

MeAN ISSUE WORKSHEET

Name: _____

The idea of this worksheet is to get the score for the intensity of the emotion of each issue to be zero. Some issues have more than one emotion.

| DATE | ISSUE (KEY WORDS) | S B | SET-UP STATEMENT | STATEMENT PHRASE | EMOTION | S A | LIFE SIGNS |
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SB = "Score Before" - Before starting the exercise for each row, provide a SB number (or score) from 0-10 (10 is Worse) representing the Intensity of the Emotion of this Issue;
SA = "Score After" - Write a score that represents the intensity of the Emotion for this issue after completing the exercise for the row. If the SA (After Score) is not zero, then go to the next row and repeat the exercise. Note: the SB (Score Before) for this next row will be the same number in the SA column in the row above it. In other words, the point is to repeat this exercise until your SA (Score After) is zero, so if the first row exercise had a SB of 9 and an SA of 3 after completing the exercise, then the next row has a SB of 3. You can rewrite all the other information in each column onto the next row, or just put a ditto mark to indicate the issue, statement, phrase and emotion are the same until you have repeated the exercise sufficiently to have a SA of 0 (zero). **Multiple Emotions:** If a different emotion surfaces for a particular issue, you will want to write that emotion on another row and do the MeAN exercise for that emotion also. Some issues can have several emotions. For example if the issue is a Lack of Money, the emotions of Loss, Anger, Not Good Enough or any other combinations of emotions or negative thoughts may apply. **Multiple Issues:** If doing an exercise for one issue brings to surface other issues, write those issues in their own row under the "Issue Column" so you will remember to do the MeAN Exercise for each issue. Otherwise, this is like chopping off the branches, but never removing the roots. **Life Signs** – indications in real life that you have cleared this issue. For example, if lack of money is the issue, getting a raise, an inheritance, a new financial opportunity are all Life Signs that your mental and emotions issues about money are gone (cleared). If you continue to have financial challenges, all of your mental and emotional issues are not gone so repeat these exercises until you get to the core emotions/issues. Copyright 2013 Dr. Donna F. Smith frm43.MeAN Exercise Worksheet 012313R010614