

STELLAR *Life*

Hosted By *Orion*

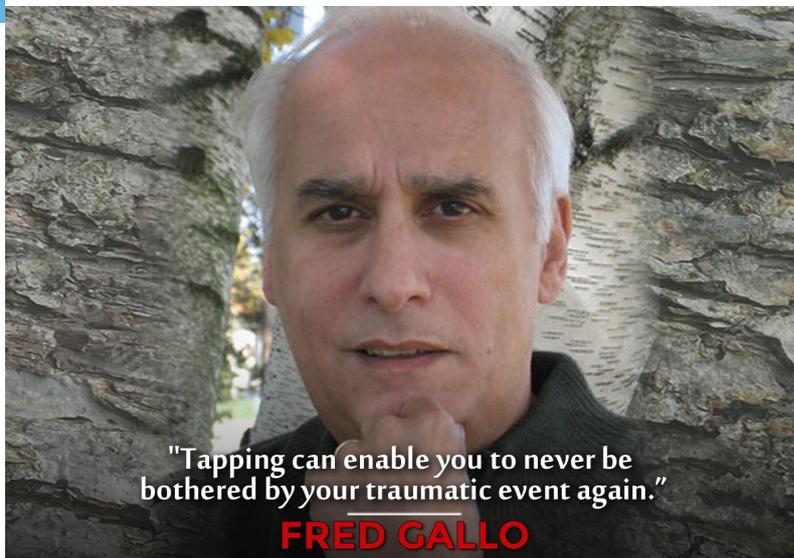
How to Eradicate Fear and PTSD Fast

10 Point Checklist
Fred Gallo

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Tapping can enable you to never be bothered by your traumatic event again."

FRED GALLO

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Ignore the stigma on seeking professional help when you or someone you know feels like they need help managing their mental health. Professionals can help you overcome trauma or PTSD.
- Don't set aside your emotions in the hopes that they will disappear. Admitting that you're struggling with anxiety or depression is the first step.
- Try energy tapping to help you deal with your negative emotions and past trauma. This is a process that involves tapping certain points along the body's energy meridians to influence psychological events.
- Go easy on yourself during your healing process. Take baby steps and keep progressing rather than dealing with everything all at once.
- Keep going and find what works best for you on your healing journey. You don't need to continue working with a doctor if you're not comfortable with them.
- Start from square one by stripping down the layers of your emotions. Find the core problem that keeps you from resolving your negative emotions.
- Regularly tell yourself that you deserve to be happy and have the best things in life. Let that reassurance be your determination to work hard on yourself.
- Practice heart breathing meditation to develop a deeper sense of being. Focus on your heart and breathe slowly and intentionally for a few minutes.
- Find a higher level of psychiatric healing if you feel like you're suffering from a more serious condition because energy tapping isn't the right solution in this case.
- Grab a copy of [Fred Gallo's books](#) to have a deeper understanding and to improve your relationship with your emotions, cognition, behavior, and health.