		KOMA HOW DO I FEEL NOW? ±10	
		I NAME THE PROBLEM	
		MY INTENTION	
I. I DRAW OUT NEGATIONS (name and exacerbate)	**Present event**	Never cleanse the PE!!!	**1.** Lately, when did it bother me that …..? **2.** How long did it take? **3.** I go to the beginning of the event. **4.** Where am I? **5.** I write down what´s happening from the beginning to the end. PRESENT TENSE!! Further on, is there anything bothering me? **6.** Did I have any unpleasant feelings (emotions, physical feelings) while saying it? What was **THE WORST**? NEGATIVE PROGRAM (negation) – THOUGHT
	Causal event		**1.** When did I experience THE WORST for the first time? When was it? **2.** How long did it take? **3.** I go to the beginning of the event. **4.** Where am I? **5.** I go through the event from the beginning to the end. PRESENT TENSE!! Further on, is there anything else bothering me? **6.** Did I have any unpleasant feelings (emotions, physical feelings) while saying it? What was **THE WORST**? NEGATIVE PROGRAM (negation) – THOUGHT
II. CLEANSING			**7.** I cleanse **THE WORST** and all the other negations that I wrote down.
III. CHECK-UPS	**CE**	**KOPR**	**5.** I go through the event from the beginning to the end. PRESENT TENSE!! **6.** Did I have any unpleasant feelings (emotions, physical feelings) while saying it? What was THE WORST? NEGATIVE PROGRAM (negation) – THOUGHT
		KOMA	How do I feel now? **±10**
		THANKING – (if there is a person in the causal event)	
		KOMA	How do I feel now? **±10**
	PE		I go through the present event – the one I started with. Did I have any unpleasant feelings (emotions, physical feelings) while saying it?
		BUK	I imagine the problem in the future. How do I feel about it in the future? **±10**
		KOMA HOW DO I FEEL NOW? ±10	
		EYES - DATE - COLOR	
		KOMA	HOW DO I FEEL NOW? **±10**