



The Guild of Energists
Modern Stress Management
Certification Training
Distance Learning MSM DL
Created by Silvia Hartmann

Useful Forms

Table of Contents

The Energy Body Stress Chart.....	3
The SUE Scale.....	4
The Simplified Smilie SUE Scale.....	5
The "Stress To Success Pyramid Model"	6
The Personalised SUE Scale.....	7
The Goal State Chart.....	8
The Stress Wave Chart (The Energy Diary).....	9
The "Who Am I?" Chart.....	10
The "Who Am I?" Chart For Business.....	11
The "Who Am I?" Chart For Health & Beauty.....	12
The "Who Am I?" Chart For Love.....	13
My Warning Signs Of Stress.....	14
My Happiness Activity Chart.....	15
My Love List.....	16
My Inspirational People.....	17
The EFT Tapping Chart.....	18
Heart Power.....	19
My Good Memories Chart.....	20
Aspects of Love: The Full Chart of Positive Energy Remedies.....	21
Aspects of Love: The Core Chart of Positive Energy Remedies.....	22
Create Your Own Chart of Positive Energy Remedies.....	23
The Path From Stress To Success.....	24
Stress Management Products & Services.....	25
Individual Services.....	25
Group Events.....	25
Corporate Events.....	25

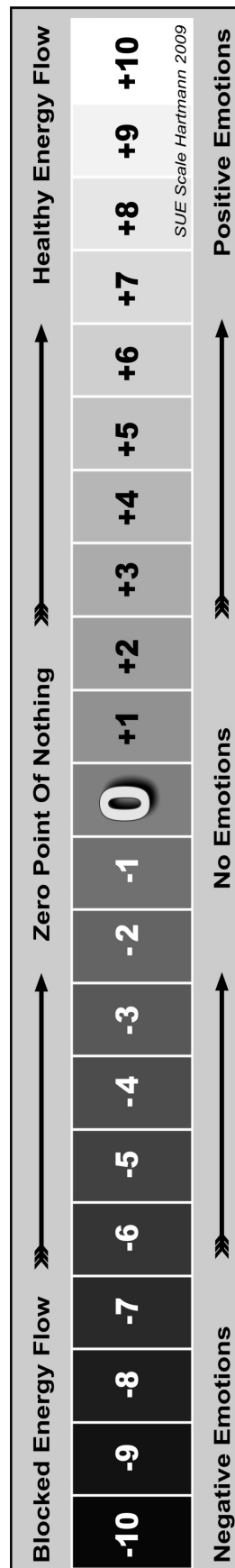
The Energy Body Stress Chart

-10	So much stress damage that the system does not restore itself (catatonia)
- 9	Total stress, absolute system breakdown, complete mental, emotional and physical collapse - nothing is working any longer (epileptic fit)
- 9	Very, very high stress triggers a shut down of the totality (panic attack followed by unconsciousness)
- 8	Very high stress causes extremely severe disturbances (self mutilation, blind rage, "going berserk," "madness")
- 7	Very high stress causing extreme disturbances (extreme temper tantrums, self abuse, schizophrenic metaphors, "crazy ideas")
- 6	High stress causing high disturbances (temper tantrums, high end addictions, illogical thinking, immediate gratification, unstable, highly egocentric)
- 5	Full stress causing the symptoms normally associated with stress (irritability, inability to concentrate, not in control of thoughts and memories, communication failures, inability to enter rapport with another)
- 4	General stress (lapses in ability to control thoughts, emotions and behaviour, lack of long term planning ability, overexcited, overly (...), stubborn, closed mind, impaired communication skills)
- 3	Medium stress (talking, thinking and moving a too fast, trying to do too much, putting in more effort than the situation requires, lack of empathy)
- 2	Low Stress (slight impairment in emotional control, not entirely "clear" on future goals and current situations, impairment in social skills)
- 1	Very low stress (occasional flashes of uninvited thoughts and negative internal representations)
0	No stress (calm, tranquil, peaceful, no action required, resting, relaxing)
+ 1	Very low energy flow (neutral, aware, occasional flashes of positive/interesting internal representations and emotions)
+ 2	Low energy flow (vague sense of potential, hope, feeling like "waking up from a sleep")
+ 3	Medium energy flow (sense of wellness, feeling ok, smiling, beginning to move, enjoying the present)
+ 4	Improving energy flow (breathing deeply, increased body awareness, more movement, feeling good, starting to think about the future, able and willing to communicate freely)
+ 5	General energy flow (feeling wide awake, happy, ready for action, wanting to take action, wanting to interact and communicate)
+ 6	Faster energy flow (feeling exciting physical sensations, more expansive thinking, feeling personally powerful, feeling excited, enjoying communication, high social awareness)
+ 7	Very fast energy flow (re-thinking and re-organising concepts, expanded awareness, feeling powerful positive emotions, feeling alive, feeling love)
+ 8	High energy flow (picking up personal power, feeling delighted, making new decisions, very fast and very logical thinking, high social abilities of rapport and communication)
+ 9	Very high energy flow (delighted, unable to sit still, tingling all over, very excited, joyful, actively loving)
+ 10	Optimal energy flow (enlightenment experience, unconditional love)



EVERY person “improves” in EVERY WAY when we improve the flow of energy through the energy body.

The SUE Scale



The Simplified Smilie SUE Scale

SUE Scale Hartmann 2009

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

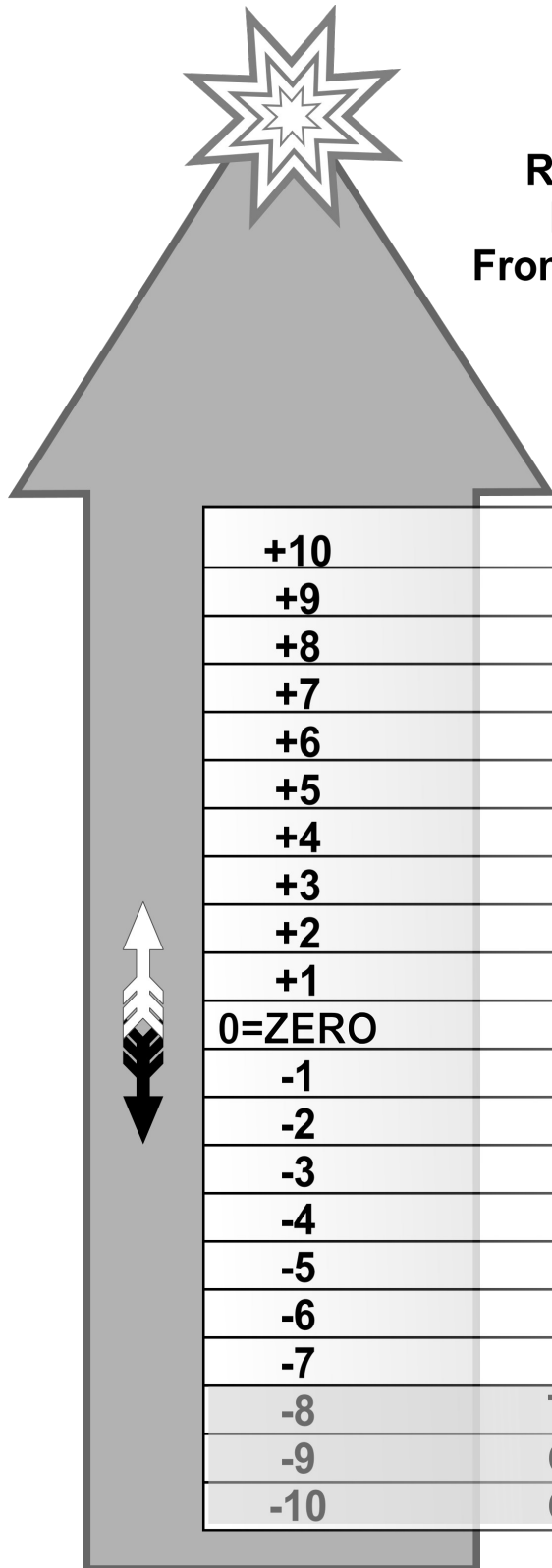
Feeling Bad » **Feeling Nothing** » **Feeling Great!**

The "Stress To Success Pyramid Model"



The Personalised SUE Scale

Write in your own goals, and your own energy experiences according to where you are at.



**Recognising Stress
Reversing Stress
From Stress To Success!**

+10	
+9	
+8	
+7	
+6	
+5	
+4	
+3	
+2	
+1	
0=ZERO	
-1	
-2	
-3	
-4	
-5	
-6	
-7	
-8	Total Freak Out
-9	Collapse
-10	Comatose

The Goal State Chart

Energy Levels	Where you are	What you wish for, what goals you set.
- 8	At your very worst	
- 6, - 7	When you're going mad	
- 4, - 5	When you are very upset	
- 2, - 3	When you are stressed	
- 1 to +1	When you are relaxing	
+2 , + 3	When you are alright	
+ 4, + 5	When you come to life	
+ 6, + 7	When you're switched on	
+ 8 up	At your very best	

The Stress Wave Chart (The Energy Diary)

[illegible]

The "Who Am I?" Chart

Energy Levels	What that's like	What you say/think/feel/know
- 8	At your very worst	
- 6, - 7	When you're going mad	
- 4, - 5	When you are very upset	
- 2, - 3	When you are stressed	
- 1 to +1	When you are relaxing	
+2 , + 3	When you are alright	
+ 4, + 5	When you come to life	
+ 6, + 7	When you're switched on	
+ 8 up	At your very best	

The "Who Am I?" Chart For Business

Energy Levels	What that's like	What you say/think/feel/know
- 8	At your very worst	
- 6, - 7	When you're going mad	
- 4, - 5	When you are very upset	
- 2, - 3	When you are stressed	
- 1 to +1	When you are relaxing	
+2 , + 3	When you are alright	
+ 4, + 5	When you come to life	
+ 6, + 7	When you're switched on	
+ 8 up	At your very best	

The "Who Am I?" Chart For Health & Beauty

Energy Levels	What that's like	What you say/think/feel/know
- 8	At your very worst	
- 6, - 7	When you're going mad	
- 4, - 5	When you are very upset	
- 2, - 3	When you are stressed	
- 1 to +1	When you are relaxing	
+2 , + 3	When you are alright	
+ 4, + 5	When you come to life	
+ 6, + 7	When you're switched on	
+ 8 up	At your very best	

The "Who Am I?" Chart For Love

Energy Levels	What that's like	What you say/think/feel/know
- 8	At your very worst	
- 6, - 7	When you're going mad	
- 4, - 5	When you are very upset	
- 2, - 3	When you are stressed	
- 1 to +1	When you are relaxing	
+2 , + 3	When you are alright	
+ 4, + 5	When you come to life	
+ 6, + 7	When you're switched on	
+ 8 up	At your very best	

My Warning Signs Of Stress

What do you THINK when you are getting stressed (that you NEVER think on a good day)?

-
-
-
-
-
-
-

What do you DO when you are getting stressed (that you would NEVER do on a good day)?

-
-
-
-
-
-
-
-

What do you FEEL when you are getting stressed (that you would NEVER feel on a good day)?

-
-
-
-
-
-
-
-
-

My Love List

In this grid, list that which you love.

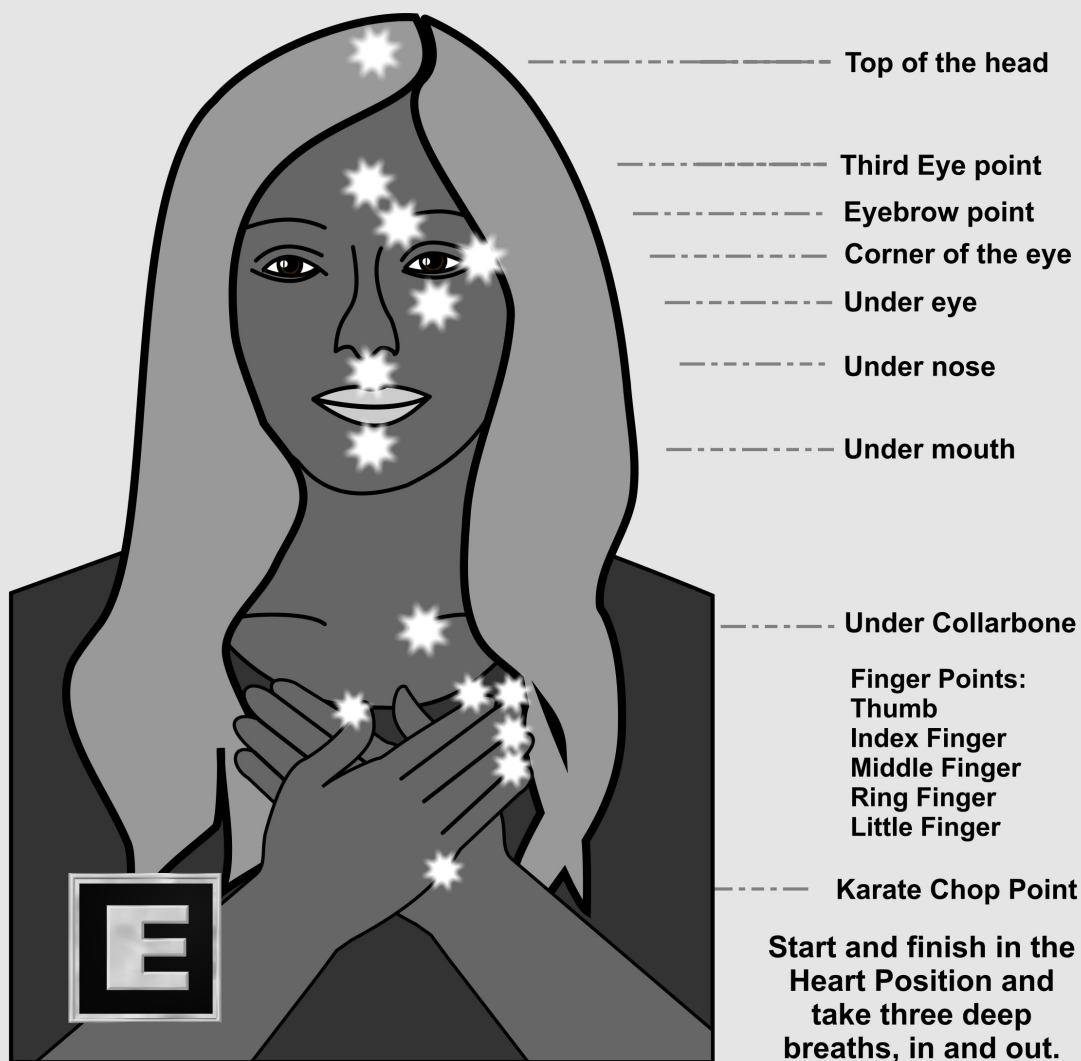
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Who inspires you?

**Please note, these do not all have to be famous or rich people. We are often inspired by people we met along the way, it is a very personal choice.*

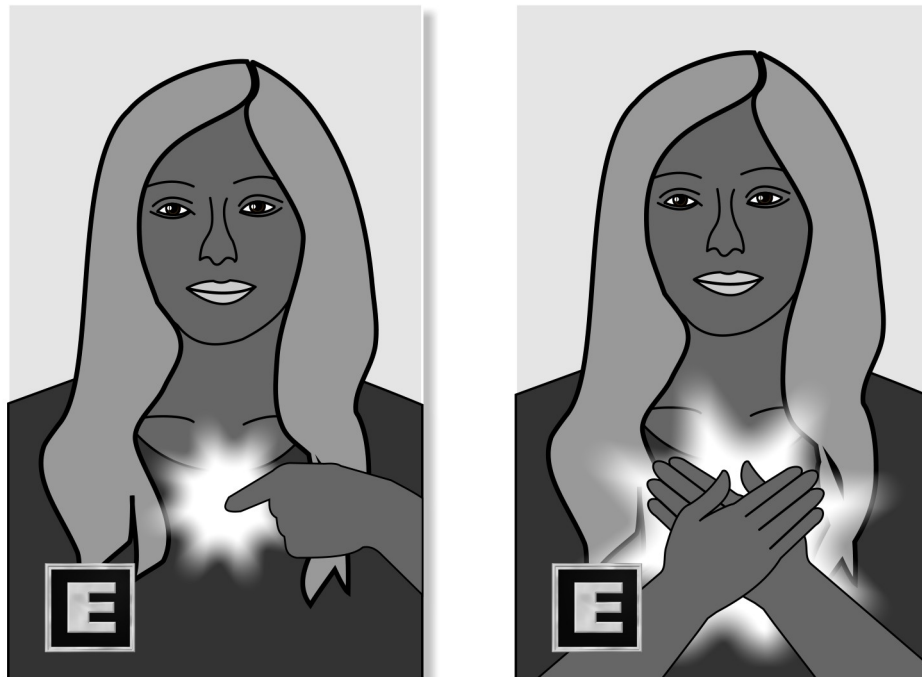
The EFT Tapping Chart

Feel Better With Positive EFT



Energy | Power | Love | Success | Happiness | Luck | Money | Health
Beauty | Strength | Intelligence | Creativity | Joy | Laughter | Lightness

Heart Power



- Point to your chest with your leading hand to find your heart centre.
- Place the palm of your leading hand on that spot, then place the other hand on top.
- This is The Heart Position.
- Notice the sensations of your hands on your chest.
- Take three deep slow breaths, in and out.

Something To Love

In the Heart Position, keep breathing and think of some one or something you really love. Focus on how it makes you feel inside.

Breathe Out Stress, Breathe In Success

In the Heart Position, breathe out your stress on the out breath, and on the in breath, breathe in fresh air and energy.

Here & Now

In the Heart Position, breathe deeply. Note what you can see, hear, feel, scent, taste and how you feel inside (6th Sense).

Use the Heart Position at any time to stabilise yourself, to stop stress from escalating, and to raise energy.

Aspects of Love: The Full Chart of Positive Energy Remedies

Love	Youth	Holy	Home
Wisdom	Wealth	Magic	Lightning
Logic	Play	Creativity	Luck
Wonder	Power	Sanctuary	Strength
Peace	Mystery	Stillness	Sunshine
Mystery	Pride	Tranquillity	Peace
Confidence	Serenity	Union	Freedom
Excitement	Blessings	Rhythm	Harmony
Hope	Vision	Diversity	Beauty
Health	Evolution	Space	Success
Purpose	Satisfaction	Surprise	Grace
Clarity	Resonance	Sex	Time
Lifting	Transformation	Energy	Lightness
Kindness	Tenderness	Inspiration	Treasures
Abundance	Immortality	Joy	Truth
Happiness	Stability	Friends	Romance
Dance	Focus	Gold	Gratitude
Faith	Certainty	Wisdom	Connection
Laughter	Dominion	The Force	Soul
Miracle	Energy	Respect	Luck
Brilliance	Belonging	Expansion	Trust
Easy	Family	Victory	Passion
Leadership	Sensuality	Fortune	Vitality

Aspects of Love: The Core Chart of Positive Energy Remedies

Pick the first one, then the next until all 9 have been done.

Happiness	Health	Success
Luck	Love	Play
Power	Energy	Freedom

Create Your Own Chart of Positive Energy Remedies

Do a new one at least once a month.

The Path From Stress To Success

Use this form to steer you through the creation of a custom stress management program for one, or many.

- **Defining The Context**

What is/are the problems?

- **Modern Stress Information**

Map the problems to the energy chart so the client/s understand how stress has created the problems, and how the problem with change or disappear with higher energy levels.

- **Accurate Stress Assessment**

Get the client/s to start mapping their stress levels to particular problem areas so they can understand the direct relationship between stress and performance with a view to reducing stress and increasing performance.

- **Improving Energy Flow**

Discuss ways in which energy can be raised fast and reliably. Think way beyond EFT please, and always start with the Heart Posture and three deep breaths, in and out!

- **Measuring Improved Performance**

After a certain time has passed, we can discuss how performance has improved, and how we measure this.

- **New Performance Targets**

Set new, more ambitious performance targets. Encourage the client/s to look out for their own new and creative ways to raise energy, improve performance and "make an energy profit" within their own circumstances.

Stress Management Products & Services

Individual Services

- Individual, one-on-one sessions, one at a time, as and when.
- Individual session packages.
- 3 Session package
- 8 Session package
- Ongoing personal modern stress management "coaching style" agreement.

Group Events

- 1 hour Introduction
- 3 hour evening/morning mini-workshop
- 1 day stress management course
- Custom programs by design

Corporate Events

- Personal/executive stress management sessions
- 3 hour introduction training
- 1 day stress management course
- 2 day stress management course
- Custom programs by design.