

Tapping to for the worthiness to receive

Unworthiness Truth Test

- Start tapping
- Read and rate
 - Read each phrase out loud inserting "can't"
 - Rate how true 0 - 10
 - Read each phrase out loud inserting "not allowed to"
 - Rate how true 0 - 10
 - Read each phrase out loud inserting "it is unsafe to"
 - Rate how true 0 - 10
- Tap for the 3 highest SUDs levels
- Repeat as necessary

Truth test (can't, not allowed to, it is unsafe to)

- I _____ have this success because the path is uncertain and it might go wrong
- I _____ have this success because I already have more than my fair share
- I _____ have this success because I have it so much better than others who are truly suffering
- I _____ have this success because I have had opportunities in the past that I have squandered
- I _____ have this success because I have had success in the past that I have squandered
- I _____ have this success because I haven't suffered enough yet to earn success
- I _____ have this success because I will look bad if I have success
- I _____ have this success because I will become a target and others will what to take advantage or reap the rewards of my success
- I _____ have this success because I will receive too much attention
- I _____ have this success because I will receive unwanted attention
- I _____ have this success because people like me (family, race, religion, age) aren't made for success

The list of worthiness

- How to use the list
 - Tap
 - Tap and stop when a particular word creates resistance
 - Tap and pay attention to the body
 - Tap and write down tailenders and memories
 - Tap for 10 x 5

Tapping to for the worthiness to receive

I am worthy of...

- Success
- Love
- Health
- Recognition
- Growth
- Advancement
- Healing
- Transformation
- Money
- Rewards
- Support
- Protection
- Happiness
- Respect
- Appreciation
- Greatness
- Kindness
- Fulfillment
- Confidence
- Abundance
- Admiration
- Self-care
- Empowerment
- Recognition
- Purpose
- Prosperity
- Belonging
- Self-worth
- Validation
- Self-acceptance
- Joy
- Achievement
- Trust
- Contentment
- Growth
- Resilience
- Value
- Integrity
- Forgiveness
- Gratitude
- Intuition
- Self-expression
- Compassion
- Potential
- Dignity
- Worthiness
- Self-belief
- Self-respect
- Self-esteem
- Self-reliance
- Self-improvement
- Inspiration
- Self-validation
- Self-awareness
- Purposefulness
- Positivity
- Peace
- Authenticity
- Balance
- Self-love
- Acceptance
- Uniqueness
- Sovereignty
- Independence
- Clarity
- Adventure
- Radiance
- Commitment
- Determination
- Knowledge
- Influence
- Charisma
- Creativity
- Transformation
- Elegance
- Brilliance
- Grace
- Gentleness
- Patience
- Harmony
- Leadership
- Serenity
- Curiosity
- Wisdom
- Discipline
- Generosity
- Flexibility
- Self-discipline
- Trustworthiness
- Perseverance
- Open-mindedness
- Resourcefulness
- Mindfulness
- Courage
- Self-reflection
- Self-actualization
- Self-empowerment
- Self-trust
- Self-development
- Motivation
- Ambition
- Inner peace
- Joyfulness
- Contentment
- Inner strength
- Balance
- Worthiness
- Patience
- Forgiveness
- Strength
- Humility
- Reliability
- Loyalty
- Innovation
- Self-control
- Collaboration
- Dedication
- Selflessness
- Awareness