



YourAdvoKit Workbook | Planner | Journal – is creatively designed to cover a large variety of mental health issues by using narrow subject specific tools. They are simplistic, yet powerful. And make for a smoother journey towards inner peace and healing much, **much** more obtainable and realistic.

The YourAdvoKit Self-Remedial Workbook can be applied to most all who don't feel well emotionally. Yet, so well composed, and right on target – it does not matter your emotional state or issues [except for severe or extreme emotional disorders or distress.] These tools can be used quite effectively in most areas “mental health.”

Following is a brief description of these tools, how to use them and why they help.

The Calendar

Is put in place because too often we're 'lazy' about tracking what we do and how we feel. By adding this calendar ensures you're keeping yourself in check by marking off the days and being held accountable for taking the steps needed for reaching your goal of inner peace.

The Planner

Can be used in various ways; and works best when you “make it your own.” Whether that be by using the days of the week to track your emotions; “*Monday: I felt unusually anxious.*” And “*wednesday was a really good day.*” By tracking your emotions, it's almost guaranteed you'll be better able to pinpoint what is bothering you, enabling you to focus on and heal what hurts.

You can also use it to put a schedule in place. Such as “**Monday: Volunteer.**” “**Tuesday: Pay it forward.**” “**Wednesday: Research and learn**

more self-help techniques.” “Friday: Make an appointment with my/or a therapist.” Etc.

The Journal Page

Tear out and/or print as many copies as needed. I chose to put it in here because not everyone can afford a journal; or if you suffer severe agoraphobia & can't leave your home to purchase one.

The Doodle Pages

Doodling is a proven & great way to release stress. You can use these pages like you would the Journal Page; by writing down your day's events and how you feel. But this very special twist...of doodling while you're journaling – gives you the ability to dig a little deeper because it creates a more focused mindset.

The Affirmations

Again, proven to be a great tool in your “Mental Health Toolbox” these affirmations are meant to be cut out, laminated and carried with you wherever you go. Often when a person begins using affirmations, it can be uncomfortable. Because a lot of times you don't believe the message the affirmation conveys.

However, when you stick to using them [fake it 'till you make it,] you **DO** begin to have faith in the message. And it begins to produce some resemblance of inner calm or peace AND instills self-confidence.

They're incredibly effective for raising self-esteem. And self-esteem [or rather the lack of] is one of the biggest reason's you can't move forward. If you don't think much of yourself; that low self-esteem is the ball

rolling that prevents you from excelling in most all other areas of your life; it keeps you beaten down. True story!

BTW, don't read them in a wimpy, passive way; say them with gusto like you truly do mean it!

****IMPORTANT PLEASE READ!** Affirmations come with a cautious caveat. You should never repeat an affirmation that doesn't have any merit to begin with. If you do, the affirmation will do more harm than good. **For example:** if you lack a trait you realistically know you'll never possess, then you can't "wish it" or "will it" by affirming it to be true either. Especially pertaining to subjects as sensitive as; beauty, physique or intelligence.

The EFT Worksheet

Emotional Freedom Technique is a WONDERFUL, scientifically proven and effective type of therapy for relieving most anything. Did I mention it's **SCIENTIFICALLY PROVEN**? From pain, to depression. I can't say I've ever incorporated any therapy this easy, portable and effective in all my life.

The descriptive worksheet attached will help improve your overall health. But it's not the whole story behind EFT. To take this type of therapy up a notch, go to [YourAdvoKit](#) to read more. That being said; the cheat sheet included here is a great resource for getting started and using daily.

You may have noticed I emphasize “proven” in all these resources. And that’s because I would never recommend something that’s ineffective or a colossal waste of your time.

The bottom line is this; I pledge to you that I will do everything humanly possible to help in your road to recovery. While this workbook may seem insignificant or even too simplistic; it’s not. Not if you use it! It packs a powerful punch and a really, **REALLY** good tool for helping you find what’s been missing that you’re desperate to get back.

2017

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

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				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

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		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

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					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Journal

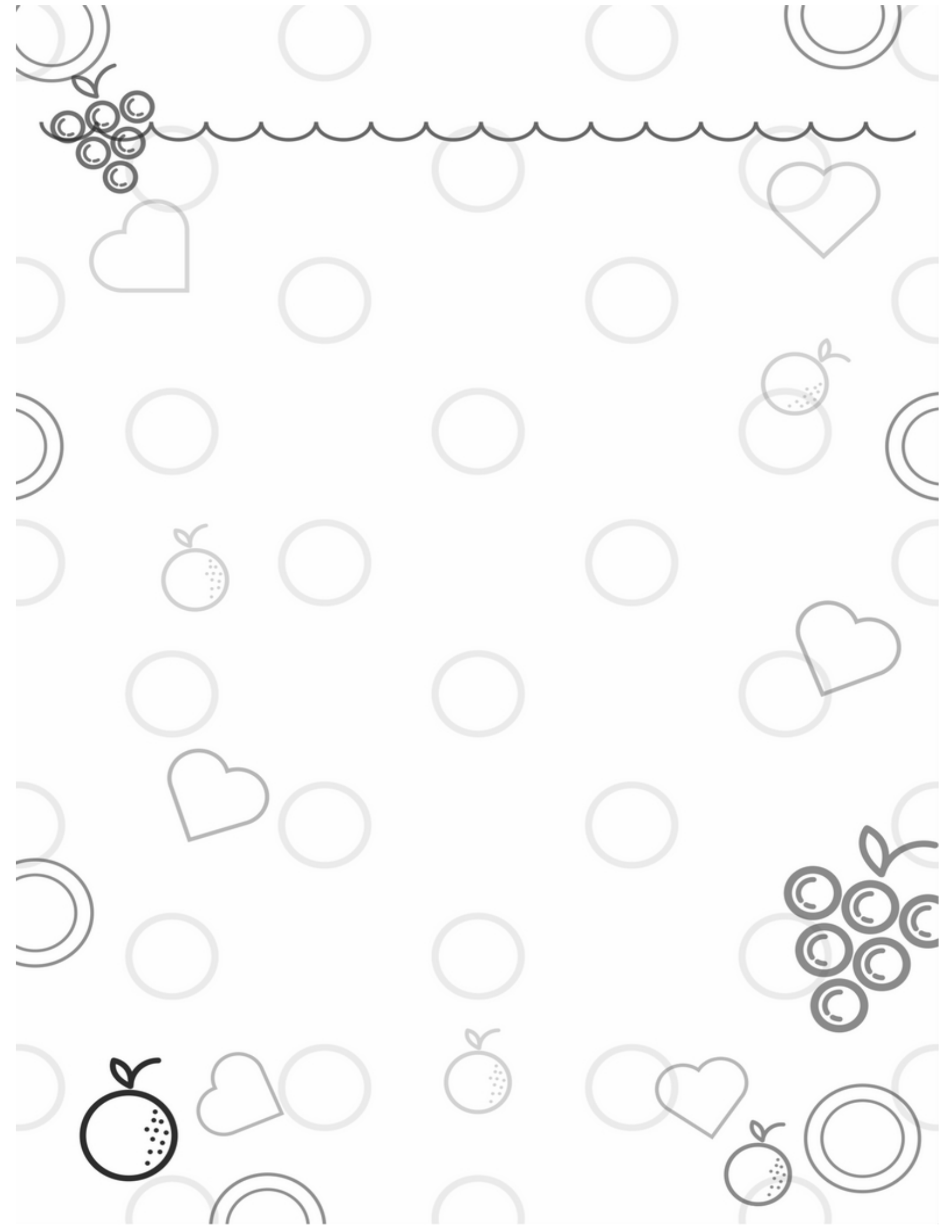
date

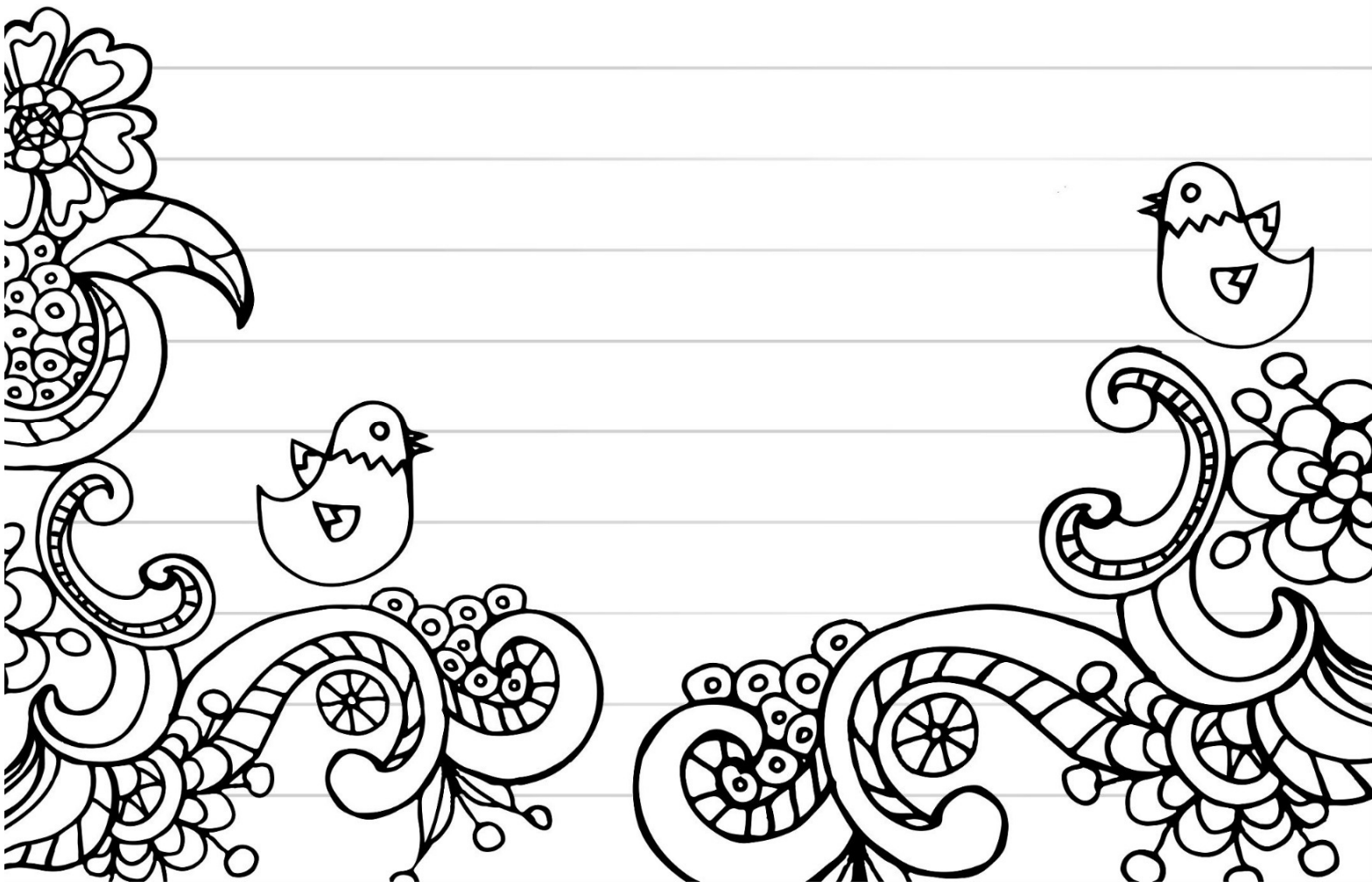
TAKE WHAT'S YOURS - NO APOLOGIES











EFT | TAPPING CHEAT SHEET

THE 9 GAMUTS

Perform the 9 actions while also tapping the Gamut point continuously as shown in the illustration:

When repeating the sequence after the Gamut step; change your chant [or setup language] this time.

For example:

"Even though I still have some of this problem."

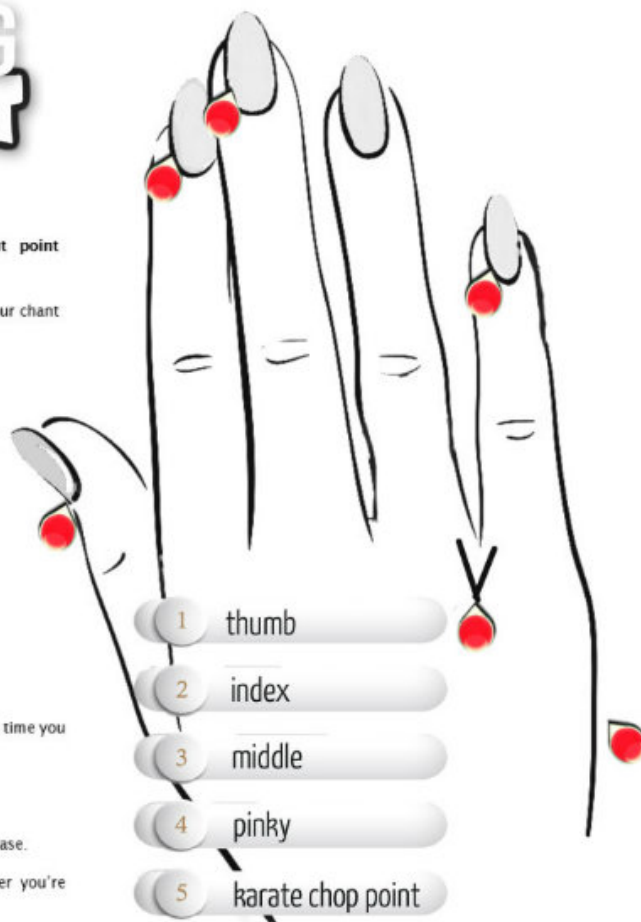
- 1] Eyes open
- 2] Eyes closed
- 3] Eyes hard down right
- 4] Eyes hard down left
- 5] Roll eyes in a circle
- 6] Roll eyes in opposite direction
- 7] Hum 5 seconds of song [Happy Birthday for example]
- 8] Count from 1 - 5
- 9] Hum 5 seconds of a song again

Repeat "The Setup" and then "The Sequence" as above. This time you change your original setup language as follows.

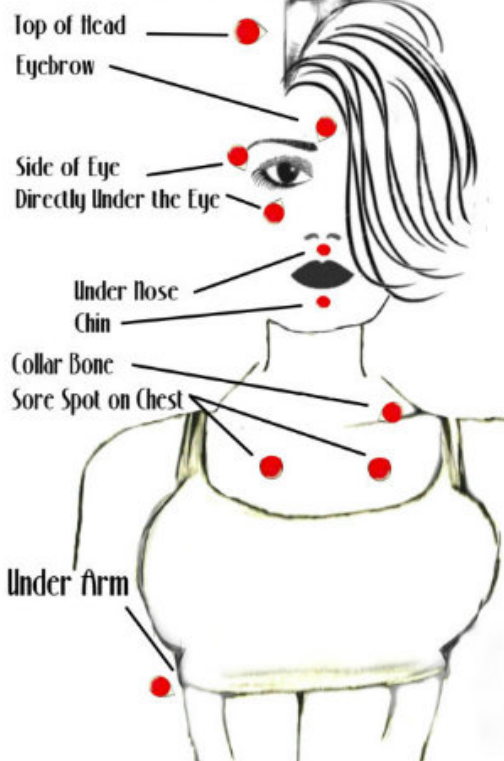
"Even though I still have some of this problem"

...and then use the *"remaining problem"* as a reminder phrase.

Continue this process until your intensity level is a number you're satisfied with.



THE SETUP and SEQUENCE



Rate the intensity level of your problem or pain on a scale of 0 to 10 being the most severe.

THE SETUP:

Repeat out loud [3] times "even though I have this _____[problem]; I deeply and completely accept myself," while continuously rubbing the 'sore spot' or tapping the 'karate chop' point. If you're in your car - you can use the steering wheel. Or if in a store...the handle on the cart.

THE SEQUENCE:

Tap 5 times on each meridian point. Starting with the upper body and ending with your hand.

Re-assess your intensity level.

EFT || TAPPING SCRIPTS

The Universal, Most Often Used EFT Setup

With this setup, you simply fill in the blank with the words describing your problem or issue; from self-esteem to pain.

"Even though I have this _____, I deeply and completely accept myself."

HOWEVER, when using a more specific setup, whatever is directly affecting you...is likely to provide even more benefits and a positive outcome.

For example: instead of saying "the pain of my migraine," say, "the pain behind my left eye."

Being more specific enhances your tapping rounds and session resulting in a more affective "tap," or rather outcome. These scripts can be done while using just the karate chop meridian point, but is much more expansive and often more effective when using the [full EFT exercise](#), especially if your issues are deeply rooted.

So how do you compose a more specific setup?

For some this may come easily and for others it may not. But with a little practice; and the following tips, it eventually becomes effortless.

The easiest way to compose your setup is to imagine you're talking to a friend.

For example: “This pain in my left eye feels like a hot dagger.”

Your setup would sound like this: “Even though this pain in my left eye feels like a hot dagger; I deeply and completely accept myself.”

With all tapping scripts or setups; they begin with “**even though**” and end with “**I deeply and completely accept myself.**” Always, no exceptions.

If being more specific hasn’t helped after 1 or 2 rounds; then it’s probably safe to say you need to reevaluate your setup; is it specific enough? You could possibly be missing the underlying issue at hand and need to change it up again by peeling back the layers and digging a little bit deeper as to what’s ailing you.

No Matter the Setup Phrase You Choose

The purpose of it should:

- Identify the problem and to...
- Accept yourself despite the issue at hand.

Here are just a few more EFT Scripts to use or find inspiration from in creating your own:

For example: When I feel socially anxious I can barely leave my home.

Your setup would sound like this: “Even though I feel socially anxious and don’t want to leave my home, I am safe; and...I deeply and completely accept myself.”

For example: “Driving on highways, with all the tractor trailers, scares the crap out of me.”

Your setup would sound like this: “Even though driving on highways scares me, I’m a good driver and; I deeply and completely accept myself.”

For example: “Each time I eat I get sick because of this diagnosed IBS.”

Your setup would sound like this: “Even though when I eat, I get sick because of this diagnosed IBS, it will pass, and I deeply and completely accept myself.”

**Pay attention if you will to the way I worded “because of this diagnosed IBS.” It’s important whether or not you are performing EFT, or just talking about it to a friend; you should NEVER label your illnesses as “my.” Studies have proven, when a person “owns” their issues by exclaiming them to be “theirs” it’s much more difficult to find relief or be cured from them. Take that ‘possession’ out of the equation by never using “my” as a predecessor. We’ll move on now to a couple more examples unrelated to your health.

For example: “It hurts that I haven’t yet found the love I’ve been looking for.”

Your setup would sound like this: “Even though It hurts that I haven’t found love, I know with patience I will, and; I deeply and completely accept myself.”


For example: “I’m in financial distress and that frightens me for my future.”

Your setup would sound like this: “Even though I’m fearful of my financial future, I’m going to be okay, and; I deeply and completely accept myself.”

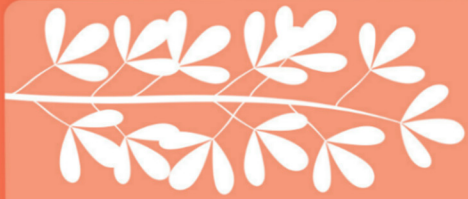
Listen, you don’t have to believe “you’re going to be okay,” when you go into these chants. You really don’t. Miraculously, and because of the effect of these combined actions [of your tapping on the meridian points while simultaneously chanting the script,] will cause a chemical change **AND** begin the re-wiring process within your brain required to be healthy.

For some...and truly believing “they’ll be okay,” will be felt with minutes; while others...may take a couple of rounds of the EFT process. But there’s no denying – EFT has an astounding, unarguable success rate. Before too long, you’ll be feeling much, **much** better – guaranteed! And did I mention...it’s scientifically proven?

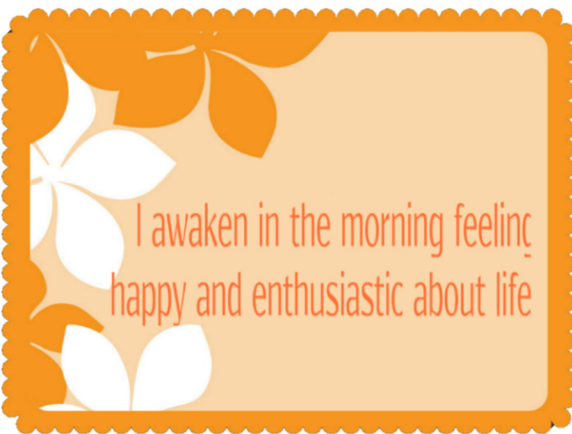
Those who’ve used EFT to help treat their depression have reported great success. EFT goes to the heart of the problem; the energy system in the body that perpetuates the feelings of depression and breaks the patterns between the heart, head and energy or subconscious. But EFT is much more detailed and expansive. To expand your knowledge of EFT/Tapping: [Go here to read more.](#)




I love change and easily adjust
myself to new situations.



Happiness is my birthright. I embrace
happiness as my set point state of being.



I awaken in the morning feeling
happy and enthusiastic about life



I feel joy and
contentment in
this moment
right now.



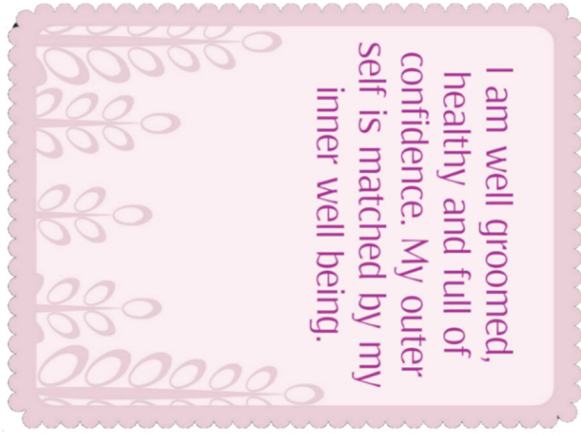
I feel successful with
my life right now, even
as I work toward future
success.



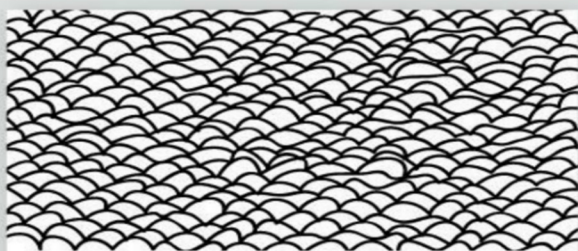
I approve of myself
and love myself deeply
and completely.



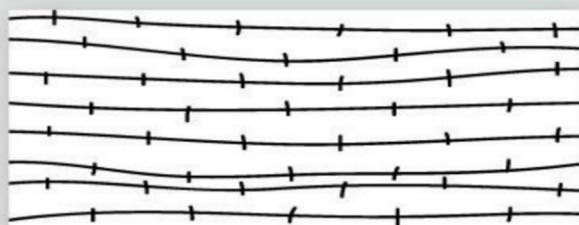
When I breathe;
I inhale confidence
and exhale timidity.



I am well groomed,
healthy and full of
confidence. My outer
self is matched by my
inner well being.



I am unique. I feel
good about being
alive and being me.



I trust myself and
know my inner
wisdom is my
best guide.



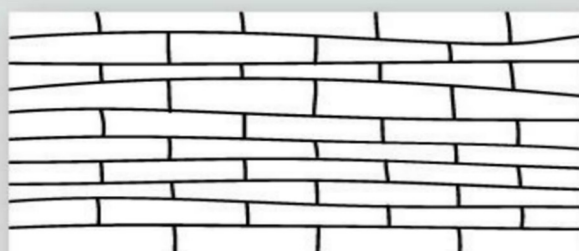
I have integrity.
I am totally reliable.
I do what I say.



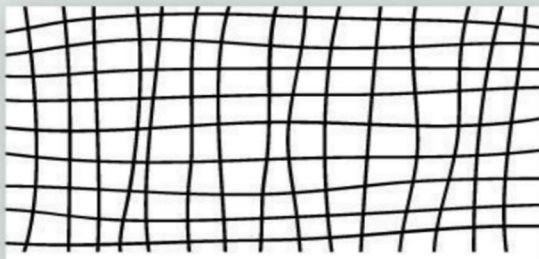
I nourish my body
with healthy food.



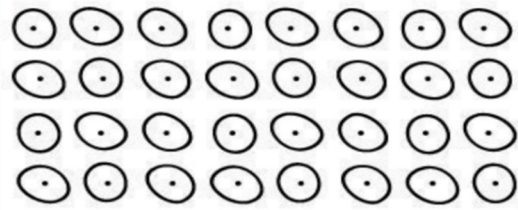
With every breath out,
I release stress in my
body.



I sow the seeds of
peace wherever I go



I surround myself
with peaceful people.



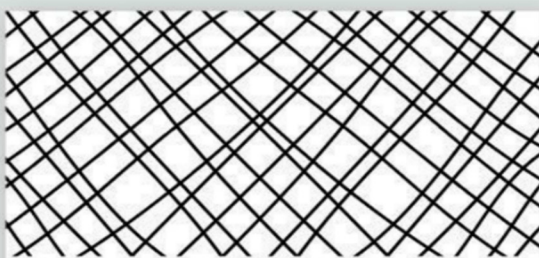
I breath in peace;
I breath out chaos
and disorder.



I am focused
and engaged
in the task at
hand.



I gently and
easily return
to the present
moment.



I observe my
thoughts and
actions without
judging them.



All the muscles
in my body are
releasing and
relaxing.

Don't let depression, anxiety or any comorbidity that may occur because of them, stop you in your tracks; or cut you off at the knees. Do whatever you can to find the things/therapies and lifestyle choices most effective for you.

By arming yourself with an abundance of tools in your Mental Health Toolbox, will make this incredibly difficult journey or time in your life, that much more obtainable and dare I say...easier?

YourAdvoKit has and will continue to provide for you as many resources and tools as possible to help you in what is most often, an exhausting journey. Depending on when you downloaded this publication will be the difference as to how many resources are on the website. Meaning, bookmark and check back often...because I continue to add more and more on a regular basis. Signing up to be notified when new material lands on the site – is a good way to stay updated.

These resources are plentiful and astoundingly therapeutic but I can't make you use them.

Please don't download these tools and then let them sit on your hard drive or float in 'your cloud'. Just like exercising your body for better fitness, you must exercise your mind for better mental health. The good news is; exercising your mind is much less physically exhausting!

Thank you for allowing me into your life and most personal place, your heart too. I'm humbled and blessed to have you as a part of my life and journey as well.

The cover page of this Self Remedial Therapy Workbook is without a monogram; but if you'd like to customize yours with an initial – go [here to download](#).

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YOURADVOKIT.COM

Susan was born and raised in Maryland, USA. She has two sons; both uniquely brilliant in their own right. As heredity, would have it her family came with its challenges... instead of fighting them, she embraced them as they came. Learning to balance, finding tools and resources to make each of our days a little easier. YourAdvoKit was birthed from these experiences and to share what has worked for us...and hopefully to help you and your challenges too.



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