

## **REVERSALS**

**MT: “There are one or more reversals”**

**LIVE/DIE    SICK/HEALTHY**

- 1. I want to get over...(the issue). Also I want to keep some of it.**
- 2. I deserve**
- 3. I give permission or allow myself to**
- 4. It will benefit me to**
- 5. It is possible for me to**
- 6. I feel guilty if I let go of...**
- 7. It is safe to**
- 8. I will do what I have to do**
- 9. I will lose my identity ( I might not recognize myself)**
- 10.I have a unique block in getting over...**
- 11.I use this issue to blame...**
- 12.I receive or give sympathy or empathy...**
- 13.There is a downside to letting go of this**

**Repairing Reversals: Rub sore spots on both sides. “ Even though (name issues) I deeply and completely love and accept myself, honor and respect myself, and forgive myself, for whatever part I may have played in (name the issue) and forgive \_\_\_\_\_ for (name the issue).”**

**\*\*\*If the treatment is not decreasing the SUDS, go through the reversals using the word “completely”.**

**RETEST for reversals MT: “There is one or more reversals”  
I have 100% of this person’s cooperation and healing?**

