

Practical 10F process (complete 10F process)

1. Decide which undesirable emotion or belief (or some other mental content) you want to eliminate. Write it down.
2. How strong is that undesirable feeling? (Rate it from -10 to 0, where -10 is the strongest negative feeling and 0 shows that it doesn't exist anymore.) Write it down.
3. What would you like to experience instead of that emotion or belief? Write it down.
4. Going through 10 fingers:

Put the thumb of your left hand at the table in front of you (or your leg, or any other flat surface).

Experience (feel, become aware of) that undesirable emotion. While you have that in your mind, inhale and exhale.

Put the thumb of the right hand at the table.

Feel that **you would like to experience** the desirable feeling (which you identified in point 3) instead. While you have that in your mind, inhale and exhale.

Repeat the same with all remaining fingers. (First the finger of the left hand experiencing negative emotion, and then the finger of the right hand, feeling that you would like to experience the positive emotion you identified in point 3.)

5. Is there something that you could conclude from this process, about that feeling, yourself or the world in general?
6. What is the rating for the negative emotion now?
7. If the negative feeling didn't completely disappear repeat the process with remaining part of the negative feeling.

Notice that although we usually consider that the remaining negative feeling is the same as the one we started with, but with less intensity, it usually isn't so. In most cases some parts of the initial feeling disappear and some specific parts are still there.

Because of that, repeating the 10F process will work better if you define precisely which part of the negative feeling is still there, and do the process with that feeling (usually it won't be exactly the same feeling that you started with).