

## **Self EmRes Method**

1. I have an unpleasant or stressful emotion/thought/uneasiness.
2. I close my eyes.
3. I feel two (2) physical sensations in the body.
4. “Do nothing” with the sensations and let them change.
5. The sensations will calm, fade or disappear in 2-60 seconds.
6. Open your eyes.
7. Mentally recall what caused you stress or uneasiness.

On occasion, you may experience another emotion after resolving the “first” emotion. Repeat the method (1-7).