

## **Mini Taste of Reducing Fear & Stress During Difficult Times Worksheets**

Hello and welcome. Katrina Davis, from KD's Adventure, is the creator of Mini Taste of Reducing Fear & Stress During Difficult Times.

In this taster there are:

- 2 videos, a welcome intro and the mini tasting of some of the processes used to reduce fear, stress and more in the program.
- Also included are 2 bonuses at the end of this workbook, one is for self-care and other is on forgiveness and walks through more than one process for this.
- Plus, a limited time, discount code

In the full Reducing Fear and Stress During Difficult Times programs, the videos will talk about only one of the processes (what I call tools) in a video. This one I did go over two. Plus let you know about the bonuses included in this workbook & a coupon code for checking this out.

### **To get started:**

1. Read the disclaimer-waiver on the next page
2. Watch the welcome intro videos
3. Watch the mini-taste video
4. Read more about topic in this workbook
5. Follow the easy step-by-step worksheets in this workbook

This will give you an idea of what Reducing Fear & Stress During Difficult Times Program is about.



## Mini Taste of Reducing Fear & Stress During Difficult Times Worksheets

### *Disclaimer-Waiver*

*Before any changes or using anything from this program (including links) and anything else from KD's Adventure or Katrina Davis check with your doctor or medical provider to make sure it's safe for you to do.*

*I'm not a doctor or mental health Provider of any kind.*

*Tapping is also called Emotional Freedom Technique (EFT, Tapping) which can be described as a type of energy work. At this time EFT has not been fully researched in western medical, psychological, educational communities and could be considered experimental and the extent of its effectiveness, risks and benefits are not fully known. **Due to Coronavirus, it's best to skip using face points in tapping.** I provide non-face tapping points to use in this program and include the regular points at the end of the workbook for when it's safer to tap on the face. **Check with your doctor before using points. Use face points at your own risk.***

*When using any content of this program, using links, visiting sites or doing any of the tools or anything else you come across from this, you agree to fully release Katrina L-A Davis and KD's Adventure from any claim and responsibility for harm and/ or injury in any way.*

**By continuing on in this program or anything else from Katrina Davis and KD's Adventure you are agreeing to this disclaimer and waiver.**



# Mini Taste of Reducing Fear & Stress During Difficult Times Worksheets

Each time you have something come up to tap on, write it down. Here are some topics to think about and see if anything comes up to tap on; childhood, past relationships, work issues, stress, what's bugging me in this moment.

## Tapping List

	Check off when done tapping on



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	Check off when done tapping on



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## Unravel Overwhelm and Feel More Peace

Feeling overwhelm isn't enjoyable and sometimes it can be in the midst of a great day and then it sneaks up on you.

Here are three steps to start untangling and dialing down overwhelm.

- 1) **Find a quiet place and start separating the feelings out of the basket** and acknowledge them separately. You can do this in your mind or free write to get it all out on paper in this workbook

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- 2) **Then check in to see if there are any needing action now or soon** and take care of ASAP actions and add others to calendar

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3) **Ask yourself if any need to be tapped** on in this moment and add the rest to your tapping list

When we feel overwhelm there could be something under this. Take time to use the steps to unravel overwhelm and feel more peace. There's a worksheet on this in the workbook.

## Special Bonuses

Two bonuses only in the Mini Taste of Reducing Fear & Stress During Difficult Times:

1. Forgiveness can hold us back in more than one way. Take the time to release the charge of it. When we forgive it opens up room for more peace and joy in our lives.

A few ways are:

♥ Free write reflective Journal about it

Reflective Journal on forgiveness, write or type whatever comes to mind around forgiveness.

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♥ Tap on the feelings that come up with the fill in the blank tapping chart

## KD'S ADVENTURE SIMPLIFIED TAPPING

1. Decide on feeling or event name that's bugging you & put it in the \_\_\_(fill in blank)
2. While tapping on side of hand (Karate Chop) say out loud 3 X: Even though I \_\_\_ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
3. Tap gently on round points 3-5 times each (see below) & repeat 1st phrase out loud on each point. Then tap round points gently & repeat 2<sup>nd</sup> phrase out loud on each point:
  - 1st phrase: This \_\_\_\_\_ (fill in blank feeling or event name)
  - 2nd phrase: This \_\_\_\_\_(fill in blank feeling or event name) I choose to let it go
4. Take 2 deep breaths, repeat if needed

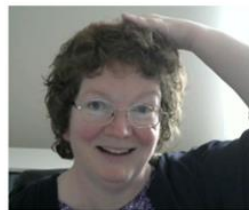
### Round & Other Points to tap on (not on face)

#### Karate Chop Point



Side of Hand

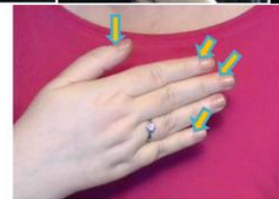
Top of head



Collar bone



Under arm



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♥ Ho'oponopono is a forgiveness practice, say out loud while tapping on karate chop point.

#### Karate Chop Point



- I'm Sorry \_\_\_ (your name)
- Please Forgive Me \_\_\_ (your name)
- Thank You \_\_\_ (your name)
- I Love You \_\_\_\_\_ (your name)



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Ho'oponopono is a powerful practice and it's more powerful with tapping.

The great thing about forgiveness is it creates room for more joy and peace in our lives and heart.

2. Self-Care – **Filling Your Bucket.** If your bucket is dry, empty and/or rusty with holes in the bottom it's difficult to have joy and energy for living. When our bucket is full it lets us be a better parent, partner and friend to self and others.
  - a. Find what fills your bucket
  - b. Write it down
  - c. Do these often
  - d. Add them to calendar with reminders and do them when reminder pops up

Over the next few weeks, pay attention to what fills your bucket and write them down. Each time you think of another, add it to the list.

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**Remember to do them often, you are worth it!**



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## **Mini Taste of Reducing Fear & Stress During Difficult Times Worksheets**

**For checking out the Mini-Taste of Reducing Fear & Stress During  
Difficult Times, here's a limited time 20% off coupon code:**

*LimitedTime20*

**If you liked what you saw in this mini-taste then check out the full program  
& remember to use your coupon code: [Reducing Fear & Stress During  
Difficult Times Program](#)**



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