Borrowing Benefits

Procedure

1. Identify **1 specific** bothersome memory, or **1 specific** event

2. **Each** memory or event should be **2 or 3 minutes long**

3. Each memory or event needs to be **short enough** to have **only 1 emotional crescendo**

4. Make a mental movie of **each specific event/ memory**

5. Give **a brief title** for each event/memory

6. Estimate the **crescendo's intensity on a 0-10 scale** as the intensity shows up **NOW** (not when the event originally happened)

7. Write down the **movie titles** and the **0-10 intensities** of the **corresponding crescendo's**

8. **Select 1** of these specific events/memories for which you would like to Borrow Benefits

9. **Tap along** with the demo's in the class

10. When the intensity is **zero**, choose **another specific event/memory** and resume tapping along with the class

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