



Struggling to come up with a goal

I recognize the fact there is part of me that is having a hard time getting clear ... Even coming up with a simple goal ... Is a difficult thing to do ... Every part of my body resist doing it ... I recognize my body is doing this as a way of keeping me safe ... For some reason it's dangerous for me to come up with a goal ... I appreciate the fact that my system is trying to keep me safe in this way ... By trying to keep me safe it is helping me to survive ... I also recognized in this moment it is safe for me to come up with a goal ... The fear is just working way too hard ... I appreciate that it's working so hard, but I want this fear to know it is not alone in trying to keep me safe ... If I try to come up with a goal I'm not being careless ... I'm not being dangerous ... I'm simply giving myself so space and the opportunity move forward.

I am afraid of change

I recognize the fact that I might be afraid of change ... Even though what I have right now is far from perfect ... It is predictable ... It is knowable ... Therefore it feels safe ... I have no idea what is going to happen with change ... It might be better or it might be worse ... The junk I know feels so much safer than the junk that I don't know ... There's a part of me keeping me stuck so that I don't have to deal with the unknown ... I give myself permission to know that if I move forward and it doesn't work out I can always come back to the old way ... If I decide the old ways better



Tapping on knowing what to say

I give myself permission to recognize the fact that it is scary to dive into this tapping issue ... If I take the time to tap on this issue I'm going to encounter emotions I don't like ... I'm going to encounter a past I'm embarrassed by ... I'm worried that if I don't do this in an absolutely perfect way then I am not going to be successful ... I give myself permission to know that this is the healing process is worthwhile ... It is okay that I don't have all the answers ... It is okay if I don't have the right words ... It is okay for me to bump into emotions from the past ... As I experience emotion from the past I give myself permission to know it's going to be okay ... It's going to be healthy ... It's going to be safe ... Even if I experience some emotion in this moment it is going to be worthwhile releasing that emotion ... Because I'm no longer going to have that burden with me ... I am no longer going to have that struggle with me ... This is an opportunity to release and an opportunity to let go ... I give myself permission to know that there are no perfect words ... There are no exactly right words ... Simply thinking about the issue and moving towards the issue is going to create space for me to be happy ... For me to be healthy ... For me to move forward in the way that is best for me.

Being safe moving forward

I recognize the fact that there is a part of me that is afraid of change ... Because I'm currently being safe, I'm worried about the dangers that are out there ... Subconsciously I don't want to change because it feels unsafe to change ... I give myself permission to know that transformation and change does not have to be reckless ... It does not have to be careless ... It does not have to be thoughtless ... It is possible for me to move forward in such a way then I can trust myself ... That I can move forward and I can be safe ... I give myself permission to know that transformation is possible ... I give myself permission to know that safety is possible ... I give myself permission to know that transformation and safety are not mutually exclusive ... It is possible for me to transform and to be safe ... I give my system permission to know it is okay to feel unsafe ... Because when my system feels unsafe it is trying to take care of me ... It's trying to keep me healthy ... I can appreciate exactly that.



Struggling with extra weight

I recognize the fact that I am really uncomfortable in my body ... I'm really uncomfortable with all of this extra weight ... I am uncomfortable with the fact that it needs constant feeding ... There's a part of me that feels bad about the way that I look ... There's a part of me that is uncomfortable being in the world in this way ... I recognize the fact there is a part of me that wants to change this very badly ... It's emotional to be like this every single day ... I know that my system is trying to take care of me ... It is holding on to this weight for a very specific reason ... My system feels that if it holds on to this weight I will be healthy in the short and long-term ... I appreciate the fact that my system is trying to keep me healthy ... Even though the way that it is trying to keep me healthy isn't actually healthy ... My system is over functioning ... My system is working way too hard ... I give my system permission to know it is good it is trying to keep me healthy ... It's just not doing it in a way that is actually healthy.



Beliefs given to us by others

I recognize that I recognize the fact that there is a story that my mother would tell ... She would tell me that I was going to put on weight after 30 ... Because this is a story that was being told to me by someone who was very important ... It was a story that I picked up as true ... This is a person who was supposed to take care of me ... Therefore my system assumes everything that she said would be true ... Which creates an internal conflict ... There's a part of me that wants to be healthy ... There's a part of me that wants to be in the world in a body that I can love ... There's a part of me that has been told this story and believes the story is true ... It is afraid to let go of that story because of who gave me that story ... I am afraid to let go of this story because by letting go of the story I am saying mom is wrong ... I'm going to be disregarding that relationship ... I give myself permission to know I can let go of the story without letting go of mom ... Without letting go of the relationship ... Without saying she is wrong ... Letting go of this story has nothing to do with that relationship ... It only means I'm releasing something that is no longer useful ... It only means I'm choosing a new story ... It is safe for me to let go of this story ... It is safe for me to let go of this way ... If my mother chooses to be disappointed that is her choice ... She is responsible for her own emotions ... I cannot be responsible for that ... My choices do not create that ... She creates that.



Being told we aren't allowed to take certain action

I recognize the fact that I was given a very specific story ... That I'm not allowed to take certain actions ... Taking these actions was not something that I was allowed to do ... There was a specific reason that these lessons were passed on to me ... Maybe they were afraid to take the action themselves ... Maybe they thought the action was inappropriate ... Maybe they were scared just because they believe it was dangerous ... Even though I believed it back then doesn't mean I have to believe it now ... This belief might have been useful for me in the past ... It might still be useful now for other people ... But I recognize the fact that is no longer useful for me ... I'm allowed to take the actions I want to take ... Regardless what others think of that action or think of it as appropriate ... I give myself permission to let go of the old beliefs ... I can let go of the old belief without letting go who gave it to me ... Without saying they were wrong ... Without saying I was wrong for picking it up ... Because judging the belief and judging the person who gave me the belief doesn't serve me in any way ... What serves me is keeping a hold of the beliefs that are useful and letting go of the beliefs that are no longer useful ... If I decide at some point in the future I'm allowed to take these actions if I want to.

Afraid to take action

There is the part of me that thinks taking this action is going to be dangerous ... Something is going to go wrong ... It is unsafe for me ... But it doesn't know how it's safe ... It just feels that it is unsafe ... It is trying to keep me in a place where I am out of danger ... I'm really glad that my system wants me to be safe ... I recognize that it's working way too hard because it doesn't actually know why it's unsafe ... I want this part to know it's not the only part of me that's trying to keep me safe ... My entire system is trying to keep me safe ... I give myself permission to trust myself ... To let this part know that I am not rushing forward ... I am not being thoughtless ... I'm not being careless ... It is possible for me to take action in a way that is thoughtful and deliberate and is being thoughtful about my safety.



Not feeling comfortable being some place we don't know people

There's a part of me that is worried about situations where I don't know anybody ... I don't have the skills to start a conversation and be sociable ... The reality is talking to someone I don't know isn't really different than talking to someone I do know ... It just feels a little uncomfortable because I don't know we have in common in yet ... I don't know where to start....The reality is once I start a conversation with someone I can figure out with how we can connect ... It's not some magic trick ... It's not some super skill ... Being sociable with people we don't know is just a matter of starting ... I give myself permission to know even a few minutes of uncomfortable conversation isn't the end of the world ... It is something that I will get through ... Until we find a place of connection ... I trust myself to know it is possible for me to do exactly that.

Talking with people we might not remember

I recognize the fact it is really embarrassing to have a conversation with someone when I can't remember if we talked before ... I can't remember their name ... I hate when people forget my name because it means I'm unimportant ... I don't want someone else to feel that way ... I don't want to be ashamed about messing this up ... I also recognize the fact this is something that other people deal with ... It's really okay for me when I am talking to someone, to say to them "I'm horrible with names and I'm sorry I forgot and yours" ... People are going to be fine with that ... It's easy for me to point out what is going on ... When I do that I'm giving them a chance to be comfortable as well ... The chances are they are probably in the same circumstance as me.



Being easy with ourselves in transition

I recognize that I recognize the fact I am in transition ... I am in the process of transformation ... There is a part of me that is worried about this process ... It doesn't know exactly how it's going to unfold ... I appreciate the fact my system wants to transform quickly ... I am even open to those transformations happening in an instance ... Transformations happening in a single round of tapping ... I recognized as I do this work there are going to be times in which the transformation is obvious ... I give myself permission to be easy with my process ... To be okay with the fact that it's process ... Things will continue to unfold ... Things will continue to release ... As I heal and move forward ... I give myself permission to be gentle with that process and transformation.



Worried about the judgment of others as we make transition

Recognize the fact if I take action then I'm going to be noticed by others ... When I take this action and I am noticed by others I am afraid they are going to judge me ... They are going to judge my ability ... They are going to criticize what I'm doing ... It makes sense that I'm worried what other people think ... Because I live in community ... I am connected to other people ... It is good that I get useful opinions from other people in my life ... But I also recognize the fact just because someone has an opinion about me ... Or just because they have an opinion about the action I'm taking ... Does not mean it is a valid reaction ... I give myself permission to let their judgment go ... I also recognize the fact they're going to be times in which people provide me feedback ... They can even provided it in the kindest way possible ... I know there is a part of me that can turn that into criticism ... There's a part of me that believes the only reason they're saying that is to put me down ... But there are people in my life who do you want me to be better ... Who do you want me to be successful ... Who do want me to be happy and healthy ... They are going to provide feedback in the spirit of feedback ... I give myself permission to know to see that ... There are going to be people who criticize me ... Who are going to say what I'm doing is wrong ... Who are going to be saying how I am doing it is wrong ... I give myself permission to be able to hear what they are saying and simply take it as feedback ... Not as a value judgment ... Not in a way of saying that I'm doing it wrong ... That I am horrible ... I put myself in a position to take what they are saying and evaluated to see if it is useful or not ... If it is useful I can implement it..If not I can let it go ... At the end of the day what is most important is what I am thinking about what I am doing ... About how I think I am doing it ... I am doing this for me ... It does not matter what others think.



Taking critique of our work as a personal attack

I recognize the fact that there are times that I take this really personally ... It feels as if someone is attacking me ... Therefore it makes perfect sense that I'm attacking back ... It is just me trying to protect me ... It is good for me to protect myself ... In this particular instance I'm overreacting just a little bit ... The part of me that is overreacting is doing just what it's supposed to do ... Which is to keep me safe ... It has simply misread the situation and sees more danger than is actually there ... That is why it is overreacting ... I want the part of me that is trying to keep me safe to know I appreciate that it is trying to keep me safe ... I also want it to know just because someone is critiquing my work it does not mean they are criticizing my work ... Just because someone is commenting on my work does not mean they are criticizing me ... Just because they are commenting on my work does not mean they are criticizing my value ... I give myself permission to hear this critique and to evaluate it before I actually respond ... When someone does attack ... When they actually do attack me I want to be able to defend myself ... I am not turning off my protection ... I am not choosing to be a giant punching bag ... I am not letting everyone know I'll push over ... I am deciding to be safe ... I'm deciding to care for myself ... I recognize the fact that caring for myself does not mean I assume all critique is criticism is not an attack.



Feeling bad I didn't start this work sooner.

I recognize the fact I could have done this sooner ... I could have taken action sooner ... I could have moved forward sooner ... Because I didn't take action it feels as if I wasted time ... Because I didn't take action I missed opportunity ... All I had to do was take a little time and learn how to do this ... I would have been through this already ... I would have been done ... I could have moved forward ... I give myself permission to be easy with myself ... To recognize the fact ... That these actions don't live in a vacuum ... There are other parts of my life that are impacting my ability to do this ... It is simply possible that I was afraid to take action ... I was afraid to try and learn how to do this ... Because of what it would say about me ... What it would say about my ability ... There are lots and lots of reasons why I didn't start sooner ... I can recognize the fact that if I did start sooner that I might be further along ... I give myself permission to be easy with myself ... Now is the right time for me to take action ... Now is the right time to move forward ... It is much less important and how I got here ... It is much more important about what I do next ... Even though I wish I would have acted sooner ... I give myself permission to be gentle with myself ... Knowing now is the right time for me to take action ... In big and small ways.



I am not made for success

I recognize the fact that there is a part of me feels like I am not able to have this ... This is something that is made for other people ... It is only for people who've been set aside ... It is only for people who are special people ... I am not one of those people ... Because I am not one of those people there is a part of me that just doesn't even want to try ... It's never going to happen for me ... So why would I bother trying ... At the exact same time I recognize the fact because I have an to think about how I can be healthier ... And to think about how I could be more successful ... Means that I'm already a great success ... Because I'm in a situation I get to do something that not a lot of people get a do ... The easiest thing for me to dismiss is my own success ... Because it was something I was able to do ... If it was something that was actually hard ... I wouldn't have been able to achieve it ... So it's not actually real success ... Or at least that's how it feels ... Every single time I have been successful that success has become the new normal ... It doesn't feel like success because it is now the normal ... I give myself permission to recognize I am made for success ... Not because I'm some special person ... Who has been set aside from everyone else ... But everyone is made for success ... I give myself permission to take the action I need to take ... To take the action I want to take ... So I can have the success that I am made for.



Struggling when people we know aren't acting in the way we expect

I recognize that I recognize the fact the humans are complicated fickle creatures ... We aren't necessarily very consistent ... When I am meeting people for the first time ... When I'm getting to know people ... Even when I have preconceived notions about them based on our previous interaction ... They are still a not knowable to a degree ... There is a part of me that doesn't know how to respond ... When they're not the friendly people I met in the past ... I recognize the fact it is possible for me to see this particular interaction as an isolated incident ... Not who they are ... Not how we were always going to interact in the future ... I give myself permission to know I don't have to have it all figured out ... To know exactly how to respond ... It is okay for me to be confused ... To figure out how I might respond next ... I recognize the fact I recognize the fact that when I don't get the exact same response I assume it has to do with me ... I assume it has to do with something I did ... Or how I am acting ... I give myself permission to know but I have no idea of what's going on in their life ... Or why they're experiencing what they're experiencing ... I give myself permission to know just because something impacts me personally ... And I experienced it in a personal way ... This does not mean it is actually about me ... It just happens to be happening near me ... I give myself permission to know that people have all sorts of reasons for being off ... It's not about me.



Tapping to accept that I am not always going to act perfectly

I recognize the fact I am making sabotaging choices ... Sometimes I'm choosing to do the unhelpful thing ... Sometimes I'm taking no action at all ... By acting in this way I'm not doing what I want ... I'm not having what I want ... I give myself permission to know it is safe for me to accept myself ... It is safe for me to love myself ... It is safe for me to be comfortable inside of my own skin ... This does not mean I'm going to do that right now ... And that does not mean it is going to happen instance ... It does mean that it is possible for me to love myself more ... To accept myself more ... As I slowly do that it will be easier for me to no be afraid ... It will be easier ... To take action ... Moving to a place of self-love is not an all-or-nothing proposition ... It is going to happen ... In degrees ... I give myself permission to allow it to happen in degrees ... I am open to the possibility of instantaneous change ... I give myself permission to be easy and gentle with myself ... As this is a process ... Even though there is a part of me that is frustrated by the fact that it has to be a process ... Transformation is possible ... Transformation is probable ... I give myself permission to love and accept myself enough to gently navigate that process ... I give myself permission to recognize transformation along the way ... I give myself permission to not be in a rush.



Tapping for emotional eating

I recognize the fact that my system is in a situation where it is in conflict ... One part of my system sees food as a short-term tool ... To solve a problem that is feeling in this moment ... Another part of my system sees the medium and long-term impacts of eating too much food and eating the wrong food for this moment will impact my health and well-being ... The part of my system that has the craving and the part of the system that understands why the food is problematic are both working from the exact same position ... Both of them want me to be healthy ... My mouth and my cravings are working in a very short-term way period only what needs to happen for me to feel better right now ... My body is thinking of the big-picture long-term ... Recognizing what is healthy and what is unhealthy in the long-term ... I want these two parts of my system to recognize they are motivated by the same thing ... Wanting to come from the exact same place ... I give my system permission to be easy and gentle with myself ... As I navigate to a place which allows these parts to actually work in the harmony they were made to work ... My system was made to be a team ... My parts were made to work together ... I give my system permission to allow these parts to start working together ... In a more efficient and effective way.



Holding onto weight so that we aren't noticed

There is a part of there is a part of me that is afraid to be seen ... It is afraid to be noticed ... It is a way of keeping me safe ... It just wants to blend in ... It just wants to disappear ... I appreciate how my system would try and keep me safe in this way ... At the exact same time there's a part of my system that is frustrated by the fact that I am invisible ... That my value isn't being seen ... My value isn't being recognized ... Both of these concerns are rooted in the exact same place ... The part of us that doesn't want to be seen is afraid that we aren't valuable enough ... The part of us that is angry because we are not being seen feels like others are invalidating us ... I give myself permission to know it is possible for me to be in the world ... For me to be myself ... To be safe ... To be recognized for who I am ... This does not mean I expose all of me all of the time ... It does not mean I expose all of me to everyone ... It simply means I have the opportunity and the control to be who I need to be ... In this world in a healthy way ... I recognize my fear of being seen is trying to keep me safe ... I recognize the need to being seen and validated is also about me being safe.

Worried about the process of transformation is going to leave us unsafe

I recognize the fact I recognize the fact a part of my system feels threatened ... Because I'm having genuine transformation ... It doesn't feel safe because it is worried that it is losing a powerful tool ... So it is doing everything it can ... To keep me safe ... To keep me healthy ... In order to feel safe it feels it needs to hold to this old tool ... I give myself permission and I give my system permission to know that it is possible for me to let go of the old tools and still be healthy ... I give my system permission to lay this down now ... Knowing that at some point in the future it can pick it back up ... That I can use it if it is necessary ... I give myself permission to trust my system and know it is possible for me to be safe and not have this tool ... To be healthy and not need this tool ... To move forward and big and small ways.



Worried about being seen

I recognize the fact that there is a part of me that is afraid that if I am seen that I will die ... I appreciate the fact this part of me is trying to keep me safe ... I also recognize the fact it is over functioning ... This part of me is working too hard ... In its attempts to keep me safe and healthy ... I am glad that there is a part of me that fears death ... I also recognize the fact that this part is working too hard ... I give myself permission know that I can be in the world ... Be seen and be safe ... This does not mean I'm being thoughtless ... This does not mean that I am being reckless ... It is possible to trust myself and trust that I will be safe ... Without throwing myself into the world carelessly ... It is possible for me to be in the world and be safe and hopefully ... It is possible for me to be in the world and trust myself ... In big and small ways.

Frustration of waiting on others to take action

I recognize the fact that there is a part of me that is frustrated that I'm waiting on other people ... That I've done what I can ... And I just can't move forward until they do something ... Life would be really easy if I just didn't have to deal with those other people ... I could do what I needed when I wanted ... I recognize the fact we are interdependent and we are connected ... The part of me that is frustrated just wants better ... Just wants more ... Just want this to work out ... I appreciate the fact that I am frustrated ... Because it means I actually want better ... I give myself permission to know it is possible for me ... To be patient ... Without losing my desire for wanting better ... It is possible for me to encourage others to take action faster without being overwhelming ... Without being too much ... I give myself permission to be easy and gentle with myself ... And easy and gentle with this process ... As all of this unfolds.



Wanting to be in control

I recognize the fact that I like being in control ... Because when I am in control it is predictable ... Even if I don't do it perfectly I have some sense of control ... Which feels so much better ... I wish I had control ... Except the fact if I controlled everything I would also be responsible for everything ... There's a part of me that might be down with that ... But I also recognize that is untenable ... I give myself permission to know that it is possible for me to surround myself with the right people in the right settings so this can be done in the right way.

Wanting to be recognized and valued

There is a part of me that only feel safe in the world if I am seen and recognized ... It is natural that I want to be seen ... It's natural that I want to be recognized ... It's natural that I want to be validated ... There is a part of my system which is equated my physical size with my ability to be seen recognized and valued ... It is true in some situations It is easier to be noticed and be taken seriously when we take up more space ... But that's not always the case ... I give myself permission to know no matter what size that I am ... No matter what shape that I take ... It is possible for me ... To be seen ... To be healthy ... And to be taken seriously in the world ... In big and small ways ... It is possible for me to trust myself it into the world to be appreciated invalidated ... Regardless of my shape ... Regardless how I seem.



Being pulled in too many directions

I recognize the fact that this part of me that is pulling me in a million different directions is just trying to keep me healthy ... It is just trying to keep me safe ... I recognize the fact it is working way too hard ... It is spending way too much energy ... I appreciate the fact It is trying to keep me safe in this way ... Even though I find it very frustrating that is acting in this way ... When I act like this I spend time and I extend energy but I'm not actually moving forward anyway ... I give myself permission to trust myself to know that it is possible for me to find my way to focus ... To find my way to Direction ... Knowing full well success is going to come small gentle ways ... I give myself permission to trust myself as I become focused ... As I create systems ... As I create ways for me to take action.