

# 3-Step Process for Psychological Reversal

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## Signs & Symptoms that Psychological Reversal may be present:

- Irritability or low mood
- Feeling disconnected from your emotions
  - Self-sabotage or negative self-talk
- Mental or creative blocks, procrastination
  - Confusion or difficulty focusing
  - Poor coordination or feeling “off”
- Sudden dips in performance or competence
  - Anxiety, panic, or ruminating thoughts



### **Chest Point (Release)**

Using two fingers on your right hand, gently rub the sore spot on the left side of your chest.

Breathe slowly and focus on releasing tension and anxiety.



### **Under Nose (Internal Shift)**

Using the same two fingers, gently tap under your nose.

Repeat: “I am calm, confident, and in control.”



### **Side of Hand (External Shift)**

Tap the side of your left hand, just below the pinky finger.

Repeat: “I am calm, confident, and in control.”

When reversals are treated you are reconnecting the mind (beliefs) and the body (energy) so that you can create positive energy in the previously reversed areas of your life.