



Tellington TTouch-for-You®

**An In-Depth 90 Day
Group Training Series**

**Immersion
ONLINE
Interactive**

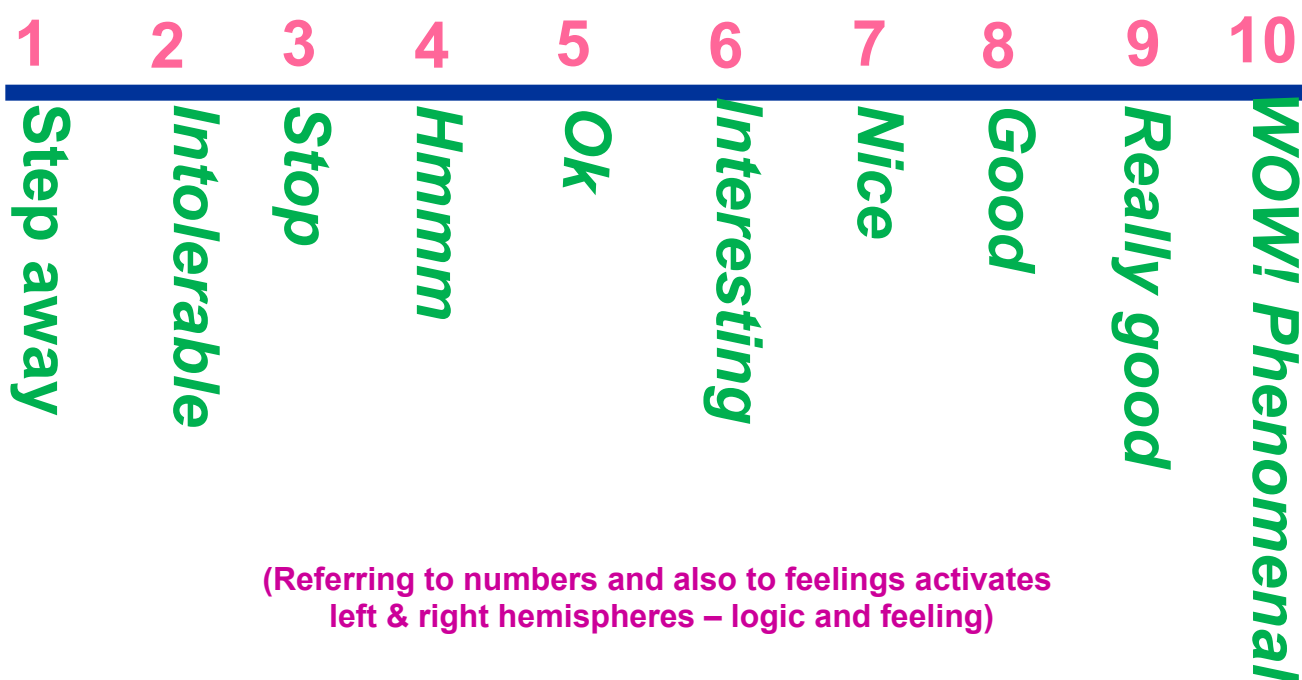
**Creating The World
and
Humanity You Crave**

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TTouch® Empowerment Feedback Scale



(Referring to numbers and also to feelings activates
left & right hemispheres – logic and feeling)

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TTouch® Empowerment Feedback Scale

Purpose:

To encourage the person receiving Tellington TTouch® to choose the most comfortable pressure, tempo and choice of TTouch s/he prefers.

Asking for precise feedback from the recipient develops awareness and a profound trust and connection to their own body. To know that it is ok to say **what** they want and **how** they want to be touched.

In a matter of minutes the recipient is engaged in her/his own process and can guide the practitioner as to the desired pressure, tempo and TTouch.

This feedback process is also invaluable for understanding the nuances of TTouch.

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The Process of Giving Feedback

By eliciting and supporting the recipient's feedback using the Empowerment Feedback Scale, an environment and model of self-respect is created for their own body and it's messages.

For example, if someone says "Hmmm," to let a person know they want something different, but don't know exactly what it is they would rather have. This creates a great opportunity to ask the individual what would be more acceptable...more pressure? ...less pressure?...slower? ...faster? ...longer pause?...a different TTouch?

This respect results in an honoring and deepening of their relationship and connection with themselves that often opens the door for a greater understanding and appreciation of their own gifts and potential for well-being.

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Whole Brain Activation

We use both numbers and feeling descriptions for feedback is because the association of a *number* with a word that describes how **we feel** about the TTouch engages the **whole brain**.

Numbers engage the left side of the brain
- commonly thought to activate **logical** thinking.

A descriptive word of how **we feel** activates the right side,
awakening **intuition** and eliciting a sense of
compassion and empathy.

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The Basic TTouch® Circle



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