
SHAME, GUILT, AND REGRET

TappingQandA.com

- Step 1 – Tune in to a past action that you feel bad about (name action)
- Step 2 – Do any of these feel true?
 - I deserve to suffer
 - I have to make up for this past choices
 - It is too late for me to do better
 - I need to make sure I learn the lessons of that past moment
 - I am unworthy or undeserving of success
 - I keep relieving the bad choice
- Step 3 – Who is judging you for this action?
 - You = guilt, shame, regret
 - You and others = guilt, shame, regret
 - Others = something else
- Step 4 – Unsure if it is guilt or shame?
 - If I could change the way I acted in the past would that be enough to make it right? (yes = guilt, no = shame)
 - Do I believe it is possible for me to consistently make a better choice in the future? (yes = guilt, no = shame)
 - I'm I defined by this and I will always be this way? (no = guilt, yes = shame)

SHAME, GUILT, AND REGRET

TappingQandA.com

- Step 5 – Tapping for guilt (tune into what you feel guilty about and tap)
 - I give myself permission to learn from the past choices
 - I give myself permission take responsibility for the past choices
 - I give myself permission to recognize that I am not defined by these choices
 - I give myself permission to take responsibility
 - I give myself permission to not take responsibility for others choices, emotions, and response
 - I give myself permission to know I am not defined by this choice
 - I give myself permission to know I can make new choices
 - I give myself permission to know I can remember past mistakes without staying stuck in them
 - I give myself permission to know that just because I did it in the past (maybe even multiple times) it doesn't mean I will do it again
 - I give myself permission to be gentle with myself
 - I give myself permission to be easy with myself
 - I give myself permission to forgive myself
- Step 6 – Tapping for shame (tune into what you are ashamed of and tap)
 - I give myself permission to know I am not defined by my actions
 - I give myself permission to know that I more than my choices
 - I give myself permission to know I am worthy
 - I give myself permission to know I am lovable
 - I give myself permission to know I am capable
 - I give myself permission to know I am not am I not what other define me to be
 - I give myself permission to know it is not too late for me
 - I give myself permission to know I can change
 - I give myself permission to know I can transform
 - I give myself permission to be gentle with myself
 - I give myself permission to be easy with myself
 - I give myself permission to forgive myself
- Step 7 – Go back to step 2 and check back in (repeating as needed with new information)