



# Discussion & Facilitation Guidelines

## **First, Our Agreements:**

We agree that we will not waste this sacred time together by:

- Complaining, gossiping etc.
- Discussing Politics, Religion and/or Social Issues

As much as possible, please keep the discussion related to the topic from the class.

## **Things to Share**

Take a couple of minutes to introduce yourself following the introduction guidelines that each attendee will adhere to. Yes, please have someone time each attendee for two (2) minutes.

Let the group know:

- Your name and maybe the state in which you live.
- How you know Jan and/or The Overcomers Academy.
- Any previous participation in programs at The Overcomers Academy and/or The EGO Tamer® Academy.
- One or two things about yourself that will be pertinent to the topic and help the conversation go forward.

After each attendee has taken a couple of minutes to introduce themselves, the facilitator will invite discussion and sharing among your group.

1. What were your takeaways/insights?
2. What did you tap on and what were the SUDs numbers?
3. What are you celebrating!
4. What will you commit to working on this week?

Please ensure that as you speak everyone is encouraged to participate. Let's watch for the "Shy Shellies" who don't want to speak and make sure we make extra space and patience for them. Also be aware that if we have a "Chatty Cathy," the Facilitator will moderate the length of their sharing and discussion.

Please note that Jan does not intend to participate in these small group discussions.

The discussion groups will be allotted *up to one (1) hour* after the class. Your group will receive a 10-minute warning before the hour is up. These group discussions will not be recorded. **\*The Zoom call will time out at 9:30 PM so please be aware that if the discussion started later than 8:30 you may not have a full hour for discussion.**



# Discussion & Facilitation Guidelines



August	September	October
<b>8th</b> Orientation Visions & Goals Discussion Groups	<b>5th</b> Student Guided Topic	<b>3rd</b> Student Guided Topic
<b>15th</b> Student Guided Topic	<b>12th</b> Review Visions & Goals	<b>10th</b> Student Guided Topic
<b>22nd</b> Student Guided Topic	<b>19th</b> Student Guided Topic	<b>17th</b> Student Guided Topic
<b>29th</b> Student Guided Topic	<b>26th</b> Student Guided Topic	<b>24th</b> Student Guided Topic



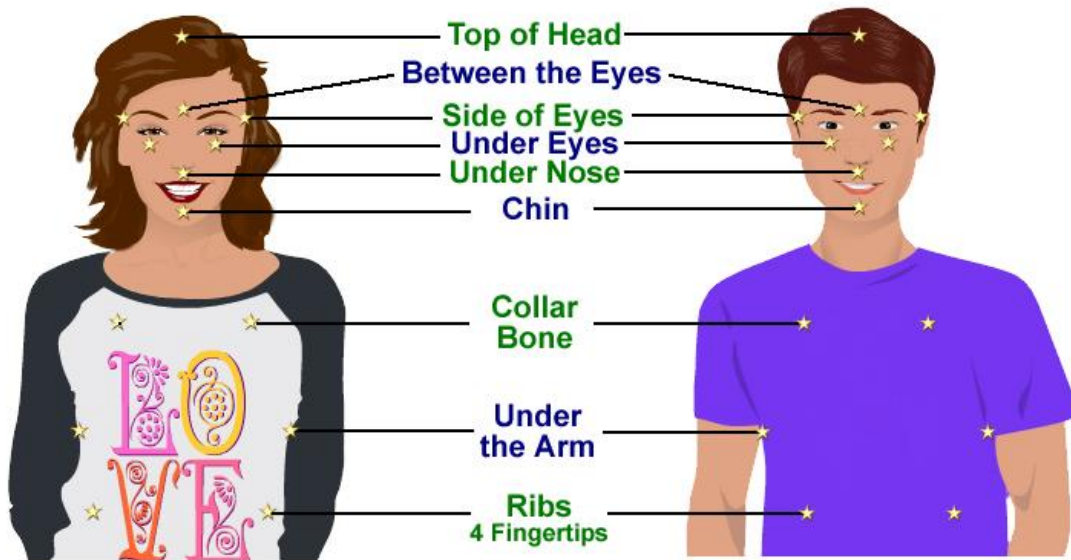
# Discussion & Facilitation Guidelines

## Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



### SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®



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## The EGO Tamer® Tapping Template:

**When:** \_\_\_\_\_ SUDs \_\_\_\_\_

**Where:** \_\_\_\_\_ SUDs \_\_\_\_\_

**Who:** \_\_\_\_\_ SUDs \_\_\_\_\_

**Did/Didn't Say or Do What:** \_\_\_\_\_ SUDs \_\_\_\_\_

**I Saw** (wounds, damage, facial expressions, etc.) SUDs \_\_\_\_\_

**I heard** (dreadful words, voice tones, sirens, etc.) SUDs \_\_\_\_\_

**I felt** (may be many specific emotional thoughts/feelings and may be a specific tactile, physical experiences)

\_\_\_\_\_ SUDs (each one) \_\_\_\_\_

**I could smell:** (rare, but important when it's relevant) SUDs \_\_\_\_\_

**I sensed or had a feeling:** (did you have an intuitive knowing before or in the middle of the experience? Very important to clear; especially when something dreadful happened.)

**Reactions:** (*I felt, thought, began writing a story that . . .*)

\_\_\_\_\_ SUDs \_\_\_\_\_

\_\_\_\_\_ SUDs \_\_\_\_\_

**NOTE:** Reactions will shift with each phrase and round. That's excellent! Write them down and roll with it!

\_\_\_\_\_  
\_\_\_\_\_