



Instant EmRes™ for a person currently facing an emotional difficulty

- 1- What sensations are you feeling in your body?
- 2- Close your eyes
- 3- What else are you feeling in your body?
- 4- Feel your sensations simultaneously
- 5- Do nothing
- 6- Tell me as the sensations change (in your body)
- 7- Let them change
- 8- Open your eyes
- 9- How are you feeling when you are thinking about (...)?



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