

HERO TAPPING

1. Name what you would like to achieve in as much details as possible
2. Imagine that change and pay attention to your thoughts, feelings, and resistances
 - a. Someone else who has what you want
 - i. What do you feel when you see them? (anger, jealousy, disinterest)
 - ii. How do other people react the them as they move through their day?
 - iii. How do you feel about other peoples reactions?
 - b. You having what you want
 - i. How does it feel to be in your body as you experience this?
 - ii. What feels natural and what feels unnatural?
 - iii. What negative emotions and worries come to mind?
 - c. You having what you want AND you can hear what everyone else thinks and says about you
 - i. How do you feel when other people see you?
 - ii. What are they thinking?
 - iii. What are they saying to other people?
 - iv. What do they say to you?
 - d. Make sure you think of all types of people (the three circles)
3. Write down the the thoughts, feelings, and resistances your are feeling
4. Tap for the issues found
5. Go back to step 2 and repeat