



MAY 2022 - SIXTH EDITION

# SIBLINGS OF MURDERED SIBLINGS

*The Unwanted Club*



**We at SOMS thank each and every one of you for your support, love, compassion and participation in our Facebook group and ongoing events. Please let us know how we can help. We are all in this Unwanted Club together.**

## *Birthdays*

MAY 1 - AMANDA EDMUNDS' SISTER, MARISSA  
MAY 7 - ALIYAH TUCKER'S BROTHER, ANTONIO  
MAY 10 - JOANN KOEHN'S NEPHEW, CLAY  
MAY 15 - KRIS KAMERMAN'S BROTHER, ABE  
MAY 15 - SARA HARMON'S SISTER, LORA  
MAY 16 - MICHELLE JOSLIN MYERS' SISTER, MONA  
MAY 17 - TIFFANY WILLIAMS' BROTHER, PATRICK  
MAY 19 - DAWN BELVILLE'S SISTER, JERRI  
MAY 21 - NICOLE OPHAUG'S SISTER, LYNETTE  
MAY 28 - KAYLA SWENDER'S SISTER, TIFFANY  
MAY 28 - ALEXANDRA BARRY'S BROTHER, JAMES  
MAY 28 - ASHLEE CANDELLO'S BROTHER, BAILEE  
MAY 29 - LYNDA PFEIFER WILSON'S BROTHER, ROBBY  
MAY 31 - MIRANDA KING'S BROTHER, TRISTAN  
MAY 31 - ROCHELLE JOHNSON'S BROTHER, KEITH  
MAY 31 - AMANDA ROSE'S BROTHER, DAVID

## *Angelversaries*

MAY 1 - ELIZABETH BELL'S SISTER, HEATHER  
MAY 4 - LAURIE URIAS' SISTER, BRITTANY  
MAY 6 - MELISSA DIRIENZO'S BROTHER, BRAD (AND HIS BEST FRIEND, MIKE)  
MAY 6 - HEATHER DAUENHAUER'S BROTHER, BRAD  
MAY 7 - SARA HARMON'S SISTER, LORA  
MAY 11 - SARAH SANCHEZ'S BROTHER, RON  
MAY 13 - FRANCES JEANETTE LONG'S BROTHER, THOMAS  
MAY 13 - SUSAN ISLEY'S SON, THOMAS, JR.  
MAY 17 - STEFANIE ECKLES' BROTHER, IAN  
MAY 17 - KAYLA SCHAAF'S SISTER, CARLY  
MAY 18 - AMY FINCO'S SISTER, KAYLA  
MAY 19 - ALEX ESTRADA'S BROTHER  
MAY 21 - DAMIR AMANDA PAGE'S SISTER  
MAY 21 - SAMANTHA LEVINE'S BROTHER-IN-LAW, KYLE  
MAY 29 - CHASITY NONYA'S BROTHER, CHAD  
MAY 30 - EUGENE SCARDIFIELD'S BROTHER, MICHAEL  
MAY 30 - NICKKY WISE NEFF'S BROTHER, ALEXANDER  
MAY 30 - REBECCA DOBNEY'S BROTHER, STEPHEN  
MAY 31 - AUSTIN SLOAN'S SISTER, KENNEDY  
MAY 31 - ROCHELLE JOHNSON'S BROTHER, KEITH

## **NEW AND/OR UPCOMING ITEMS ON OUR WEBSITE:**

- *Testimonial Page (submit your testimony of how SOMS has helped you in your journey)*
- *Unsolved Murders*
- *Restorative Justice Reflections*
- *We have new items in our store!*

## **SOMS Care Packages**

If you have an upcoming hearing or trial date, we offer a care package filled with essentials you may need for the day. Please go to our website for details and to apply!

<https://siblingsofmurderedsiblings.org/survivors-care-package/>

If you would like to donate toward Care Packages for other families, please go to:

<https://donorbox.org/somscarepackages>



# Happy 27th Birthday James

Happy Birthday to my baby brother, James. He would have been 27 this month had his life not been taken away by violence. Later this year, it will be James's 6th Angelversary. Hard to believe it's been 6 years. My brother is who brought us all together, and I want the world to know that my brother is a hero. A part of me believes that the offender was going to kill Jeff that night, too, and my brother made sure that didn't happen because that was the type of person my brother was: a selfless person with a heart full of gold. One day, I pray I seek the truth because we only learn so much from the trial. It's still hard for me to grasp that my brother is a victim of domestic violence. Like, who would want to harm him? He didn't have any enemies. He was loved by everyone. A woman's scorn is what killed him. Ill will, hatred and lack of self-control. Most likely a sociopath. Sometimes I still feel like I failed him by not protecting him from this girl.

Make no mistake, there were serious red flags prior to the murder happening. We never thought it would have gotten to this point. The reality is, murder can happen to anyone. It doesn't matter your social or economical status. It could be your spouse, neighbor or a complete stranger who could cause grave harm.

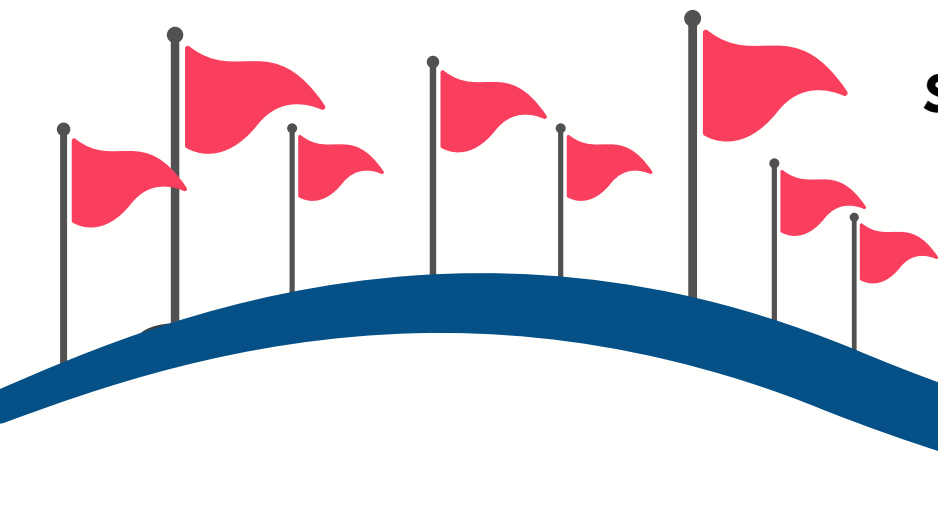
My best advice is to acknowledge and address the red flags in a person's behavior.

Some of the red flags the offender had, looking back, were the following:





**Little to no social circle**  
**Suicidal thoughts**  
**Having multiple personalities**  
**Dark profiles and names (EX: Hell Raiser)**  
**Extremely quiet**  
**Couldn't hold employment**  
**Dropped out and got GED**  
**Her mother begging my brother to stay in the relationship during the first breakup**



**Killed animals**  
**Spoke very soft & quiet tone**  
**Self harm**  
**Emotionally unstable**  
**No remorse**  
**No regard for others**

Now I'm not saying all quiet people are dangerous, but she was extremely quiet. They do say the quieter the deadlier. In our case, yes, this was true. I just wish we could go back in time and address the episodes that transpired with her, and perhaps get her the help she needed and prevented my brother's murder in the first place. Her hatred towards his friend, Jeff, should have been addressed and handled right when it started. That is another reason why I choose to learn and embrace restorative justice because that is something that helps take away that hatred we have for people who have caused us extreme harm. I thought I knew hatred before my brother's murder. It wasn't until after his homicide I began to know and understand what hatred was, and I know it will kill me if I let it manifest.





## **IN MEMORY OF CARLY SCHAAF**

*By Kayla Schaaf*

I've finally gotten the courage to face the fact that I need to be a part of some support groups to help with my grieving. So now I'm here to share my story.

Last year, May 17th, my world changed. I was on vacation in New York City when my parents called me to tell me my sister is missing. When I came back from New York, she still wasn't found for another 2 weeks, until they finally found a body at a lake in my hometown. Someone took my baby sister and hid her body at a lake, covered, so no one can find her. But thank God for technology. Nowadays, they have digital evidence to locate my sister.

These people that did this to my sister were arrested four days before they found my sister. Me and my family thought they were the ones this whole time, and it turned out it was them. Investigators were trying to keep us in the loop, but they couldn't because they were putting a case together.

Thank God, six months later, they had enough evidence to press charges for one male suspect that was already in custody [for] first degree murder, kidnapping and three counts of sexual assault. They also charged his girlfriend [with] accessory to murder and kidnapping.

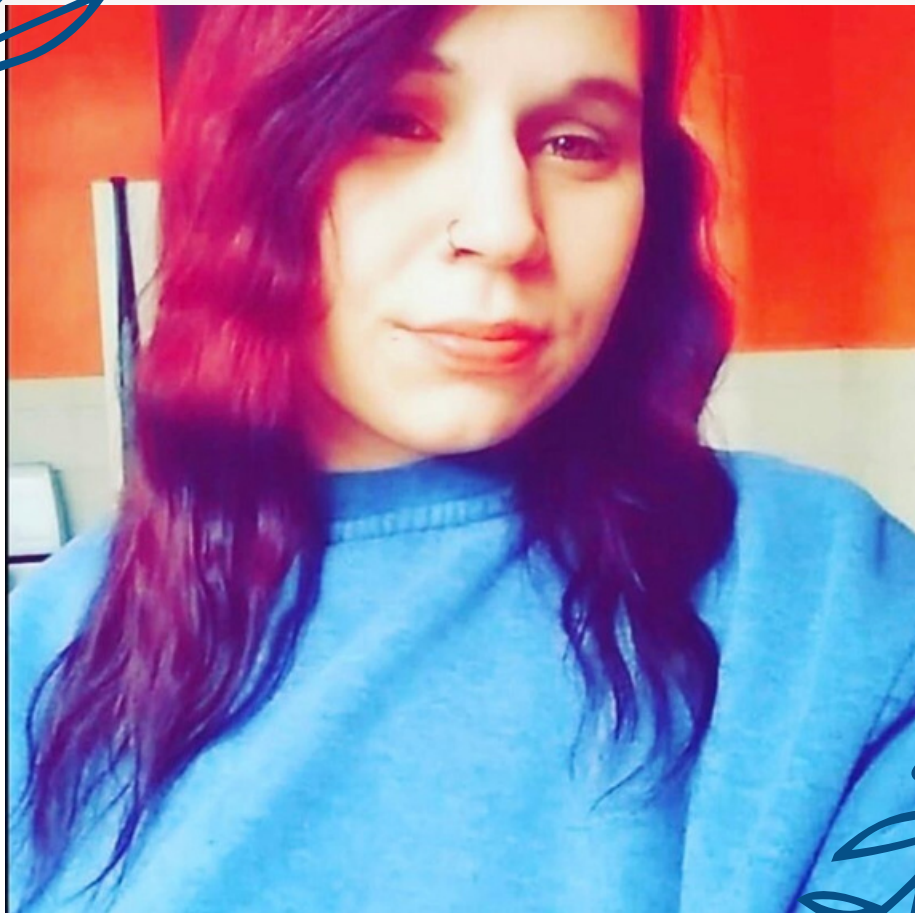
I've always grown up watching crime shows, and never thought this would be me living what I saw on TV. Bad things do happen in this world, and no family or friend or anyone should ever have to go through this.



I know [the] court system takes forever, but these people have to go through their federal charges first before facing my sister's case. I just wish they can speed up this process, especially with all the evidence they have.

As that is said, I don't want to always remember every day the details I read of what happened to my sister, but I want her to be remembered for how beautiful and adventurous her soul truly was.

This is Carly Schaaf. She was only 23 years old, my only sister I will ever have, now taken from me forever.





## **IN MEMORY OF ALEXANDER JAMES "AJ" WISE**

*By Nicky Wise-Neff*

It was late at night on May 30, 2019, when there was a knock at my front door. I opened the door to find a police officer standing at my door. I will never forget him asking me if I had a brother named Alexander Wise who was currently being detained in Bexar County Jail in San Antonio, Texas. I said "Yes, I do." The officer said that he was sorry to inform me, but my brother had died while in jail. He said he had no details, only that I should call the Texas Rangers to get information. I remember falling to the floor screaming "No!!", and my daughter getting down on the floor beside me, sobbing. The officer asked me if anyone else was here with me, and I said my boyfriend was. I went to go get him, and the officer left before I even got back to the kitchen. I remember him saying that he hated doing calls like this.

I called the Texas Rangers, and was informed that my brother had been moved into a different cell due to an incident he was involved in where he was currently residing in. The cellmate they put him in with murdered my brother within 4 hours of them being together. My brother, Alexander, was in jail on fraud, drug possession, and theft. He had been there since the beginning of February without a court date. He was never arraigned, he never saw a judge, never got out on bail, never made it out alive. The individual they put him into a cell with was there on a charge of homicide for beating a man to death. Prior to my brother being put into a cell with this individual, this individual had attacked both an inmate and a guard without provocation; yet, the jail still thought it was a good idea to put a cellmate in with him. During a prior stay in Bexar County Jail, Alexander had gotten tattooed with Aryan Brotherhood tattoos and was involved with them during his prior stay to ensure his protection while in jail. Bexar County Jail is no joke. It is not a safe place by any means.



The individual they placed Alexander in a cell with happened to be an African-American man. Alexander no longer had any affiliation with the Aryan Brotherhood, and had tried his best to have the tattoos covered up. Unfortunately, that wasn't enough to save his life. This man beat Alexander to death in the same manner he had committed his previous homicide. He then wrote on the wall in my brother's blood, and then laid down and went to sleep on his bunk. The guards didn't notice anything was wrong until they saw Alexander's blood pooling out from under the door.

The individual who murdered my brother was recently deemed incompetent to stand trial, and was remanded to the state hospital. However, there is a two-year waiting list to get into the state hospital, so in the meantime, he will remain at Bexar County Jail committing continued acts of violence against guards and fellow inmates. It doesn't matter how long it takes, I will always stand up and be my brother's voice and make sure that he is heard. I miss him immensely, and my kids miss him immensely. He was my baby brother and I loved him more than anyone can imagine.

Alexander James "AJ" Wise

February 9, 1990 - May 30, 2019

#justiceforalexander #justiceforhomicidevictims #mybrotherskeeper #forever29



# SOCIO PATHS

- Breaking the law
- Physical aggression
- Manipulation of other people for personal gain
- Anger and hostility
- Unpredictable mood swings
- Impulsive behaviors
- Chaotic and dramatic life
- The exploitation of other people
- Irresponsibility
- No guilt or remorse



# SOCIOPATH

# TYPES

## **General Sociopath**

Common sociopaths are considered to make up the majority of those who have sociopathic or antisocial personality disorders. They appear to have no sense of moral compass and are generally very manipulative, especially if they believe their behavior can cause them personal gain.

## **The Disempathetic Sociopath**

Disempathetic sociopaths may feel emotional connections with a select group of people such as close friends or family members. People who are not part of a disempathetic sociopath's inner circle are typically regarded as objects to achieve some self-serving purpose. While they understand what empathy is, they are not likely to show empathy or concern for anyone outside their inner circle. Even those with whom a disempathetic sociopath appears to have a close relationship may have limited response or feelings of true concern directed to them.

## **The Disaffiliated Sociopath**

A person who is a disaffiliated sociopath exhibits an extreme inability to connect with others, which generally affects every aspect of their life. Some mental health professionals believe that a lack of nurturing from a caregiver as an infant and young child contributes to the seriousness of this type of sociopathy.

## **The Hostile Sociopath**

While not all sociopaths exhibit aggression or violence, the hostile sociopath seems to be angry most of the time. Their feelings of rejection from others often contribute to the level of anger, aggression or violence they exhibit.

# PSYCHO PATH

- Socially irresponsible behavior
- Disregarding or violating the rights of others
- Inability to distinguish between right and wrong
- Difficulty with showing remorse or empathy
- Tendency to lie often
- Manipulating and hurting others
- Recurring problems with the law
- General disregard towards safety and responsibility
- Tendency to take risks
- Reckless behavior
- Lack deep emotional connections
- Have a superficial charm about them
- Can be very aggressive and get very angry
- Don't care if they hurt someone
- Are impulsive and abusive, and lack remorse

# PSYCOPATH

# TYPES

## **The Hyperthymic Psychopath**

This type is usually happy, active, and impulsive. They are argumentative and likeable frauds who tend to swindle, cheat, and get involved in minor transgressions.

## **The Depressive Psychopath**

This type tends to be brooding and moody, though it isn't always easy to recognize since they hide what they feel. For some, their primary emotion is melancholy, while for others it's irritation or paranoia. This type and the hyperthymic type often suffer from alcoholism. People with paranoid depression can be extremely insensitive.

## **The Insecure or Self-Distrusting Psychopath**

Within this group, there are two types: sensitive and obsessive-compulsive. The first type are very impressionable but they have a hard time expressing their emotions. On the other hand, obsessive-compulsive psychopaths turn their insecurities into obsessions. They can be very inflexible. While people in this category often seem "strange" and even "suspicious", they rarely commit crimes.

## **The Fanatic Psychopath**

This type place an inordinate value on a group of ideas and live that out with great emotional intensity. Some are passive fanatics and some are fighting fanatics. You usually see this typology more often in mature men and women. They might commit minor crimes based on their convictions but they usually limit themselves to doing things that cause social disturbances.

# PSYCOPATH

# TYPES

## **The Attention-Seeking Psychopath**

The distinctive trait of this type is vanity. They're always pretending to be more than they are (to themselves and others). They tell deliberate lies and people believe them. They also fake their emotions, which makes it impossible to form relationships with other people. They don't know how to love. There are some subcategories. We have eccentrics (those who get attention with strange actions), show-offs (those who constantly brag), and liars (those who organize structured fantasies to deceive others).

## **The Labile Psychopath**

It's easy to confuse this type with the depressive type. In this case, however, the individual has episodes of intense sadness or moodiness that start and stop suddenly. Labile psychopaths are often addicts and might commit occasional emotional crimes. This type is exclusive of younger or very old people.

## **The Explosive Psychopath**

This type have a violent spirit and even insignificant situations can set them off. Most explosive psychopaths are women under 50. They get involved in crimes of all types. They're disobedient, rebellious, and a bad influence on others. They tend to be childish, underdeveloped, and have very little self-control.

# PSYCOPATH

# TYPES

## **The Affectionless Psychopath**

This is the height of psychopathy. Affectionless psychopaths lack compassion, shame, embarrassment, or a sense of guilt. Their main trait is very low self-awareness levels. They tend to be sullen, cold, and antisocial. People in this category commit all kinds of crimes, including crimes involving brutality. That being said, there are a good number who, in spite of their lack of scruples, manage not to break the law.

## **The Weak-Willed Psychopath**

This type is easy to influence and open to all types of stimuli. They're nice and reasonable, but inconsistent and moldable. Individuals in this category often involve themselves in robbery, embezzlement, fraud, and prostitution. They might commit crimes because of the social pressure in their social group. Weak-willed psychopaths are usually young people.

## **The Asthenic Psychopath**

Some asthenias (weakness) are physical and others are mental. In both cases, the individual with asthenia is keeping a close watch on the body and the mind. Also, in both cases, they might start to feel very strange in their own company. They can suffer from imaginary disorders such as hypervigilance. They rarely commit crimes. Instead, they're seen frequently in the hospital.



April 29-May 5, 2022 is National Week of Action for Missing and Murdered Indigenous Women, with May 5th being the National Day to honor Missing and Murdered Indigenous Women and Girls.

The total number of MMIW in the US is unknown because federal databases do not contain comprehensive national data from Tribal, state, and local law enforcement entities.

Indigenous women are disproportionately victimized by gender-based violence, and these high rates are contributing to the crisis of missing and murdered Indigenous women and girls. In the US overall, four out of five Indigenous women (or 80 percent) of all Native women have been victimized by violence in their lifetime. Half of Indigenous women have been sexually abused, assaulted, or raped in their lifetime. The majority of Indigenous women are targeted and harmed by non-Indian, non-Indigenous perpetrators.

The Family Violence Prevention and Services Act (FVPSA) is the only federal funding source supporting immediate shelter and supportive services, and is the primary source of funding for these services for federally-recognized American Indian and Alaskan Native Tribes. FVPSA mandates that “not less than 10 percent” of the annual appropriation shall be used to support Indian tribes to achieve the purposes of the legislation. However, the critical needs of survivors continue to outpace FVPSA-funded services’ capacity and reach, particularly in Tribal communities where Native women face a disproportionate rate of domestic violence. Currently, fewer than half of all federally-recognized Tribes receive FVPSA funding.

We must call on the Senate to enact meaningful change through S.1275 to reauthorize FVPSA with the crucial Tribal improvements. To take action, send a letter to your Senator and share this campaign until the Senate passes S.1275: <https://niwrc.quorum.us/campaign/35530/>

Savanna’s Act is named after Savanna LaFontaine-Greywind, a member of the Spirit Lake Nation of North Dakota, who was murdered in August 2017 while she was eight months pregnant. She was 22 years old. Here is a link to more information on Savanna’s Act: <https://www.niwrc.org/resources/fact-sheet/savannas-act>

The Not Invisible Act of 2019 (NIA) complements Savanna’s Act; its purpose is to identify and combat violent crime within Indian lands and against Indians through the creation of a joint commission. Here is a link to more information on the Not Invisible Act: <https://www.niwrc.org/resources/fact-sheet/not-invisible-act>

**TOGETHER**  
for Mental Health



**#Together4MH**

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

[nami.org/mentalhealthmonth](https://nami.org/mentalhealthmonth)

May is Mental Health Awareness Month, and this year's theme is "Together for Mental Health." Mental Health Awareness Month has been observed in the US since 1949. There are a few key initiatives that NAMI (National Alliance on Mental Illness) is advocating for this year.

#ReimagineCrisis is to take action to build a better crisis response system. The National Suicide Hotline Designation Act was passed by Congress in 2020, establishing 998 as a three-digit nationwide mental health and suicidal crisis number to be available in communities by July 2022.

However, our nation needs more than a number. We need complete and robust crisis response in every community that will provide a mental health response to all mental health crises.

#Vote4MentalHealth is to share information on why the vote of people with mental illness matters and how to register, where/when to vote, and how to engage candidates on mental health. Voting with mental health in mind is critical.

Please visit [nami.org/act2mh](https://nami.org/act2mh) and sign the petition and take action to improve mental health care.

Also visit [nami.org/MentalHealthMonth](https://nami.org/MentalHealthMonth) for further details on activities and events taking place.



EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

EMDR therapy shows that the mind can, in fact, heal from psychological trauma, much as the body recovers from physical trauma. EMDR therapy works similar to if you cut your hand, and your body works to close the wound. If a repeated injury occurs, it irritates the wound, causing it to fester and cause pain. Once the block is removed, healing resumes. EMDR therapy demonstrates that a similar sequence of events occurs with mental processes.

EMDR therapy involves attention to three time periods: the past, present, and future. Focus is given to past disturbing memories and related events. It is given to current situations that cause distress, and to developing the skills and attitudes needed for positive future actions.

EMDR is an eight-phase treatment. Eye movements (or other bilateral stimulation) are used during one part of the session. A specific memory is chosen to target first. The therapist will ask you to hold different aspects of that event or thought in mind, and to use your eyes to track the therapist's hand as it moves back and forth across the client's field of vision. As this happens, internal associations arise, and you begin to process the memory and disturbing feelings. In successful EMDR therapy, the meaning of painful events is transformed on an emotional level.

The first phase is a history-taking session. This assesses your readiness, and a treatment plan is developed. Initial EMDR may be directed to childhood events rather than to adult-onset stressors. You generally gain insight to your situation, the emotional distress resolves, and you start to change your behaviors. The length of treatment depends on the number of traumas and the age of PTSD onset.

The second phase is when the therapist ensures that you have several ways of handling emotional distress. You may be taught a variety of imagery and stress reduction techniques that can be used during and between sessions. A goal of EMDR is to produce rapid and effective change while you maintain equilibrium during and between sessions.

In phases three through six, a target will be identified and processed using EMDR therapy procedures. This will involve you identifying three things: the vivid visual image related to the memory, a negative belief about self, related emotions and body sensations, and also identifying a positive belief. After that, you are instructed to focus on the image, negative thought, and body sensations, while simultaneously engaging in EMDR processing using sets of bilateral stimulation. These sets may include eye movements, taps, or tones. The type and length of these sets is different for each person. After each set of stimulation, the therapist instructs you to let your mind go blank and to notice whatever thought, feeling, image, memory, or sensation comes to mind. These repeated sets with directed, focused attention occur numerous times throughout the session. If you become distressed or have difficulty progressing, the therapist follows established procedures to help you get back on track. When you report no distress related to the targeted memory, you are asked to think of the preferred positive belief that was identified at the beginning of the session.

The seventh phase is closure. The therapist asks you to keep a log during the week. The log should document any related material that may arise. It serves to remind you of the self-calming activities that were mastered in phase two.





The eighth phase is examining the process made so far. The EMDR treatment processes all related historical events, current incidents that elicit distress, and future events that will require different responses.

The net effect is that clients conclude EMDR therapy feeling empowered by the very experiences that once debased them. Their wounds have not just closed, they have transformed.

Some studies done on EMDR therapy show that 84%-90% of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions. Another study found that 100% of single-trauma victims and 77% of multiple trauma victims no longer were diagnosed with PTSD after six 50-minute sessions.

EMDR is recognized as an effective form of treatment for trauma by organizations such as the American Psychiatric Association, the World Health Organization and the Department of Defense.



## What Exactly is EMDR?

(From a member's experience)

Well, the acronym stands for Eye Movement Desensitization and Reprocessing. It is a kind of therapy that has been shown to decrease PTSD symptoms and help people heal from their trauma. Personally, after my brother died, I was looking for something to help me. I read every article I could get my hands on, I ordered books on Amazon, I looked into different types of therapy, and I joined online groups like Siblings of Murdered Siblings. My world had been turned upside down. I was fearful, untrusting, having anxiety around loud noises, or having my back to people. I was not sleeping. I had so many questions. I had terrible visions. I kept seeing the murder scene because I was there after it happened. I was also having trouble with the picture in my head of my father finding my brother.

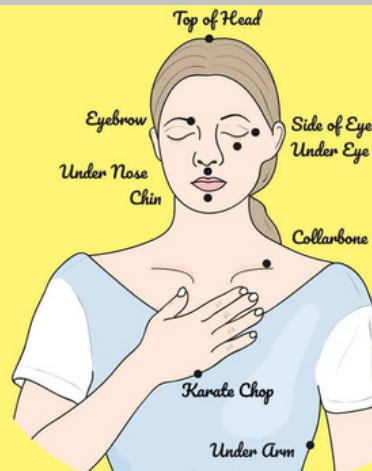
My brother was shot in the back of the head. He was found in his work truck by my father. My father described every detail that he saw multiple times to family members to try to process what he had gone through. Even though that was not my experience, he painted a picture that was now vivid in my trauma. Obviously, there were more injustices happening from the time my brother was murdered. I sought out therapy through my victim advocate. I was referred for therapy and seven months after my brother was murdered, I was finally appointed a clinician. My therapist was trained in trauma-focused cognitive behavior therapy (TF-CB) and EMDR.

The session started off as typical therapy sessions. My therapist told me that I was a good candidate for EMDR because I was experiencing PTSD and anxiety. She explained it was a commitment. I met with her 1 to 2 times a week virtually. She explained that this type of therapy formed new positive connections in the brain. The way it worked was that you re-told something that was distressing to you. I focused on the night of my brother's murder and seeing him lying dead next to his truck. While I talked about those experiences, the therapist swung a pointer that I focused my eyes on. I then, after a period of time, talked about what thoughts I had, and any sensations I had in my body. We would continue this process. I noticed a pattern. My thoughts and sensations would diminish. This therapy happened over many sessions, and we also figured out I had past trauma that I never processed.

After each session, I was exhausted. I did not sleep well. I was overeating. I was grinding my teeth at night. I was very emotional. My therapist recommended taking naps, going for a short walk or to do something relaxing like taking a hot bath. She also taught me how to do a body scan. It's a type of meditation where you relax each part of your body. After completing multiple sessions, I noticed that the night of my brother's murder and all of the visions that I had diminished and were less distressing. I was desensitized to that traumatic event. I took some time off from EMDR and continued "regular" therapy. I did revisit EMDR to address the picture of my father's experience.

I am happy to report that I also am coping much better with those visions. EMDR has helped me in so many ways. I now no longer have intrusive thoughts of that night pop up in my head constantly. I sleep better. I am able to talk about my brother's murder without crying or breaking down. I am better able to deal with life's stresses and cope with things that come up regarding my brother's case. I believe that using EMDR and therapy has given me back a part of my life. I would not hesitate to recommend it to anyone who is experiencing PTSD.

# How to Do EFT Tapping To Relieve Stress And Anxiety



Emotional Freedom Techniques (EFT or "tapping") is the practice of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions. Meridian points are certain points that can be mapped throughout the body. Energy circulates through your body along this specific network of channels. You can tap into this energy at any point along the system.

All negative emotions are felt through a disruption of the body's energy. Your body is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption.

Tapping works by focusing on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on nine of the body's meridian points. Tapping on these meridian points while concentrating on accepting and resolving the negative emotion will access your body's energy, restoring it to a balanced state.

There are five steps to tapping that can be used repeatedly to address, reduce, or eliminate the intensity of your negative feelings. You just continually repeat the sequence with each issue you are dealing with. First, you identify the issue or fear. That will be your focal point while tapping. Focusing on one problem at a time is most effective.

Second, you should establish a threshold level of intensity. If your initial intensity was 10 prior to tapping and when you finished it is a 5, you've accomplished a 50 percent improvement!

Third, you need to come up with a phrase that explains what you are addressing. It must focus on two main goals: acknowledging the issue and accepting yourself despite the issue. The most common phrasing used is: "Even though I have this [fear or problem], I deeply and completely accept myself." For example, right now I would say, "Even though I am devastated that my mother has died, I deeply and completely accept myself."

Fourth, you tap methodically on the ends of nine meridian points. You do them in the following order: the outside of your hand (called the karate chop), the top of your head, your eyebrow, side of your eye, under your eye, under your nose, on your chin, on the beginning of your collarbone, and under your arm. You want to tap each point seven times, and recite your phrase at each point.

EFT significantly lowers cortisol. A study in the *Journal of Nervous and Mental Disease* found that EFT lowered the major stress hormone cortisol significantly more than other interventions tested.

Tapping balances activity between the sympathetic and parasympathetic regions of your brain, producing "a neutral emotional state," the gold standard of health and wellness.

# HOW SOMS CAN HELP YOU



[HTTPS://DOCS.GOOGLE.COM/FORMS/D/1DI6LLSXFSBDW0E0YIZ\\_25\\_VDG970Z\\_LULL7RBVJ5NYV8/EDIT](https://docs.google.com/forms/d/1DI6LLSXFSBDW0E0YIZ_25_VDG970Z_LULL7RBVJ5NYV8/EDIT)



[HTTPS://DOCS.GOOGLE.COM/FORMS/D/11\\_0-E50N8MIOT\\_ZKILUX6A3EYMGNEPOY4H-ZTEMZVM8/EDIT](https://docs.google.com/forms/d/11_0-E50N8MIOT_ZKILUX6A3EYMGNEPOY4H-ZTEMZVM8/EDIT)



[HTTPS://DOCS.GOOGLE.COM/FORMS/D/1GJ-98RQMF\\_0HAX9MELWJ-5LSMCJWJOPCAH7E8WCPERA/EDIT](https://docs.google.com/forms/d/1GJ-98RQMF_0HAX9MELWJ-5LSMCJWJOPCAH7E8WCPERA/EDIT)

ADD YOUR SIBLING TO OUR...

# Memorial Board



## HOW TO ADD YOUR LOVED ONE

If you would like to add a photo of your loved one(s) to our Memorial Board, go to the Memorial Board page on our website and fill out your information, or email the following information to: [vlDavis@siblingsofmurderedsiblings.org](mailto:vlDavis@siblingsofmurderedsiblings.org) and we will add it ASAP!

Please provide a clear photo (headshots preferred), first and last name (and a nickname, if you'd like), date of birth, and date of death. All photos will be arranged by last name. This board will be for memorial purposes only. A separate page for anyone who would like to share their story will be forthcoming.

Also, if your loved one has a memorial website that you would like to include, please provide the URL. Want to create a memorial website? Check out these sites to help you get started:

<https://www.weremember.com/>, <https://everloved.com/memorial/create/?flow=101>,  
<https://memories.net/>, <https://www.wix.com/website/templates/?criteria=memorial!>

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## NEW ADDITIONS!

*Add your loved one to our Memorial Board so we can remember their lives with you.*