



Rehana Webster's

# Trauma Buster Technique™

The Next Generation Treatment  
for Psychological Trauma

## Prepare for your TBT Teleclass

In TBT Teleclasses, we have a limited time with which to work with people, so we request that you do some prep work before we all meet. That way, you'll be ready to go, and we won't have to spend precious class time pinning down the exact 'story' you want to work on.

### 1. Which event or memory?

When you ask yourself these questions, you may get more than one answer. Choose ONE memory or event that still has the most emotional charge on it for you.

What past event do you feel stuck in, can't seem to forget or get away from?

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What past event keeps you from enjoying the present?

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What past event keeps you from having a great future?

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What memory is very painful, or is one you feel angry about?

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What memory smacks you in the face out of the blue?

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What did you see that shocked you?

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What did someone say to you that felt shocking, or like an attack?

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### 2. Choose the most powerful event or memory from the ones you listed above.

Now answer the questions below, and make sure you write them out before your session or teleclass.

If you could tell what the shock-point of your shock/trauma was in 1-3 sentences, what would you say?

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Make a note of exactly where in your body you feel the emotional charge of this story.

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Rate the emotional intensity of your story, memory or event from 1 to 10, 10 being the highest: **NOW:** \_\_\_\_

Rate during your teleclass, after tapping 1x \_\_\_\_ 2x \_\_\_\_ 3x \_\_\_\_ 4x \_\_\_\_ 5x \_\_\_\_ 6x \_\_\_\_ **FINAL:** \_\_\_\_