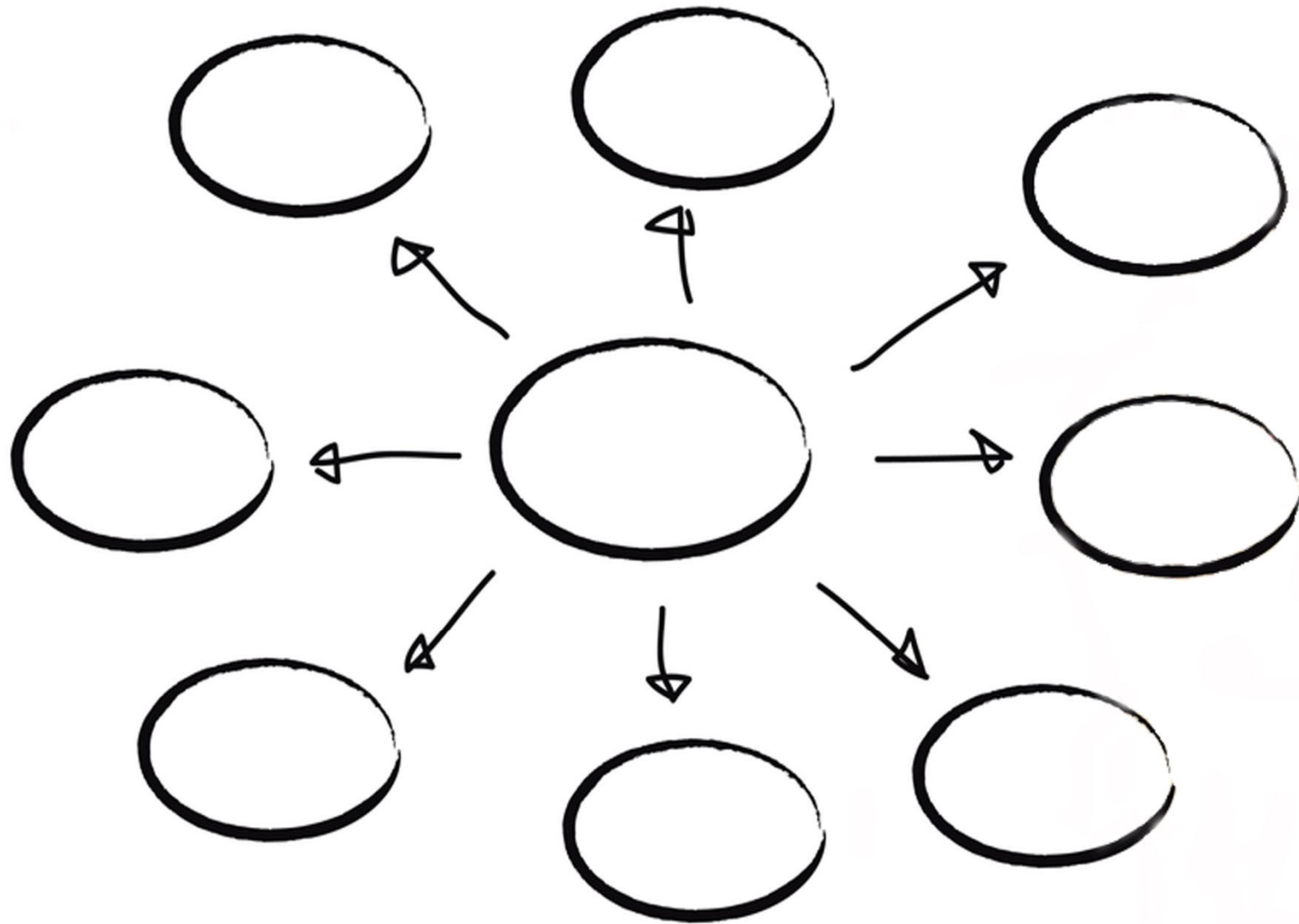


**Identify Issue, Give a 1-10 Intensity, then Tap All the Aspects of the Issue for You (details/stories) to Zero**

(Move any large/complicated Aspect into its own center ring (making it a new Issue) then Tap through all its Aspects)

10 10  
9 9  
8 8  
7 7  
6 6  
5 5  
4 4  
3 3  
2 2  
1 1  
0 0  
10 10  
9 9  
8 8  
7 7  
6 6  
5 5  
4 4  
3 3  
2 2  
1 1  
0 0

10 10  
9 9  
8 8  
7 7  
6 6  
5 5  
4 4  
3 3  
2 2  
1 1  
0 0  
10 10  
9 9  
8 8  
7 7  
6 6  
5 5  
4 4  
3 3  
2 2  
1 1  
0 0



**Title of Issue:** \_\_\_\_\_ **Begin 1-10** \_\_\_\_\_ **End 1-10** \_\_\_\_\_