Kailua, Hawaii 96734

808-261-0941

Lyon@PIGEES.com