

# Release Your Limitless Self!

**Disarm Your Self-Sabotaging  
Trigger Phrases**



**Elaine Nitz**

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Cover design by Angela Treat Lyon, Hawaii USA.

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## Foreword

Elaine, congratulations on writing a wonderful book. I believe that everyone can benefit greatly from using the EFT exercises in this book! I found myself tapping along as I read. Your book gave me a chance to clear some old triggers of my own (especially the feeling "inferior" sequence).

I recommend everyone get this book and do at least two of the exercises each day. You will love how the language flows naturally in the sequence that matches your heart of hearts. This is exactly the language I have seen come up time and time again with hundreds of clients.

This is a very intuitive presentation. Everyone can benefit from using this material, whether you are an EFT practitioner or someone who wants to use this for personal healing. Very well done and highly recommended.

Blessings, Rebecca Marina, EFT Expert and spiritual channel  
<http://rebeccamarina.com>



## Acknowledgments

I'd like to express my sincerest gratitude to Gary Craig, the creator of Emotional Freedom Techniques, for developing the technique and for sharing it with the world. It has had a tremendously beneficial impact in my life, and I am forever grateful.

I'd also like to thank Dr. Patricia Carrington and Carol Look for their innovations and contributions to EFT. The enhancements they have created are used throughout this book.

Thank you to Rebecca Marina, Debi Lewis and Jo Ann Coignet, who have contributed immensely to my personal and professional progress in the past 5 years. It has been an amazing journey, and I am honored to be able to call you my mentors and friends.

My heartfelt gratitude goes to Teri Freesmeyer, who has opened up incredible new worlds for me. Among other things, you have shown me the benefits of dancing in parking lots, even though I always resist it.

I'd like to thank Syandra Ingram and Debbie Stewart. You both have inspired and supported me, and have blessed me with your friendship and amazing hospitality. I am forever grateful.

I'd like to extend my profound appreciation to Angela Treat Lyon, who has provided support, guidance and technical contributions to this e-book and my marketing efforts associated with it. Your input

has helped me immensely, and I have learned so much under your guidance.

I'd also like to extend my appreciation to Jill Pickett, Sarah Good, Dr. Patricia Felici, Mark Daniels and Judy Whitcraft. I've learned so much from each of you, and I am extremely thankful to have you in my world and to be able to call you my friends.

I'd like to express my appreciation to Bill Ferguson for creating the [www.divorceasfriends.com](http://www.divorceasfriends.com) website. It helped me during a pivotal time in my life about 10 years ago, and the information I found there continues to inspire me to this day.

Last, but certainly not least, I'd like to thank my family for their support and love through the years. I have learned so much and come so far, and you have been my foundation.

## Introduction

Even though we have no conscious memory of it, we are given messages about ourselves even before we are born. We are able to sense many things around us while we are still in the womb, including how our parents felt toward us, and whether we were wanted or unwanted.

After we're born, we are told we are good or bad, smart or stupid, ugly or pretty. Since we do not have the ability to question the truth of these messages when we are children, we believe all of them to be true, and we take them on as part of our identity. They influence how we see ourselves and the world around us.

If we perceive the majority of the messages we hear as children as negative, we form core beliefs about ourselves that result in low self-esteem and low self-confidence. If the majority of the messages are perceived as positive, we form core beliefs about ourselves that result in high self-esteem and high self-confidence. It's even possible to have low self-esteem in some areas of our life and high self-esteem in others.

If we have high self-esteem and self-confidence, we are able to accomplish whatever our goals are. Nothing stands in our way, and life just seems to go our way. We believe we are worthy and deserving, and we attract experiences that confirm this outlook.

If we have low self-esteem and self-confidence, we get by in life, but we tend to sell ourselves short. Our perception is that we don't

have what it takes or we don't deserve to have everything we desire. These beliefs also attract experiences that confirm this outlook.

Your beliefs create the world around you. They affect how you respond to people and how they respond to you. Changing your core beliefs can deeply affect your self-confidence, which is what this book is designed to do – clear self-sabotaging beliefs. By vaporizing those limiting beliefs about yourself, you allow your limitless self to emerge and your self-confidence to soar.

If the phrases in this book trigger a sad or angry reaction for you, or resistance to believing it applies to you, it's likely that the phrase is one of your self-sabotaging beliefs. And knowing what the belief is brings you closer to releasing it. The good news is that these beliefs can be cleared easily and effectively with Emotional Freedom Techniques, which is explained in the next section of this book.

It may take some effort and time, but with persistence and perseverance, you can turn your self-perception from not feeling worthy to believing you deserve to be happy and that you are capable of achieving your dreams.

I first came across the list of phrases in this book beginning in Chapter 1 almost 10 years ago just after my ex-husband and I separated. I started looking for information on the Internet about how to handle my situation, and I found Bill Ferguson's website [www.divorceasfriends.com](http://www.divorceasfriends.com).

The website was very helpful, and an intriguing page on the site talked about how a person's perception of his or herself affects their relationships. It also talked about how a person will do everything in his or her power to prevent triggering a suppressed hurt from the past. "It's the automatic, subconscious avoidance of this hurt that fuels the conflict and sabotages both the relationship and your life."

The website also listed phrases that can cause pain and recommended reading the list and letting the emotions flow for the

ones that caused a reaction. I felt some relief after going through the list and doing as the website recommended, but my core beliefs remained. They just didn't produce as much of a charge as they had previously.

When I found Emotional Freedom Techniques five years ago, it made a world of difference for me. EFT easily removed my self-sabotaging beliefs, including the ones these phrases exposed. As I wrote this book and worked through the set-up and tapping phrases for each trigger phrase, I could feel a shift. Even the phrases that I didn't believe were my beliefs produced a reaction when I tapped through them as I was writing the sequences.

I heartily recommend starting with the phrases that cause a reaction for you and then going through the tapping sequences for all the remaining phrases in this book. Work through two or three phrases a day so you won't feel overwhelmed. I was surprised at the shifts I felt when I worked on the tapping phrases, even the ones I didn't feel I had a reaction to, and I think you will find it beneficial to work with all of them, too.

My intention is to clear as much of the charge around a phrase as possible with the sequences I've provided, but I also intend that the sequences will be a catalyst for discovering the underlying causes for your belief. Once those underlying causes are apparent, it will be a simple process to clear them with EFT.

Finally, this book has been designed to be printed front and back (duplex printing) to make all the sequences readily available when working with each trigger phrase.

You will notice in the tapping sequences that I use the term "belief" on all the phrases. These phrases cause a reaction because of your BELIEF that the phrase is true for you. However, beliefs, especially self-sabotaging ones, can be cleared easily. If you have difficulty believing you can change your beliefs, I've provided a sequence to handle this belief in the next section.

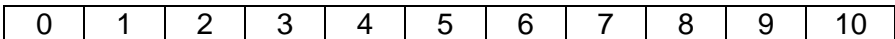
Best wishes and much love,  
Elaine Nitz



## How to use this book

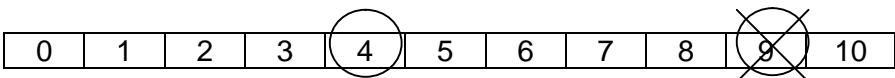
This book is designed to help you clear the beliefs that cause a reaction to the trigger phrases listed in the Table of Contents. Read through that list or go through the book. If you have a reaction to any of the phrases, or resistance to believing it is true for you, make a note of the phrase, the emotion(s) it evokes for you and the intensity of your reaction. Use a scale of 0 to 10, with 0 being no reaction, and 10 the most intense reaction.

When you discover a phrase that causes a reaction for you, go to the page for that phrase, if you're not there already, and mark your intensity level on the bar chart at the top of the page. This chart will allow you to track your progress in reducing your intensity level. It looks like this:



Circle the number that reflects your current intensity, then use Emotional Freedom Techniques (EFT) to reduce the intensity levels by using the provided phrases on the page.

As the intensity decreases, draw a line through the previous number and circle the new number that now represents your intensity. Repeat this process until your intensity is at a 0.



If going through the phrases on the page one time does not clear the belief, repeat the tapping sequence on the page. After

completing the sequence each time, mark your intensity level in the bar chart at the top of the page to give you a visual indication of your progress. If any thoughts, beliefs or emotions surface while you're going through the sequence, make a note of them in a spiral bound notebook so you can work on them after you've finished the tapping sequence.

We'll be using EFT to clear the limiting beliefs. EFT was created by Gary Craig, a Stanford-educated engineer, and is based on the same principles as acupuncture. But rather than using needles, you'll use your fingertips to tap on the body's acupressure points while saying a specific phrase to keep you focused on an event or an issue.

EFT has been used in thousands of cases on a wide variety of emotional, health and performance issues with amazing results. Examples of conditions where EFT has been effective include eating disorders, pain management, grief, children's issues, serious illnesses, fears and phobias, and panic or anxiety attacks.

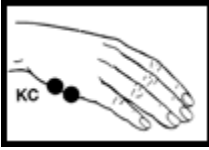
EFT is a very flexible improvement tool that can be used for just about everything. I am using my version of it here. The original version and complete training can be found at [www.emofree.com](http://www.emofree.com).

First, decide which phrase in this book you'd like to work on. Then, determine how intense your reaction is on a scale of 0 to 10, with 0 being no reaction and 10 being extreme reaction. Circle the number on the bar chart at the top of the page so you have a reference point from which to start.

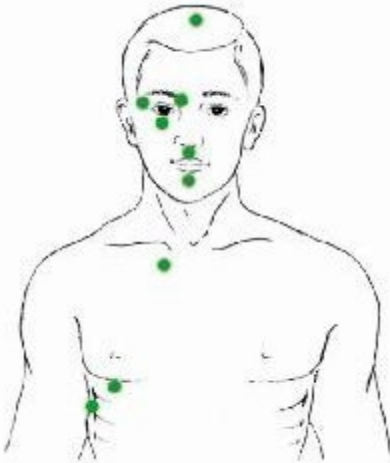
If you already have a number on the chart and your intensity is still at that level, use that number for your starting point. However, if your reaction is no longer at that level, record your current level of intensity and use it for your starting point.

Then, simply follow the directions on the page for the phrase by tapping where indicated and saying the phrase for that point. You can read the phrases silently, but saying them out loud is more effective.

The EFT acupressure tapping points on the body are:



Karate-chop spot



- Top of the Head
- Beginning of the Eyebrow
- Side of the Eye
- Under the Eye
- Under the Nose
- Chin or Under the Lip
- Beginning of the Collarbone
- Under the Arm (where a lady's bra band would be)
- Under the Breast

Tap 5 to 7 times on each point while saying the suggested phrase. Use either hand for tapping, as the points are the same on both sides of the face and torso. For best results when there are two points, such as beside the eye or under the eye, tap on both sides at the same time.

As you are tapping, you may notice yourself sighing or yawning. This reaction is a terrific indication that you are releasing energetic blockages and are reducing your intensity levels.

Check your intensity level after the first time through the tapping sequence on a page, and record your level on the bar chart, as shown above. If your level is higher than 2 or 3, repeat the full sequence a second time and possibly a third time, if needed.

As you are tapping, pay attention to any thoughts, feelings or memories that surface, and write any reactions down in your notebook for that phrase, as well as the intensity level for those

reactions, feelings or memories. Then use the notes that you've written to create new EFT tapping phrases.

In EFT, the set-up phrase states the problem that is to be cleared, and it begins with the words, "Even though \_\_\_\_\_", and ends with a positive affirmation. For example, "Even though I have this fear of heights, I deeply and completely love, accept and forgive myself."

The phrase "I deeply and completely love, accept and forgive myself" is a generic phrase, but any positive affirmation can be used. For example, "Even though I have this fear of heights, I choose to feel relaxed and calm when I am in a high place." (The "I choose" concept was created by Dr. Patricia Carrington, and it adds immense benefits to the tapping process. You'll see it used frequently throughout this book.)

The more specific the set-up statement, the more effective the results will be. Just use the phrases you wrote down when you were recording your reactions. For example, "Even though I felt so sad and angry when Dad said I didn't measure up, I deeply and completely love, accept and forgive myself anyway." Always make sure to end with the positive affirmation.

Once the set-up statements are created, say three statements while tapping on the karate-chop spot. Tapping on this point, while stating the set-up phrases, removes any Psychological Reversal that may be associated with the statement.

Psychological Reversal results when the unconscious mind is resisting what the conscious mind believes it wants. For example, the conscious mind wants to get over the fear of heights, but the unconscious mind does not want to let the fear go because it doesn't believe it is safe to do so.

After saying the set-up phrases, tap 5 to 7 times on each acupressure point, starting with the top of the head. Say a reminder phrase while tapping on each point, such as "This fear of heights," or "This sadness." Saying the phrase keeps you tuned in to the emotion or issue with which you are working.

After completing the round, check to see what the intensity level is and record it on the bar chart. If the intensity is at a 0, then the process is complete.

If the intensity has been reduced, but still is above a 0, do another round, but modify the statement to include the word “remaining” when talking about the emotion. For example, “Even though I have this remaining fear of heights, I choose to let the fear go.” After completing the round, check the intensity level again. If it’s at 0, you’re finished. If not, repeat the process until the level is 0 or is no higher than 2 or 3.

If these rounds of tapping bring up more specific incidents or thoughts, again use your notebook to journal any additional memories or thoughts that come to you. I also suggest that you try to recall the very first time you can remember believing the phrase was true for you and the circumstances around why you came to believe it.

If you would like to remember the first time, but you’re having difficulty, you can do a round of EFT for “Even though I don’t remember the first time I felt I \_\_\_\_\_ (fill in the blank with the phrase you are working with, such as “didn’t matter”), I choose to let the memory become clearer.” Chances are good a memory will surface and you’ll be able to work with that memory.

Again, use the information you’ve written to form your tapping statements. After finishing with the memories or related thoughts, check that the original belief has been cleared.

TIP: When working with energy, it’s important to be hydrated. Water conducts energy, and an adequate amount of water will provide more effective results.

If you would like to see a demonstration of the EFT process, a video of me going through the tapping points is available on my website at <http://www.tapintoyourdreams.com/eft.html>.

## Energy Balancing Round

Before working with EFT, I highly recommend bringing your energy into balance. It's easy for our body's energy to get out of balance since we are exposed to electromagnetic waves from cell phones, computers and other electronic devices on a regular basis.

Balanced energy helps EFT work more quickly and effectively, and locks the changes in place. To balance your energy, do a round of EFT, using these phrases.

While tapping on the karate chop point on the side of the hand, say these phrases:

"Even though my energy may be all scattered, my polarities may be reversed and my energy may not be flowing correctly, I deeply and completely love, accept and forgive myself."

"Even though my energy may be all scattered, my polarities may be reversed and my energy may not be flowing correctly, I deeply and completely love, accept and forgive myself."

"Even though my energy may be all scattered, my polarities may be reversed and my energy may not be flowing correctly, I ask and allow my energy to come into alignment, I ask and allow my polarities to come into balance, and I ask and allow my energy to flow correctly."

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: "My energy may be all scattered."

Inside the eyebrow: "My polarities may be reversed."

Side of the eye: "My energy may not be flowing correctly."

Under the eye: "I ask and allow my energy to come into alignment."

Under the nose: "I ask and allow my polarities to come into balance."

On the Chin: "I ask and allow my energy to flow correctly."

Collarbone point: "Energy come into alignment now."

Under the arm: "Polarities come into balance now."

Under the breast: “Energy flow correctly now.”

Or try this short-cut version of the energy balancing round  
While tapping on the karate-chop spot, say:  
“Clear and balance.”

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: “Clear and balance.”

Inside the eyebrow: “Clear and balance.”

Side of the eye: “Clear and balance.”

Under the eye: “Clear and balance.”

Under the nose: “Clear and balance.”

On the Chin: “Clear and balance.”

Collarbone point: “Clear and balance.”

Under the arm: “Clear and balance.”

Under the breast: “Clear and balance.”

I received this idea for balancing energy from Rebecca Marina.

My second recommendation is to clear the following phrases of “Can’t change my beliefs,” “Can’t accept myself,” “Can’t let go of the pain” and “Have to be perfect” the first time you use this book. If any of these phrases are true for you, you will have resistance to clearing the trigger phrases, which could prevent you from making progress on the other phrases. EFT will allow you to clear these beliefs easily and quickly.

I’ve also included a sequence for “Not wanted”. If this phrase is a trigger for you, I recommend working through the tapping phrases on that page, as well.

0	1	2	3	4	5	6	7	8	9	10
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## Can't change my beliefs

While tapping on the karate chop point, say these statements:

"Even though it's impossible for me to change my beliefs, I deeply and completely love, accept and forgive myself."

"Even though it's impossible for me to change my beliefs, it can't be done, they're set in stone, I deeply and completely love, accept and forgive myself."

"Even though it's impossible for me to change my beliefs, I choose to consider it might be possible to change them, and I deeply and completely love, accept and forgive myself."

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: "It's impossible for me to change my beliefs."

Inside the eyebrow: "It can't be done."

Side of the eye: "My beliefs are set in stone."

Under the eye: "There's no way I can change them."

Under the nose: "My beliefs are my beliefs. I have to keep them."

On the Chin: "It's impossible for me to change my beliefs."

Collarbone point: "I can't change them. They're set in stone."

Under the arm: "There's no way I can change them."

Under the breast: "It's impossible for me to change my beliefs."

Top of the Head: "What if that is just a belief?"

Inside the eyebrow: "What if it is possible for me to change my beliefs?"

Side of the eye: "I choose to consider that I might be able to change my beliefs."

Under the eye: "I choose to give myself permission to change my beliefs."

Under the nose: "I know I have beliefs that are not helping me."

Chin: "I choose to allow myself to let go of the beliefs that no longer serve me."

Collarbone point: "I choose to let go of the beliefs that no longer serve me."

Under the arm: "I choose to give myself permission to change my beliefs."

Under the breast: "I choose to allow myself to let go of the beliefs that no longer serve me."

Top of the head: "It's impossible for me to change my beliefs."

Inside the eyebrow: "I choose to consider that I might be able to change my beliefs."

Side of the eye: "My beliefs are set in stone. They can't be changed."

Under the eye: "I choose to give myself permission to change my beliefs."

Under the nose: "My beliefs are my beliefs. I have to keep them."

Chin: "I choose to allow myself to let go of the beliefs that no longer serve me."

Collarbone point: "It's impossible for me to change my beliefs."

Under the arm: "I choose to give myself permission to change my beliefs."

Under the breast: "I choose to allow myself to let go of the beliefs that no longer serve me."

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## Can't accept myself

While tapping on the karate chop point, say these statements:

“Even though I have this belief that I can't accept myself, I deeply and completely love, accept and forgive myself.”

“Even though I have this belief that I can't accept myself, I'm too awful, I'm a terrible person, I deeply and completely love, accept and forgive myself.”

“Even though I have this belief that I can't accept myself, I deeply and completely love, accept and forgive myself.”

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: “I have this belief that I can't accept myself.”

Inside the eyebrow: “I have this belief that I'm too awful to accept myself.”

Side of the eye: “I have this belief that I'm a terrible person.”

Under the eye: “I've done too many terrible things, I can't accept myself.”

Under the nose: “I have this belief that I can't accept myself.”

On the Chin: “I have this belief that I'm too awful to accept myself.”

Collarbone point: “I have this belief that I'm a terrible person.”

Under the arm: “I have this belief that I can never, ever, ever accept myself.”

Under the breast: “I have this belief that I can't accept myself.”

Top of the Head: “What if I could let this belief go?”

Inside the eyebrow: “What if I could let it go now?”

Side of the eye: “I choose to begin to release the belief that I can't accept myself.”

Under the eye: “I choose to let it go now.”

Under the nose: “I choose to allow myself to accept myself.”

Chin: “I choose to give myself permission to accept myself.”

Collarbone point: “I choose to begin to accept myself.”

Under the arm: “I choose to accept myself.”

Under the breast: “I choose to love, accept and forgive myself.”

Top of the head: "I have this belief that I can't accept myself."

Inside the eyebrow: "I choose to let this belief go now."

Side of the eye: "I have this belief that I'm too awful to accept myself."

Under the eye: "I choose to allow myself to accept myself."

Under the nose: "I've done too many terrible things, I can't accept myself."

Chin: "I choose to give myself permission to accept myself."

Collarbone point: "I have this belief that I can't accept myself."

Under the arm: "I choose to accept myself."

Under the breast: "I choose to love, accept and forgive myself."

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## Can't let go of the pain

While tapping on the karate-chop spot, say these phrases:

"Even though I have this belief that I can't let go of the pain, I deeply and completely love, accept and forgive myself."

"Even though I have this belief that I can't let go of this pain. I've had it too long. I don't know how to live without it. I deeply and completely love, accept and forgive myself anyway."

"Even though some part of me wants to keep the pain because it feels so familiar, I choose to begin letting go of the belief that I have to keep the pain, and I deeply and completely love, accept and forgive myself."

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: "I have this belief that I have to keep this pain."

Beginning of the Eyebrow: "Part of me does not want to let it go."

Side of the Eye: "This belief that I have to keep the pain."

Under the Eye: "I can't just let it go. That's impossible."

Under the Nose: "I have to hang on to this pain. It's too much a part of me."

On the Chin: "It's my punishment for all the bad things I've done."

Collarbone Point: "I have to keep this pain."

Under the Arm: "I can't let it go. I don't know how to live without it."

Under the Breast: "This belief that I have to keep the pain."

Top of the Head "What if I could let this belief go?"

Beginning of the Eyebrow: "What if I could just let this belief go now?"

Side of the Eye: "No, that's impossible. I have to keep the pain."

Under the Eye: "Maybe I don't have to keep it."

Under the Nose: "Maybe I can just let it go."

Chin: "I choose to allow myself to let go of the belief that I have to keep the pain."

Collarbone Point: "I choose to be open to letting go of the pain."

Under the Arm: "I choose to allow myself to let go of the pain."

Under the Breast: "I choose to be relieved at how easy it is to let go of the pain."

Top of the Head: "I can't let go of this belief that I have to keep the pain."

Beginning of the Eyebrow: "I choose to be relieved at how easy it is to let go of the pain."

Side of the Eye: "I have to keep the pain."

Under the Eye: "I choose to let go of this belief."

Under the Nose: "I can't let go of this pain. I've had it too long."

Chin: "I choose to let go of the pain now."

Collarbone Point: "I can't let go of the pain. It's too much a part of me."

Under the Arm: "I choose to be relieved and happy at how easy it is to let go of the belief that I have to keep the pain."

Under the Breast: "I choose to be relieved at how easy it is to let go of the pain."

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## Have to be perfect

While tapping on the karate chop point, say these statements:

“Even though I have this belief that I have to be perfect, I deeply and completely love, accept and forgive myself.”

“Even though I have to do everything perfectly, I deeply and completely love, accept and forgive myself.”

“Even though I have this belief that I have to be perfect and I have to do everything perfectly, I choose to release this belief and let myself off the hook.”

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: “I have this belief that I have to be perfect.”

Inside the eyebrow: “I have this belief that I have to do everything perfectly.”

Side of the eye: “I have this belief that I have to look perfect.”

Under the eye: “I have this belief that I have to be perfect.”

Under the nose: “I have this belief that I have to act perfectly.”

On the Chin: “I have this belief that I have to do everything perfectly.”

Collarbone point: “I have this belief that I have to be perfect in all areas of my life.”

Under the arm: “I have this belief that I have to set the example.”

Under the breast: “I have this belief that I have to be perfect.”

Top of the Head: “What if I could let go of the belief that I have to be perfect?”

Inside the eyebrow: “What if I could let go of the belief that I have to do everything perfectly? That perfect target keeps moving and it’s hard to keep trying to hit it.”

Side of the eye: “What if I don’t have to be perfect?”

Under the eye: “What if I can accept that the way I do things is above the norm and that I don’t have to be perfect.”

Under the nose: “I choose to release the belief that I have to be perfect.”

Chin: "I choose to realize that the belief that I have to set the example is no longer serving me and it's time to let it go."

Collarbone point: "I choose to let go of the belief that I have to do everything perfectly."

Under the arm: "I choose to let myself off the hook."

Under the breast: "I choose to accept that my standards are high enough without me having to be perfect."

Top of the head: "I have this belief that I have to be perfect."

Inside the eyebrow: "I choose to release the belief that I have to be perfect."

Side of the eye: "I have this belief that I have to do everything perfectly."

Under the eye: "I choose to believe I can have high standards without having to be perfect."

Under the nose: "I have this belief that I have to be perfect."

Chin: "I choose to let go of the need to be perfect."

Collarbone point: "I have this belief that I have to do everything perfectly."

Under the arm: "I'm releasing my need to do everything perfectly."

Under the breast: "I choose to recognize that I can still have high standards without having to be perfect."

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## Not wanted

While tapping on the karate chop point, say these statements:

“Even though I have this belief that I’m not wanted, I deeply and completely love, accept and forgive myself.”

“Even though I have this belief that I’m not wanted, no one wants me, I’ve never been wanted, I deeply and completely love, accept and forgive myself.”

“Even though I have this belief that I’m not wanted, I choose to allow myself to release this belief, and I deeply and completely love, accept and forgive myself.”

While tapping on the designated tapping points, say the specified tapping phrase:

Top of the Head: “I have this belief that I’m not wanted.”

Inside the eyebrow: “I have this belief that no one wants me.”

Side of the eye: “I have this belief that I’ve never been wanted.”

Under the eye: “I have this belief that I’m not wanted.”

Under the nose: “I have this belief that no one wants me.”

On the Chin: “I have this belief that I’ve never been wanted.”

Collarbone point: “I have this belief that no one wants me.”

Under the arm: “I have this belief that I’ve never been wanted.”

Under the breast: “I have this belief that I’m not wanted.”

Top of the Head: “What if I could let go of this belief?”

Inside the eyebrow: “What if I could let it go now?”

Side of the eye: “I choose to give myself permission to release this belief.”

Under the eye: “I choose to let this belief go now.”

Under the nose: “I choose to believe I am wanted.”

Chin: “I choose to believe I’ve always been wanted. I just didn’t realize it.”

Collarbone point: “I choose to believe I am wanted and cherished.”

Under the arm: “I choose to believe I am wanted and adored.”

Under the breast: “I choose to believe I am wanted.”

Top of the head: "I have this belief that I'm not wanted."

Inside the eyebrow: "I choose to let this belief go now."

Side of the eye: "I have this belief that no one wants me."

Under the eye: "I choose to realize I am wanted."

Under the nose: "I have this belief that I've never been wanted."

Chin: "I choose to believe I've always been wanted. I just didn't realize it."

Collarbone point: "I have this belief that I'm not wanted."

Under the arm: "I choose to believe I am wanted and cherished."

Under the breast: "I choose to recognize I am wanted and adored."

