

Emotional Clearing Method Workbook

**A Self Care Guide For
Happier Healthier
Relationships & More
Joy in Your Life**

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Welcome!

This workbook is designed to guide you through my Emotional Clearing Method (ECM), a 5-step process that helps you release stress, emotional blocks, and old patterns to bring you more peace, joy, clarity, self-trust and more. It's best to read through this first and then practice.

You won't need to write inside this workbook —use it as a reusable guide.

I recommend keeping a separate journal to write your reflections, tapping notes, and insights. This way, you can come back to this workbook again and again as your go-to process for emotional and energy healing and clearing.

Why I Created This Workbook

Many people like to process in their own time and might not be ready for 1:1 work. I put this together to give you a taste of how powerful this work can be. My hope is that over time you become your own healer! I've personally experienced how powerful EFT and energy work is for healing anxiety, trauma, and everyday emotional stress which led me to become a healer. This work fascinates me everyday.

As a Trauma Healing Specialist, I've helped many people get to the root of their struggles quickly and release the deep patterns so they feel better faster. I can't wait for you to try it.

This method combines the best of emotional awareness, somatic tools, and spiritual connection.

It works because it addresses healing at multiple levels: physical, emotional, mental, and energetic.

Working with your mind and body together helps you release what's holding you back from fully living a happy life and creating long-lasting change.

What is EFT?

EFT - Emotional Freedom Techniques aka tapping is a proven holistic approach to healing PTSD and trauma. It combines talk therapy and meridian tapping to address what's troubling you. EFT quickly calms the nervous system, rewires emotional patterns, helps embody self acceptance and brings fast relief. It is the foundation of my ECM because it simplifies and shortens your healing process which can seem hard and overwhelming at times.

What is Optimal EFT?

Optimal EFT is the spiritual evolution of tapping—a guided energy healing meditation that works beyond the physical body, similar to Reiki, for deep emotional and energetic transformation. It's a beautiful process I know you'll love.

The 5 Steps of My Emotional Clearing Method (CLEAR)

Step 1: C — Clarity

Ask yourself; what's bothering me right now?

Bring awareness to; a pattern, feeling, or situation that is stressing you out. Where do you feel it in your body? It's ok if you don't know. Is your chest tight, neck tense, heart palpating or are you nauseous? What thoughts or memories come up connected to this?

Rate these feelings; on a scale 0-10. 0=no intensity and 10=crazy intensity. Go with what #'s come up first. This isn't about making it perfect. More guidance is below.

Ask yourself; what is my goal? This is what you test back to, to check your progress.

Step 2: L — Let Go

Use EFT Tapping and/or the Optimal EFT Meditation (examples below) to begin releasing the emotional charge.

Be gentle with yourself. This is about allowing, not forcing your energy to shift.

Step 3: E — Empower

Ask: What do I need right now to feel safe, supported, or stronger?

Make a list of what you are grateful for, have accomplished in your life and what you are proud of. This will help you remember your brilliance. Practice speaking to yourself with love and compassion.

Repeat to yourself: I've got you !

Most of us have an inner child that didn't get the support they needed. Maybe this younger part of you felt disrespected, unheard, unseen, abandoned or left feeling scared or hurt. These parts need you to take over and become their cheerleader so you can encourage yourself when you are triggered, feeling down or second guessing yourself. Speak to these parts with kindness and compassion knowing you can support them now. This is called inner child healing and helps you feel more empowered!

You can tap through the points and have a conversation with these parts to bring in deeper healing. Remember to add in all the positives at the end.

Step 4: A — Activate

Visualize or feel what it would be like to live from this empowered version of yourself. Breathe into it. Take one small inspired action that supports this new way of being.

For example:

Create a routine that includes emotional self care. (that's what this is all about, lol)

Journal in the morning:

- what you are grateful for; a sunny day, good nights sleep, the money or support you have.
- what you are celebrating at the end of each day; a great day at work, you exercised, how new unexpected opportunities came in.

- things you've manifested by a future date; a fabulous trip, romantic partner, a better job.

Write or speak it like you've already got it; infused with emotion and so much gratitude.

For ex: I'm so happy and grateful... I've released XYZ and am feeling so calm and confident.

Then get an accountability buddy to check in with daily to share your struggles, wins and goals. Make it fun and think big!

Try playing with ChatGPT too by plugging in your desires and asking it to create a day in your life and how to achieve it.

Step 5: R — Reinforce

As I mentioned before testing back to how you feel about situations tells you what still needs processing. Don't overlook them.

Use daily practices like journaling, tapping, or meditation to solidify these new thoughts, emotions and energy.

Repetition & consistency are key!

If you've been repeating self criticism, past trauma stories, or how things aren't working, instead of what's possible then you'll need to rewire those patterns. Be patient with yourself.

Your subconscious is always listening, and it's creating your reality. If you worry instead of thinking about what's possible you'll attract more worry. If you feel more gratitude and abundance watch how more of it comes to you.

What reality do you want?

Create affirmations that help you embody more of the feelings you want. Use present or past tense when creating affirmations: I am, I have, I did, I feel, I released....

Such as:

I have vibrant health

I am supported in my relationships

I did finish xyz project

I feel secure in myself

I released my people pleasing patterns

I've created more joy in my life

Simple EFT Tapping Practice

Sit with your situation and notice what is coming up about it.

Journal what it's like for you. Notice your physical, mental, emotional, and energy body.

Rate it separately on a scale from 0 to 10 (0=no intensity, 10=very intense).

Beginner Practice:

As a beginner, simply tap each point while taking a deep focused breath.

You can add words once you're comfortable. Do one round or as many as you need to feel better.

The Basic Tapping Points:

- Karate Chop (side of hand)
- Top of Head
- Start of Eyebrow
- Outer/Corner of Eye
- Under Eye
- Under Nose
- On Chin (under the lip)
- Under Collarbone
- Under Arm (side of chest/ribs)

Next: practice adding words. Follow the tapping points and talk out your situation. Get it all out and keep tapping until you feel a little better. Sometimes time is a factor so do what you can. Allow time to add acceptance phrases, safe words and affirmations.

See below for examples.

The goal is to reduce your intensity rating (0 may be difficult to attain without professional help but even a few numbers lower is progress). Keep testing yourself. The more often you test and tap, the more natural it becomes. This work integrates over time so the more you practice the better you'll feel.

For deeper results, especially for recurring or traumatic patterns, work with a professional who can personalize the process to your thoughts, feelings, and physical symptoms. Results come much faster and can be permanent.

Tapping Script Example:

Starting on the side of the hand and create a setup statement and acceptance phrase. You can vary the acceptance phrase each time but keep the setup the same. Repeat it 3 x so your subconscious knows what your working on.

Setup - “Even though I feel (scared, lonely, sad, angry etc)

Acceptance phrase - I acknowledge how I feel.”

Setup - “Even though I feel (anxious, overwhelmed or embarrassed etc)
Acceptance phrase - nothing bad is happening right now.”

Setup - “Even though I feel (hurt, unworthy or uncomfortable)

Acceptance phrase - I am supported and safe.

Balance what's troubling you with something that matches your theme and is empowering to you. (choose from the list you created in **‘Step 3 - Empower’** above)

Then while tapping each point say the feeling from the setup statement. All this xyz, feeling xyz, this xyz. Keep it simple.

Keep going til you feel a release.

Visit my Youtube channel to view how it's done and see more helpful videos.
<https://youtube.com/@merylhayton4852>

Optimal EFT Meditation for Letting Go

This simple meditation helps you connect with a higher power (whatever that means to you—God, the Universe, Source, Spirit, or Love) to release challenges and receive healing.

Name One Challenge. Start with one thought, feeling, memory, belief, or physical sensation.

For ex: I'm overwhelmed with too much to do, afraid to express my needs or all this tightness in my chest.

Send It. Imagine handing it over to your higher power. Let yourself fully offer it up without needing to fix it.

Ask. Ask for divine guidance, clarity, healing, or resolution. Surrender how or when the shift will happen

Shift to Peace. Now bring to mind a happy or loving memory. Something simple, like petting your cat, laughing with a friend, or being in a place you love.

Feel It. Let your body feel peace, joy, fun, or love. Now add in - imagine the color emerald green (the heart chakra color) filling your chest and surrounding you. This helps clear out what's troubling you.

Practice. Stay in this feeling and energy for 1 minute or more when time allows. If your mind wanders, gently return to the memory and green energy.

Imagine filling up with the feelings and emotions you want. Love, joy, confidence, saying no, feeling safe, more comfortable, satisfied etc...

Repeat Daily. Over time, you'll build a stronger connection to your higher power and intuition and have more emotional resilience.

This workbook is teaching you how to regulate your nervous system, shift your energy, and access inner peace—anytime you need it.

Lastly:

- Celebrate any shifts, even small ones. This is important!
- Track daily practice time with your meditation or tapping.
- Create your own sacred healing space to use everyday that excites you. Decorate it with a vision board, crystals, talisman, or anything that makes you happy.

Reach out with any questions or if you are interested in 1:1 support.

While practicing with any energy work, drink plenty of water and take good care of yourself physically and emotionally. Eat well and get plenty of rest. Listen to what your body needs.

Be your own advocate and seek advice from me or a professional if you are having trouble.

For more inspiration follow me on Facebook, Instagram, LinkedIn or subscribe to my mailing list through my website here

<https://www.merylhayton.com/>

Or, type my name on any platform and you'll find me.

You're doing powerful work. Come back to this method anytime life feels heavy or unclear. The more you use it, the more natural it becomes and the better you'll feel long term.

I believe in you and I see beyond your limitations. Can you?

You've got this.

Sending you so much love,
Meryl