



Emotional Unhooking Process

• Identify • Acknowledge • Reset

Developed by Ellie Drew, M.S.

The 3 Essential Keys for Emotional Unhooking – Quick! • Simple! • Effective!

1. **Identify** how you are feeling in the moment. No need for your story, only how you *feel* about your situation.
2. **Acknowledge** how you feel. Doing this process doesn't change the situation, but it does change how your body *reacts* to a situation so that you can make clearer and more appropriate decisions that are not an emotional reaction to the situation. I have found it even more profound to acknowledge all three aspects of the body – body, mind, and emotions. A deeper release happens.
3. **RESET!** The Breath is your RESET! The body doesn't receive the information until you breathe! **This step is CRITICAL!**

EMOTIONAL UNHOOKING PROCESS Basic Instructions

1. **Identify** what you are feeling – anger, frustration, hurt, disappointment, hate, etc. If you have a hard time identifying your feeling use "this feeling" for the next step.
2. **Acknowledge.** Use the **Primary Emotional Unhooking Statement**: "**Body, Mind, and Emotions, I acknowledge you for feeling/thinking _____ . I command and demand my programmable system to keep the wisdom I have gained, and release all pain patterns, perceptions, memories, and stress out of my system, NOW!**" (Say this or something similar with meaning. Your system can't be reprogrammed if it doesn't believe you, so you have to convince it of what you are saying.)
3. **RESET with a 4-Step Breath: Step 1:** Deep breath in through the nose as far as you can and HOLD FOR THE COUNT OF 8. On the in-breath imagine you are unhooking a big golden hook from your solar plexus. **Step 2:** During the HOLD, imagine you are clearing your cellular memory by unhooking little micro-hooks from all over your body, particularly where you feel the most tension. Remember, it is as important to do the breath as to visualize/imagine your clearing. **Step 3:** Release the breath out the mouth with a full body, haaaaaaaaa. Head and shoulders relax down. **Step 4:** Two cleansing breaths, (deeply in through the nose, out through the mouth) without any holding.

NOTE 1: If your throat tightens up at any time on the out-breath, you haven't let go. Force your body to breathe properly even when it's hard! Done properly the hook dissolves, done improperly the emotional hook settles back into the solar plexus. Your body tells you if you are letting go or not, so pay attention to how your body breathes out.

NOTE 2: Evaluate how you feel. If you feel clear with the emotion you worked on, then go to the next "feeling" to clear emotional layers as they surface. If you don't feel clear likely your throat tightened up on you so you need to do it again making sure to do the out breath properly. The key to your freedom is the breath.

NOTE 3: When you are done clearing the layers of a situation, use the Final Clearing Statements found below. You'll feel lighter for doing them.

Template Statements

PRIMARY STATEMENT: "**Body, Mind, and Emotions, I acknowledge you for feeling/thinking _____ . I command and demand (my programmable system) to keep the wisdom I have gained, and release all pain patterns, perceptions, memories, and stress out of my system, NOW!**" (Do the breath work to RESET your system from step 3 above.)

FINAL CLEARING STATEMENTS: (1) "I forgive myself for anything I may have done to contribute to this situation. I forgive anyone else for anything they may have done to contribute to this situation." (Do the breath work to RESET your system!)
(2) If appropriate: "I ask others to forgive me for anything I may have done to contribute to this situation."

OTHER USEFUL CLEARING STATEMENTS (Insert into Primary Statement.):

- 1) I feel I'm not good enough
- 2) I'm afraid of what others will think of me
- 3) I'm afraid of what my parents/spouse or partner/peers will think of me
- 4) I'm afraid of failing (or) I feel I'm a failure
- 5) I don't feel I deserve it