

PTS(D) SECTION 2 SUMMARY

SHORT SUMMARY: NEXT STEPS OF YOUR PTS(D) PRACTICE

By now you've **finished your one week exploring the targeted ABC's of Feeling Emotion.**
Congratulations!

Next, you'll engage in your 4-step Art of Fear Method for 3 weeks.

Before getting started though:

- Commit to watching both videos, as they offer crucial finer details
- Be sure to review the Dos and Don'ts & Additional Practices in your Ad On, before getting started. You do not want to miss these important additions
- Note: A Trouble Shooting section is also available, anytime you need it.
- Keep in mind our base equations throughout the process:

Suffering = Discomfort x Resistance

PTS(D)/PTR(D) = Traumatic experience (and associated emotions) x Resistance.

Ok, here's what the next three weeks will look like:

Week 1: 4-Step Art of Fear Method to address your RESISTANCE.

Week 2: 4-Step Art of Fear Method to address whatever DISCOMFORT you are aware of, that day.

Week 3: 4-Step Art of Fear Method to address the DISCOMFORT BENEATH THE DISCOMFORT- which is likely fear.

The four steps are:

With your eyes closed, do this at least 1 time a day or more- whenever you feel off (up to multiple times per day): at night if you can't sleep, during any stressful time during the day, when you're about to do something that can trigger you, or even when you're already triggered- pick your times based on whatever works best for you:

1. 15 seconds: acknowledge that it's normal and natural to... (Week 1: resist uncomfortable feelings. Week 2: experience discomfort. Week 3: have and feel fear).
2. 15 seconds: do a body scan, and hone in on whatever discomfort or negativity that is most poignant, that you feel. Note it might be different every time. Say or express WHAT it is, WHERE it is that you feel it, and HOW STRONG is it, in a simple way (same for all three weeks).
3. 15 seconds: do another body scan, and hone in on your resistance. Find WHAT kind resistance it is that you feel (just let the word or sentence come to you without thought), WHERE it is that you feel it, and HOW STRONG is it, in a simple way (same for all three weeks).

4. 2-10 minutes or for as long as it takes before it starts to dissipate- without trying to get rid of it, feel your... (Week 1: resistance to the discomfort. Week 2: your most obvious discomfort. Week 3: the discomfort beneath the discomfort- likely fear. Reminder: you are not doing this to feel better- there must be no goals to calm anything down. Give these voices love, without an agenda.

After these three weeks are finished, then access where you are by watching the video titled: Final Summary, to take your next steps.