

## PTS(D) SECTION 3 SUMMARY

### What To Do Moving Forward

Now that your month is completed, here are three scenarios for how you likely feel, and advice on what to do next. Make sure you watch the video first though as it offers crucial finer details.

1. If you're still having issues- refer to the section in your Ad On titled: Trouble Shooting, and make any necessary adjustments.
2. If you feel like your problem has calmed down, but still persists in an elevated or not-normal way, also review the Trouble Shooting section in your Ad On, make any necessary adjustments, plus pay particular attention to the SHIFT acronym at the end.
3. If you feel like this worked great, your issue is resolved! But now you want to continue with personal work and use this practice to go to the next level of your development, here are two choices:
  - When you start to feel bad again, which will happen, come back to your 4-Step Art of Fear Method whenever necessary.
  - Or, if you really want to make next level magic happen, engage in your 4-Step Art of Fear Method when NOT in crisis.

Either one, what this looks like is: make these four steps a ritual first thing in the morning, or at night before bedtime, or before any stressful experience, or anytime that works for you.

Close your eyes and do the following:

**Step 1:** Recognize it's normal and natural to feel discomfort

**Step 2:** Body Scan: find the strongest discomfort it is that you feel, in your body: what is it, where do you feel it and how strong is it?

**Step 3:** Notice your resistance to that discomfort, and how strong is it?

**Step 4:** Whatever feels like the bigger problem for you that moment- your resistance, your discomfort, (or if you really want to go deep, the discomfort that lies beneath the discomfort)- and spend a few minutes feeling it, without trying to get rid of it.

**Bonus step:** This is VERY important: also notice the percolation of energy that is found in your discomfort, and the message that it's here to offer you. (i.e. Why has it been trying to get your attention? What does it have to say?) Hint: This is where your PTO (Post Traumatic Opportunity) is found.

When finished, journal about your experience every time, to gain greater insights.

**Bottom line:** Emotional intelligence isn't just going to happen. Tapping into the wisdom that all of life has to offer, isn't just going to happen. You have to be proactive. This shadow practice you've now learned, is one of the best things you can do to notice stuck places, get unstuck, stay unstuck, and evolve over time to living in complete flow with your life. Good luck and enjoy!